



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)


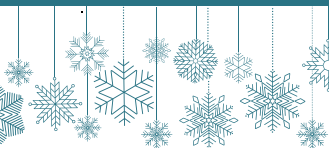

+1-415-527-5035 United States Toll

Access Code: 2829 236 0975

For questions or feedback, please email:

[omh.wellnessgroups@omh.ny.gov](mailto:omh.wellnessgroups@omh.ny.gov)

## January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>New Year's Day</b>	<b>2</b>
<b>5</b> <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>6</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	<b>7</b> <b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN <b>Mindfulness Unlimited</b> (1-1:30pm) <a href="#">Click to Join</a> Matt Corsaro <b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a>	<b>8</b> <b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>9</b> <b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC
<b>12</b> <b>Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>13</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	<b>14</b> <b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN <b>Mindfulness Unlimited</b> (1-1:30pm) <a href="#">Click to Join</a> Matt Corsaro <b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a>	<b>15</b> <b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>16</b> <b>Care &amp; Restore</b> (8:30-9 am) <a href="#">Click to Join</a> Rachell Bennett, LMHC <b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC
<b>19</b> <b>Martin Luther King Jr. Day</b>	<b>20</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	<b>21</b> <b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN <b>Mindfulness Unlimited</b> (1-1:30pm) <a href="#">Click to Join</a> Matt Corsaro <b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a>	<b>22</b> <b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>23</b> <b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC
<b>26</b> <b>Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>27</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	<b>28</b> <b>3-Minute Breathing Space</b> (12:30-1pm) <a href="#">Click to Join</a> Rebecca Owens, DNP, MBA, MSN, RN <b>Mindfulness Unlimited</b> (1-1:30pm) <a href="#">Click to Join</a> Matt Corsaro <b>Breath/Body/Mind Practices Spanish</b> (8-8:45pm) <a href="#">Click to Join</a>	<b>29</b> <b>Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>30</b> <b>Tending to Self</b> (12-12:30pm) <a href="#">Click to Join</a> Kate Provencher, MA, LMHC



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## January 2026

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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