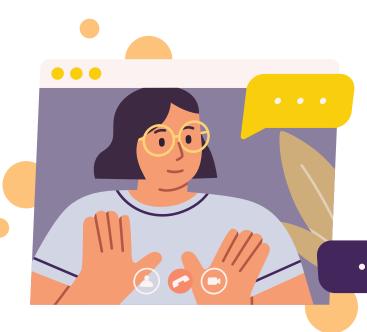
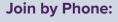
New OMH Wellness Group

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.



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





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