



MILWAUKEE COUNTY DEPARTMENT
OF HEALTH & HUMAN SERVICES
**COMPREHENSIVE
COMMUNITY SERVICES**
BEHAVIORAL HEALTH SERVICES

CCS RESOURCE FAIR

EVENT SCHEDULE

MEDITATION & MINDFULNESS

**2:30PM-
2:50PM**

Explore simple breathwork techniques, mindful awareness, and a guided body scan to release tension and cultivate greater ease. Together, we'll create a little more space between what happens around us and how we respond.

MUSIC THERAPY

**3:00PM-
3:20PM**

Clients create and practice a collection of music centered, multimodal thriving skills to support managing symptoms related to mental health in order to promote self efficacy in their wellness practice

PROVIDER PANEL

**3:30PM-
4:00PM**

Providers from our network will answer questions about the program. Providers include: Care Coordinator, Mental Health Professional, Employment specialist, Education Specialist (youth), Psychotherapist, Equine psychotherapist

R&B FLOW YOGA

**4:10PM-
4:30PM**

A beginner-friendly slow flow set to smooth, sultry R&B. We'll move through simple, breath-linked poses for a full-body practice that feels as good as it sounds. no experience needed.