

# BOWEN CENTER SKILLS COACHING SERVICES

## Skills Training: Individual and Family

• Maintaining Sobriety • Parenting Skills • Social Skills

- Learning Activities of Daily Living Skills: Appointments, Cleaning, Budgeting, Hygiene
- Learning to Express and Manage Emotions in Healthy Ways: Anger, Anxiety, Depression
- Linking to Community Resources: Insurance, Doctors, Medication, Food, AA, NA

Substance Use Groups and Therapy are referred to organizations within the county before being referred to adjacent Bowen Center County.

### A Skills Coach can support your child or adolescent in:

- Mood regulation
- Managing emotions
- Increased self esteem
- Interpersonal skills
- Mindfulness
- Identifying and expressing feelings
- Making new friends
- Distress tolerance
- Coping skills
- Goal setting
- Using manners
- Following classroom routine and instructions



### Adult Skills Services: What will I learn?

- Independent living skills
- Parenting skills
- Problem solving skills
- Health and wellness
- Time management
- Managing emotions
- Self-advocacy
- Coping with trauma and stress
- Building confidence
- Locating housing, employment
- Assistance in crisis situations
- Linking to community resources



**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 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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**BowenCenter.org**