



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

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 6 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		1 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	2 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	3 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
13 Columbus Day	7 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN	8 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	9 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	10 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
	14 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join 3 Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN	15 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	16 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	17 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
20 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	21 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join 3 Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN	22 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	23 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	24 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
27 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	28 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join 3 Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN	29 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	30 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. The Mindful Vibe (2-2:30pm) Click to Join William Cooper, LCSW Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	31 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC



October 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)

Monday	Tuesday	Wednesday	Thursday	Friday
 6 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW		1 Mindfulness Unlimited (1-1:30pm) Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm)	2 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	3 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
13 Columbus Day	7 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) 3-Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN	8 Mindfulness Unlimited (1-1:30pm) Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm)	9 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	10 Care & Restore (8:30-9 am) Rachell Bennett, LMHC Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
	14 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) 3 Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN	15 Mindfulness Unlimited (1-1:30pm) Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm)	16 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	17 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
20 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC	21 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) 3 Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN	22 Mindfulness Unlimited (1-1:30pm) Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm)	23 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	24 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
27 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	28 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) 3 Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN	29 Mindfulness Unlimited (1-1:30pm) Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm)	30 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. The Mindful Vibe (2-2:30pm) William Cooper, LCSW Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	31 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC