



May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>Mental Health Awareness Month</h1> 				1 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
4 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC <hr/> Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Jordan Orayfig, B.A. Sc Click to Join	5 *See Breath-Body-Mind Calendar For Sessions	6 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca OWENS, DNP, MBA, MSN, RN <hr/> Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro <hr/> *See Breath-Body-Mind Calendar For Sessions	7 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. <hr/> Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	8 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
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25 Memorial Day	26 *See Breath-Body-Mind Calendar For Sessions	27 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca OWENS, DNP, MBA, MSN, RN <hr/> Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro <hr/> *See Breath-Body-Mind Calendar For Sessions	28 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.	29 Tending to Self (12-12:30pm) Click to Join Carrie Wong, LMSW



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Please use QR codes to sign on to webinars



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