



# 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](mailto:omh.wellnessgroups@omh.ny.gov)

## February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>3</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>4</b></p> <p><b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN</p> <p><b>Mindfulness Unlimited</b> (1-1:30pm) <a href="#">Click to Join</a> Matt Corsaro</p> <p><b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>5</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D.</p> <p><b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p><b>6</b></p> <p><b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC</p>
<p><b>9</b></p> <p><b>Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC</p> <p><b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>10</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>11</b></p> <p><b>Mindfulness Unlimited</b> Matt Corsaro <a href="#">Click to Join</a> (1-1:30pm)</p> <p><b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>12</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D.</p> <p><b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p><b>13</b></p> <p><b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC</p>
<p><b>16</b></p> <p><b>Presidents' Day</b></p>	<p><b>17</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>18</b></p> <p><b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN</p> <p><b>Mindfulness Unlimited</b> Matt Corsaro <a href="#">Click to Join</a> (1-1:30pm)</p> <p><b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>19</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D.</p> <p><b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p><b>20</b></p> <p><b>Care &amp; Restore</b> (8:30-9 am) <a href="#">Click to Join</a> Rachell Bennett, LMHC</p> <p><b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC</p>
<p><b>23</b></p> <p><b>Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC</p> <p><b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>24</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>25</b></p> <p><b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN</p> <p><b>Mindfulness Unlimited</b> (1-1:30pm) <a href="#">Click to Join</a> Matt Corsaro</p> <p><b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>26</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D.</p> <p><b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p><b>27</b></p> <p><b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC</p>

## February 2026

Please use QR codes to sign on to webinars



Tuesday 6 am (English) Tuesday 12 pm (English) Tuesday 8 pm (English) Wednesday 8 pm (Spanish) All Other Sessions

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