



Office of  
Mental Health

# OMH Wellness Groups



<https://meetny.webex.com/meet/Sara.Wollner>

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For questions or feedback, please email:  
[omh.wellnessgroups@omh.ny.gov](mailto:omh.wellnessgroups@omh.ny.gov)

## February 2024

		Thursday	Friday
<b>Monday</b>	<b>Tuesday</b>	<b>1</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.	<b>2</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>5</b> <b>Monday Meditation</b> (12-12:15pm) Kate Provencher, MA, LMHC  <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	<b>6</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>8</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Rana Meehan, LMHC, MPA	<b>9</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>12</b> <b>Monday Meditation</b> (12-12:15pm) Marilyn McKee, PH.D.  <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	<b>13</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>15</b> <b>Taking Care of Mind and Body</b> (11-11:30pm) Kate Provencher, MA, LMHC	<b>16</b> <b>Tending to Self</b> (12-12:30pm) Marilyn McKee, PH.D.
<b>19</b>  <b>Holiday</b>	<b>20</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>22</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.	<b>23</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>26</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC	<b>27</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>29</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Danielle Johnson, LMHC	<b>Monday, Thursday &amp; Friday</b> 
			<b>Tuesday</b> 

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