

Cranbrook, British Columbia (FSCwire) - [Omineca Mining and Metals Ltd.](#) (TSX-V:OMM) wishes to announce the granting of incentive stock options to certain directors, officers and employees to purchase up to 2,925,000 common shares under the company's Stock Option Plan. The new options will, in part, replace options that have recently expired. The options will be granted for a period of 5 years, commencing on June 15, 2016, exercisable at a price of \$0.20 per share.

The transaction is subject to TSX Venture Exchange approval.

On behalf of the Board of Directors

Signed,

“Charles C. Downie, P.Geo.”

President

For further information, please contact Mike Labach at

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Neither the TSX Venture Exchange nor its Regulation Services Provider accepts responsibility for the adequacy or accuracy of this release. This news release may contain forward-looking statements including but not limited to comments regarding the timing and content of upcoming work programs, geological interpretations, receipt of property titles, potential mineral recovery processes, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements.

To view this press release as a PDF file, click onto the following link:
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Source: [Omineca Mining and Metals Ltd.](#) (TSX Venture:OMM)

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