

## **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

## November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	4 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	Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro  Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	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	Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
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	11 Veterans Day	Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro  Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.  Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	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
Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	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	Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro  Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	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	Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA	25 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	Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro  Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	27 Thanksgiving	28



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Please use **QR** codes to sign on to webinars











Tuesday 6 am (English) Tuesday 12 pm (English) Tuesday 8 pm (English) Wednesday 8 pm (Spanish)

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Monday Meditation (12-12:15pm) Danielle Johnson, LMHC	4 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	Mindfulness Unlimited (1-1:30pm) Matt Corsaro  Breath/Body/Mind Practices Spanish (8-8:45pm)	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	Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
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