



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

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Year's Day	2
5 Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	6 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	7 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	8 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	9 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
12 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	13 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	14 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	15 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	16 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
19 Martin Luther King Jr. Day	20 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	21 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	22 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	23 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
26 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	27 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	28 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	29 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	30 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC



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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) All Other Sessions

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