



j-so Poetry's NEWSLETTER

Author: JANIS SMALL OMIDE

Edition #1 ~ July 2, 2026



j-so is Rebranding

I'm **EXCITED** . . . I, *j-so* (aka Janis Small Omide – aka Coach OhMeDay), am *reviving* my podcast!

Perhaps you remember my original logo → ... **The Dagara Wheel?** Well, in as much as I *still* love it, I am retiring it as *j-so Poetry's* logo.

However, if **THE DAGARA COSMOLOGY WHEEL** excites you in as much as it still does me, then go to page 3 for more details.

Meanwhile, please join me in experiencing the facelift of . . .

[j-so Poetry's Podcast Website](#)



First j-so Poetry's Logo

I Need Your Help 🙏

I so much desire to submit *Weekly Podcast Shows* ... however, I know me—and if I don't “believe” I am reaching an audience, I will lose interest quickly ☹ ...

I NEED YOUR FEEDBACK --- your interaction --- even if you message me (via text, email, voice, etc.) to tell me, “j-so, that show sucked,” – at least I know someone is listening 😊 ... so, **share your thoughts!**



Microphone

MY WEBSITE

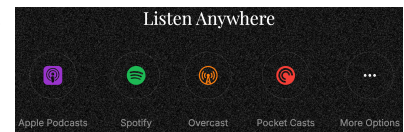
Please visit my **OhMeDay Coaching** website:

www.OhMeDay.us

- Free downloads
- Great Relationship Advice
- Online Group Announcements
- . . . and more
-



j-so shares her poetry→she writes from her head AND her heart ☺



MORE TO COME

. . . I'm also working on updating the *j-so Poetry* Podcast shows to YouTube ... **Stay Tuned!**

CONTACT

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For that “OhMeDay Experience”, listen from *j-so Poetry*’s Podcast Website ...

www.jsopoetry.live

Just to listen, visit:
www.jsopoetry.com



Omide’s eBook offers real tools for those who don’t want medication or therapy—but still want to heal→



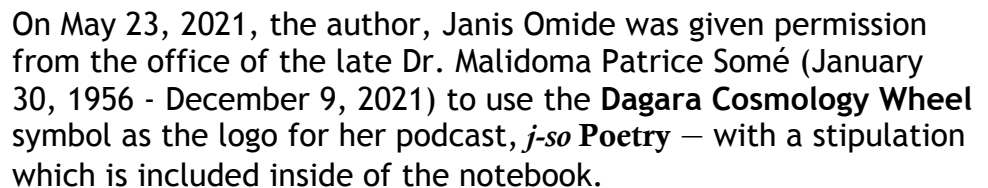
Download Now

POST-PANDEMIC MENTAL HEALTH TOOLKIT

Janis Omidé’s eBook is perfect for anyone seeking drug-free techniques to help with:

- anxiety
- depression
- ADHD
- PTSD
- insomnia
- grief
- suicide
- nicotine addiction & more
- **Only \$9.99**

An OhMeDay Notebook— THE DAGARA COSMOLOGY WHEEL



Purchase My Notebook Now

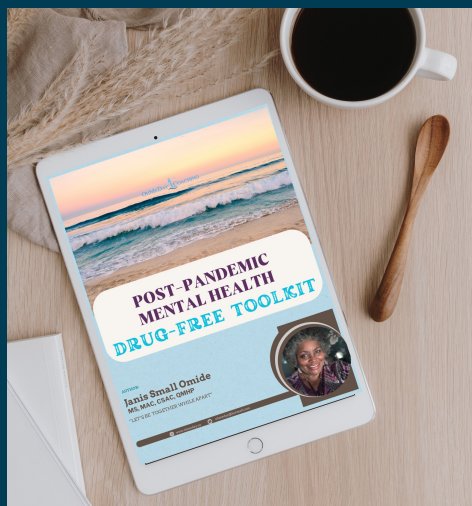
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POST-PANDEMIC MENTAL HEALTH DRUG-FREE TOOLKIT

e-Book by *Janis Small Omidé*, MS, MAC, CSAC, QMHP

GO TO: bit.ly/4vghnPU



GET YOUR E-Book TODAY **Only \$9.99** 70 pages



*Many have shared with me how resourceful this
TOOLKIT has been—
especially for those **not** wanting to be “medicated”.*

Check it out!



IMPRESSIVE, INFORMATIVE, COMPELLING
“I find something for **ANYONE/EVERYONE** seeking aid. At just my first flip through the pages. I found myself going back to “reabsorb” on several occasions.

***** BUY NOW *****



Download Now



j-so Poetry Podcast

... the podcast where words heal, stories inspire, and poetry speaks what the heart sometimes struggles to say.



As your podcast creator, poet and host, *j-so*, aka janis small omide, I invite you each week to the *j-so Poetry Podcast* platform to share my original heartfelt poetry or words of wisdom and inspiration from others.

Whether you're navigating life's challenges, celebrating personal growth, or simply searching for encouragement, you've found a place where your feelings matter.

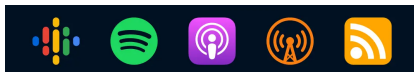


j-so Poetry Podcast,

... thanks you so much for taking the time to listen to the *j-so Poetry Podcast*

If you are enjoying the episodes, tell a friend ...

and to be sure you never miss a show, hit follow on your favorite podcast app like Spotify or Apple



- To get the show notes, links, or to join the mailing list, visit www.jsopoetry.live
- To get attractive downloadable pdf copies of some of the poems - some **FREE** for now-- head over to www.ohmeday.us

Until next time, peace, love & harmony!

j-so Poetry Podcast is sponsored by **OHMEDAY COACHING, LLC**

"So, settle in, open your heart. –

*I'm j-so, and these are the words my **heart** came to share with yours today."* -j-so's intro 😊



A Little ABOUT ME:

Janis Small Omide, MS, MAC, CSAC, QMHP
Relationship/Grief/Recovery COACH



Meet **j-so**, aka **COACH OHMEDAY** (aka Janis Small Omide)—**for over 25-years** she has been a dedicated counselor driven by a profound passion for helping individuals on their path to healing and personal growth.

Janis finds inspiration in witnessing the profound transformation and inner strength that emerge from shared experiences.

Now, as a Relationship/Grief/Recovery Coach, in Coach OhMeDay's groups, participants benefit from a secure and supportive environment where you can share your experience, offer mutual support, and grow towards healing. Together, they embark on a journey of personal growth, navigating life's complexities.

As a seasoned counselor (**with over a 25-year-career as a Mental Health & Addictions Counselor**), Coach OhMeDay is dedicated to guiding individuals through the storms of grief, addictions, and/or emotional upheaval.

Having navigated personal losses **amidst the peak of the COVID-19 pandemic**, Janis harnessed her professional expertise and personal experiences to cultivate resilience and hope.

She is a **Nationally Certified Master Addiction Counselor**—with extensive experience working with healthcare workers, military members, “returning-citizens”, and a diverse range of patients/clients. With her extensive career and life experience, Janis offers skillful and compassionate guidance in every session. Her expertise spans resilience building, coping strategies, self-discovery, and personal development.

Janis proudly resides in the Hampton Roads Region of Virginia (sometimes called “The 757” or Tidewater).

"From my heart to yours—*keep living, keep healing, keep positive ...* “

Janis Small Omide

Relationship/Grief/Recovery Coach

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