



OMH Wellness Groups

<https://meetny-gov.webex.com/meet/audrey.erazo-trivino-new>

Join by Phone:

+1-929-251-9612 United States Toll (New York City)

+1-415-527-5035 United States Toll

Access Code: 2829 236 0975

For questions or feedback, please email:

omh.wellnessgroups@omh.ny.gov

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p> <p>Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>2 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>3 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
<p>6 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Jordan Orayfig, B.A. Sc Click to Join</p>	<p>7 *See Breath-Body-Mind Calendar For Sessions</p>	<p>8 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p> <p>Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>9 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>10 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
<p>13 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Jordan Orayfig, B.A. Sc Click to Join</p>	<p>14 *See Breath-Body-Mind Calendar For Sessions</p>	<p>15 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>16 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>17 Care & Restore (8:30-9 am) Click to Join Rachell Bennett, LMHC</p>
<p>20 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Jordan Orayfig, B.A. Sc Click to Join</p>	<p>21 *See Breath-Body-Mind Calendar For Sessions</p>	<p>22 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p> <p>Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>23 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>24 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
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Please use QR codes to sign on to webinars



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