



Office of
Mental Health

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

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
4 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	5 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	6 Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	7 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	8 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
11 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	12 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	13 Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	14 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	15 Care & Restore (8:30-9 am) Click to Join Rachell Bennett, LMHC Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
18 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	19 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	20 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	21 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	22 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
25 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	26 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	27 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	28 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. The Mindful Vibe (3-3:30pm) Click to Join William Cooper, LCSW Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	29 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC



August 2025

Please use
QR codes
to sign on
to webinars



Monday, Thursday
& Friday



Tuesday 6 am
(English)



Tuesday 12 pm
(English)



Tuesday 8 pm
(English)



Wednesday 8 pm
(Spanish)

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