

# BOWEN CENTER MOBILE COUNTY SERVICES

## Skills Training: *(Individual and Family)*

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- Maintaining Sobriety
- Learning activities of Daily Living Skills (schedule/maintain appointments, cleaning, budgeting, hygiene, etc.)
- Learning to express and manage emotions in healthy ways (anger, anxiety, depression, etc.)
- Parenting Skills
- Social Skills
- Linking to community resources (Insurance, Doctors, Medication, Food, AA, NA, etc.)

*Substance Use Groups and Therapy will be referred within county to other organizations first before being referred to an adjacent Bowen Center County.*

## Funding Sources:

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- Basic MRO
- DCS
- Juvenile Probation
- Contracted school services



**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*

**BOWEN**  
**C E N T E R**

**BowenCenter.org**