



OMH Wellness Groups



<https://meetny.webex.com/meet/Sara.Wollner>

Phone In: 1-518-549-0500

Access Code: 161-377-5911

For questions or feedback, please email: omh.wellnessgroups@omh.ny.gov

April 2024

Monday	Tuesday	Thursday	Friday
<p>1 Monday Meditation (12-12:15pm) Kate Provencher, MA, LMHC Click to Join</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>2 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>4 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p> 	<p>5 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>8 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>9 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>11 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D. Click to Join</p>	<p>12 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>15 Monday Meditation (12-12:15pm) Kate Provencher, MA, LMHC Click to Join</p>	<p>16 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p> 	<p>18 Taking Care of Mind and Body (11-11:30am) Kate Provencher, MA, LMHC Click to Join</p>	<p>19 Tending to Self (12-12:30pm) Danielle Johnson, LMHC Click to Join</p>
<p>22 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>23 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>25 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>26 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>29 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>30 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>		