



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

## June 2025

| Monday                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                    | Wednesday                                                                              | Thursday                                                                                                                                                                                                                                     | Friday                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>2 Monday Meditation</b><br>(12-12:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC<br><br><b>Mindful Monday</b><br>(2-2:30pm) Rana Meehan, LMHC, MPA<br>Carrie Wong, LMSW <a href="#">Click to Join</a>  | <b>3 Breath/Body/Mind Practices</b><br>(6-6:30am) <a href="#">Click to Join</a><br>(12-12:30pm) <a href="#">Click to Join</a><br>(8-8:45pm) <a href="#">Click to Join</a>  | <b>4 Breath/Body/Mind Practices Spanish</b><br>(8pm)<br><a href="#">Click to Join</a>  | <b>5 Taking Care of Mind and Body</b><br>(11-11:30am) <a href="#">Click to Join</a><br>Marilyn McKee, PH.D.<br><br><b>Wellness Break</b><br>(8-8:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC<br>Kate Provencher, MA, LMHC  | <b>6 Tending to Self</b><br>(12-12:30pm)<br>Kate Provencher, MA, LMHC<br><a href="#">Click to Join</a>  |
| <b>9 Monday Meditation</b><br>(12-12:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC                                                                                                                       | <b>10 Breath/Body/Mind Practices</b><br>(6-6:30am) <a href="#">Click to Join</a><br>(12-12:30pm) <a href="#">Click to Join</a><br>(8-8:45pm) <a href="#">Click to Join</a> | <b>11 Breath/Body/Mind Practices Spanish</b><br>(8pm)<br><a href="#">Click to Join</a> | <b>12 Taking Care of Mind and Body</b><br>(11-11:30am) <a href="#">Click to Join</a><br>Marilyn McKee, PH.D.<br><br><b>Wellness Break</b><br>(8-8:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC<br>Kate Provencher, MA, LMHC | <b>13 Tending to Self</b><br>(12-12:30pm)<br>Kate Provencher, MA, LMHC<br><a href="#">Click to Join</a> |
| <b>16 Monday Meditation</b><br>(12-12:15pm)<br>Danielle Johnson, LMHC<br><a href="#">Click to Join</a>                                                                                                                   | <b>17 Breath/Body/Mind Practices</b><br>(6-6:30am) <a href="#">Click to Join</a><br>(12-12:30pm) <a href="#">Click to Join</a><br>(8-8:45pm) <a href="#">Click to Join</a> | <b>18 Breath/Body/Mind Practices Spanish</b><br>(8pm)<br><a href="#">Click to Join</a> | <b>19 Juneteenth</b>                                                                                                                                                                                                                         | <b>20 Tending to Self</b><br>(12-12:30pm)<br>Kate Provencher, MA, LMHC<br><a href="#">Click to Join</a> |
| <b>23 Monday Meditation</b><br>(12-12:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC<br><br><b>Mindful Monday</b><br>(2-2:30pm) Rana Meehan, LMHC, MPA<br>Carrie Wong, LMSW <a href="#">Click to Join</a> | <b>24 Breath/Body/Mind Practices</b><br>(6-6:30am) <a href="#">Click to Join</a><br>(12-12:30pm) <a href="#">Click to Join</a><br>(8-8:45pm) <a href="#">Click to Join</a> | <b>25 Breath/Body/Mind Practices Spanish</b><br>(8pm)<br><a href="#">Click to Join</a> | <b>26 Taking Care of Mind and Body</b><br>(11-11:30am) <a href="#">Click to Join</a><br>Marilyn McKee, PH.D.<br><br><b>Wellness Break</b><br>(8-8:15pm) <a href="#">Click to Join</a><br>Danielle Johnson, LMHC<br>Kate Provencher, MA, LMHC | <b>27 Tending to Self</b><br>(12-12:30pm)<br>Kate Provencher, MA, LMHC<br><a href="#">Click to Join</a> |
| <b>28 Monday Meditation</b><br>(12-12:15pm)<br>Danielle Johnson, LMHC<br><a href="#">Click to Join</a>                                                                                                                   | <b>29 Breath/Body/Mind Practices</b><br>(6-6:30am) <a href="#">Click to Join</a><br>(12-12:30pm) <a href="#">Click to Join</a><br>(8-8:45pm) <a href="#">Click to Join</a> | <b>30 Breath/Body/Mind Practices Spanish</b><br>(8pm)<br><a href="#">Click to Join</a> |                                                                                                                                                                                                                                              |                                                                                                         |



## June 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                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
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| <b>9 Monday Meditation</b><br>(12-12:15pm)<br>Danielle Johnson, LMHC                                                                                         | <b>10 Breath/Body/Mind Practices</b><br>(6-6:30am)<br>(12-12:30pm)<br>(8-8:45pm) | <b>11 Breath/Body/Mind Practices Spanish</b><br>(8pm) | <b>12 Taking Care of Mind and Body</b><br>(11-11:30am)<br>Marilyn McKee, PH.D.<br><br><b>Wellness Break</b><br>(8-8:15pm)<br>Danielle Johnson, LMHC<br>Kate Provencher, MA, LMHC | <b>13 Tending to Self</b><br>(12-12:30pm)<br>Kate Provencher, MA, LMHC |
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