

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.

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MILITARY VETERAN SERVICES

We're the hope.

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MILITARY VETERAN SERVICES

Serving all branches of the United States military, veteran's and their families.

Introduction

Military service can be stressful for service members. In addition, veterans, military family members, and friends may also be impacted. The process of deployment and reintegration as well as the exposure to combat may add to mental and emotional struggles. Often the tendency is to try to carry on through these issues alone. Sometimes they can adversely affect our quality of life and counseling can help.

If you have never been to counseling, you may be uncertain how it all works. If you have been to counseling in the past, there is a strong likelihood the procedures will be different.

Our Approach

During a therapy session, counselors work with clients to reach goals they establish together. These goals will be determined during the therapy sessions. Don't worry if you are unsure of what you want to accomplish. We will talk about it during the sessions.

The counselor's role is to support and coach their clients through mental and emotional struggles just as a coach helps players create strategies that they execute and modify in the game.

Services Offered

The goal is long-lasting positive results in the shortest amount of time. Bowen Center offers a wide variety of services for all ages.

Counseling Services are available for

- Individuals
- Couples
- Families
- Children

Goals may include, but are not limited to-

- PTSD
- Reintegration
- Marriage and Family concerns
- Depression and Anxiety
- Suicidal thinking
- Substance use
- Parent/Child relationship barriers
- Grief and Loss
- Connect with community resources

Health Insurance

Need assistance enrolling in the Marketplace and Health Insurance? Access Aspin Health Navigators through any of the Bowen locations across northern Indiana. You may also contact Aspin at **(877) 313-7215** or aspinhealthnavigator.org

The Bowen Center is:

- Largest Community Mental Healthcare Provider in Indiana
- Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).
- Licensed by the Indiana Division of Mental Health and Addictions.
- Certified by the Indiana Department of Addiction Services.
- Certified by Blue Cross/Blue Shield and other insurance companies.
- Certified by Medicare and Medicaid.
- A member of local Chamber of Commerce.