



Office of  
Mental Health

# OMH Wellness Groups

<https://meetny-gov.webex.com/meet/anika.royal-washington>

Join by Phone:

+1-929-251-9612 United States Toll (New York City)

+1-415-527-5035 United States Toll

Access Code: 2838 175 9152

For questions or feedback, please email:

[omh.wellnessgroups@omh.ny.gov](mailto:omh.wellnessgroups@omh.ny.gov)

## September 2026

| Monday                                                                                                                                                                                                                                                                                              | Tuesday                                                             | Wednesday                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                             | Friday                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                     | <b>1</b><br><br><b>*See Breath-Body-Mind Calendar For Sessions</b>  | <b>2</b> <b>3-Minute Breathing Space</b><br>(12:30-1pm) <a href="#">Click to Join</a><br>Rebecca Owens, DNP, MBA, MSN, RN<br><hr/> <b>Mindfulness Unlimited</b><br>(1-1:30pm) <a href="#">Click to Join</a><br>Matt Corsaro<br><hr/> <b>*See Breath-Body-Mind Calendar For Sessions</b>  | <b>3</b> <b>Taking Care of Mind and Body</b><br>(11-11:30am) <a href="#">Click to Join</a><br>Marilyn McKee, PH.D.<br><hr/> <b>*See Breath-Body-Mind Calendar For Sessions</b>                                                                                                       | <b>4</b><br><br><b>*See Breath-Body-Mind Calendar For Sessions</b>  |
| <b>7</b><br><br><b>Labor Day</b>                                                                                                                                                                                                                                                                    | <b>8</b><br><br><b>*See Breath-Body-Mind Calendar For Sessions</b>  | <b>9</b> <b>3-Minute Breathing Space</b><br>(12:30-1pm) <a href="#">Click to Join</a><br>Rebecca Owens, DNP, MBA, MSN, RN<br><hr/> <b>Mindfulness Unlimited</b><br>(1-1:30pm) <a href="#">Click to Join</a><br>Matt Corsaro<br><hr/> <b>*See Breath-Body-Mind Calendar For Sessions</b>  | <b>10</b> <b>Taking Care of Mind and Body</b><br>(11-11:30am) <a href="#">Click to Join</a><br>Marilyn McKee, PH.D.<br><hr/> <b>Wellness Break</b><br>(8-8:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC<br><hr/> <b>*See Breath-Body-Mind Calendar For Sessions</b> | <b>11</b><br><br><b>*See Breath-Body-Mind Calendar For Sessions</b> |
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