



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)

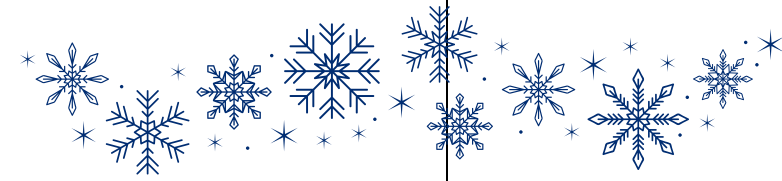
+1-415-527-5035 United States Toll

Access Code: 2829 236 0975

For questions or feedback, please email:

omh.wellnessgroups@omh.ny.gov

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	2 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	3 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	4 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	5 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
8 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC	9 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	10 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	11 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	12 Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
15 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	16 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	17 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	18 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D. The Mindful Vibe (2-2:30pm) Click to Join William Cooper, LCSW Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC	19 Care & Restore (8:30-9 am) Click to Join Rachell Bennett, LMHC Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC
22 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	23 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	24 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join	25 Christmas	26 
29 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	30 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	31 3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join		



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December 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	2 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	3 3-Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30pm) Matt Corsaro Breath/Body/Mind Practices Spanish (8-8:45pm)	4 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	5 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
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