



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

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p>	<p>3</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>4</p> <p>3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p> <p>Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>5</p> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>6</p> <p>Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
<p>9</p> <p>Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>10</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>11</p> <p>3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p> <p>Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <p>*See Breath-Body-Mind Calendar For Sessions</p>	<p>12</p> <p>Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>13</p> <p>Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
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