

SEEKING SAFETY

TAKING BACK YOUR SAFETY

Education for Men & Women

Individual

Group Setting

Flexible

- Coping with trauma
- Maintaining recovery
- Safe relationships
- Safe thinking
- Triggers
- Self-care

For more information or to make an appointment call: (800) 342-5653

Bowen Center can help.

Bowen Center is a Community Mental Health Center offering a full range of professional services to meet the needs of individuals in Indiana. Since 1961, Bowen Center has dedicated itself to providing life-changing care to families, individuals and organizations. Bowen Center's expanding range of services for all ages includes: family therapy, marital counseling, adolescent and children's counseling, alcohol and substance use treatment, individual and group therapy, case management, hypnotherapy, transitional living services, and inpatient unit services.

Bowen Center's mission is to strengthen our communities and to improve the health and well-being of those we are privileged to serve.

We're the Hope

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C E N T E R

BowenCenter.org