



OMH Wellness Groups

<https://meetny.webex.com/meet/Sara.Wollner>

Phone In: 1-518-549-0500

Access Code: 161-377-5911

For questions or feedback, please email:
omh.wellnessgroups@omh.ny.gov

June 2024

| Monday | Tuesday | Thursday | Friday |
|---|--|---|---|
| 3 Monday Meditation (12-12:15pm) Marilyn McKee, PH.D. Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW | 4 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) | 6 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D. | 7 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC |
| 10 Monday Meditation (12-12:15pm) Kate Provencher, MA, LMHC | 11 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) | 13 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D. | 14 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC |
| 17 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW | 18 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) | 20 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. | 21 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC |
| 24 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC | 25 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) | 27 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D. | 28 Tending to Self (12-12:30pm) Danielle Johnson, LMHC |

Please use these QR codes to sign on to webinars

Monday, Thursday & Friday



Tuesday

