

# SEEKING SAFETY

## TAKING BACK YOUR SAFETY

### Education for Men & Women

---

#### Individual

- Coping with trauma
- Maintaining recovery
- Safe relationships

#### Group Setting

- Safe thinking
- Triggers
- Self-care

#### Flexible

**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*

**BOWEN**  
C E N T E R

**BowenCenter.org**