



March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>4</p> <p>Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p>	<p>5</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Join</p>	<p>6 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC Click to Join</p>	<p>7</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>10 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>11</p> <p>Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p>	<p>12</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Join</p>	<p>13 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC Click to Join</p>	<p>14</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>17 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>18</p> <p>Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p>	<p>19</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Join</p>	<p>20 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC Click to Join</p>	<p>21</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>24 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>25 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p>	<p>26</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Join</p>	<p>27 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC Click to Join</p>	<p>28</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>31 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>			



OMH Wellness Groups

<https://meetny-gov.webex.com/meet/sara.wollner-new>

Join by Phone:
+1-929-251-9612 United States Toll (New York City)
+1-415-527-5035 United States Toll
Access Code: 2829 465 8268
For questions or feedback, please email:
omh.wellnessgroups@omh.ny.gov

March 2025

Please use QR codes to sign on to webinars



Monday, Thursday & Friday



Tuesday 6 am (English)



Tuesday 12 pm (English)



Tuesday 8 pm (English)



Wednesday 8 pm (Spanish)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p>	<p>4</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>5</p> <p>Breath/Body/Mind Practices Spanish (8pm)</p>	<p>6</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>7</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>10</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p>11</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>12</p> <p>Breath/Body/Mind Practices Spanish (8pm)</p>	<p>13</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>14</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>17</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p>	<p>18</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>19</p> <p>Breath/Body/Mind Practices Spanish (8pm)</p>	<p>20</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>21</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>24</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p>	<p>25</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>26</p> <p>Breath/Body/Mind Practices Spanish (8pm)</p>	<p>27</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <p>Wellness Break 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>28</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>31</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p>	<p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>			