



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

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	2 Breath/Body/Mind Practices Spanish (8pm) Click to Join	3 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	4 4th of July
7 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	8 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	9 Breath/Body/Mind Practices Spanish (8pm) Click to Join	10 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	11 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
14 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	15 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	16 Breath/Body/Mind Practices Spanish (8pm) Click to Join	17 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	18 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
21 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC	22 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	23 Breath/Body/Mind Practices Spanish (8pm) Click to Join	24 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	25 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
28 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC Mindful Monday Click to Join (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	29 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	30 Breath/Body/Mind Practices Spanish (8pm) Click to Join	31 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.	



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)

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	2 Breath/Body/Mind Practices Spanish (8pm)	3 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	4 4th of July
7 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	8 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	9 Breath/Body/Mind Practices Spanish (8pm)	10 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	11 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
14 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	15 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	16 Breath/Body/Mind Practices Spanish (8pm)	17 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	18 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
21 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC	22 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	23 Breath/Body/Mind Practices Spanish (8pm)	24 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	25 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
28 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	29 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	30 Breath/Body/Mind Practices Spanish (8pm)	31 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.	