

New OMH Wellness Group

Wellness Break

Thursdays from 8 PM - 8:15 PM



Group sessions offer a warm, inviting space that fosters relaxation virtually and provides examples of calming techniques and basic coping skills.



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



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