

# OMH Wellness Groups Descriptions

## **Monday Meditation | Mondays 12-12:15 PM | Presented by Danielle Johnson, LMHC**

Monday Meditation is a weekly 15-minute session using music and visuals to enhance guided imagery and relaxation exercises, providing a stress-relieving break during the workday.

---

## **Mindful Monday | Mondays 2-2:30 PM | Presented by Rana Meehan, LMHC, MPA, Carrie Wong, LMSW**

Join us for a welcoming and inclusive space to slow down, reset, and reconnect. Whether you are new to mindfulness or building on an existing practice, you'll find simple, practical tools to carry into your week. Depending on the session, we explore different mindfulness and grounding techniques, such as, but not limited to, guided meditation, various breathing activities, and emotional freedom tapping. Start your week with intention. Come as you are-everyone is welcome.

---

## **Breath-Body-Mind | Tuesdays (English) 6-6:30 AM, 12-12:30 PM, 8-8:45 PM | Wednesdays (Spanish) 8-8:45 PM**

Breath-Body-Mind (BBM) is a set of gentle exercises that are based on science and designed to help ease stress and calm your mind and body. Virtual sessions are offered in both English and Spanish.

---

## **3 Minute Breathing Space | Wednesdays 12:30-1 PM | Presented by Rebecca Owens, DNP, MBA, MSN, RN**

This brief respite group offers a short introduction to diaphragmatic breathing followed by a 3-minute mindfulness exercise. The group will conclude with an optional discussion of the experience and Q & A.

---

## **Mindfulness Unlimited | Wednesdays 1-1:30 PM | Presented by Matt Corsaro**

This group includes a ten minute guided sitting meditation as a core practice. Each week also includes suggestions and context for encouraging and supporting practice throughout daily life activities. The "unlimited" in the name of the group refers to the assumption that mindfulness practice is not limited to "self" care or "self" improvement. Likewise, the assumption that practice is not limited to body or mind or any particular activity or form.

---

## **Taking Care of Mind & Body | Thursdays 11-11:30 AM | Presented by Marilyn McKee, Ph.D.**

This group focuses on breathing techniques, gentle yoga, and guided meditation to promote emotional and physical well-being. We usually begin with some breathing exercises, followed by some gentle yoga poses, and end with a guided meditation. No experience with yoga or meditation required.

---

## **Wellness Break | Thursdays 8-8:15 PM | Presented by Danielle Johnson, LMHC, Kate Provencher, MA, LMHC**

In each week's brief session, participants are guided through a wellness activity. The exercises vary from session to session and may include progressive muscle relaxation, breathing techniques or mindfulness exercises.

---

## **Care & Restore | Fridays 8:30-9 AM | Presented by Rachell Bennett, LMHC**

This group focuses on Emotional Freedom Techniques (EFT). EFT tapping is a self-help technique that combines elements of acupuncture and psychological therapy. It involves tapping on specific acupressure points on the body while focusing on a particular emotional issue or stressor. The goal is to reduce emotional distress and promote well-being.

---

## **Tending to Self | Fridays 12-12:30 PM | Presented by Kate Provencher, MA, LMHC**

This session starts with a brief check-in with yourself and then focuses on breathing practices that are calming and balancing for the nervous system. We do several breathing practices with gentle movements or progressive muscle relaxation followed by a coherent breathing practice. All breathing practices can be adapted to fit each person's needs.