



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)

## September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Holiday</b>	<b>3</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>4</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm)	<b>5</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.	<b>6</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>9</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC  <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	<b>10</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>11</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm)	<b>12</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.	<b>13</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>16</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC	<b>17</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>18</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm)	<b>19</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.	<b>20</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>23</b> <b>Monday Meditation</b> (12-12:15pm) Marilyn McKee, PH.D.	<b>24</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>25</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm)	<b>26</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Danielle Johnson, LMHC	<b>27</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC

<b>30</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC  <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW
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Please use these QR codes to sign on to webinars

Monday, Thursday  
& Friday



Tuesday  
(English)



Wednesday  
(Spanish)

