

# TEEN MATRIX GROUP

## Group Relapse Prevention Program

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### Recovery Skills gained through:

- Group Counseling
- Education
- Relapse prevention planning

### Treatment focuses:

- Coping Skills
- Emotional regulation
- Repairing relationships
- Identifying triggers
- Building values & goals



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

## **The Bowen Center can help.**

The Bowen Center is a Community Mental Health Center that offers a full range of professional services to meet mental health needs of individuals in northern Indiana. Since 1961, the Bowen Center has dedicated itself to the provision of excellent care to families, individuals and organizations. A wide variety of services are available for all ages. The Bowen Center's expanding range of services includes family therapy, marital counseling, adolescent and children's counseling, alcohol and substance use treatment, individual and group therapy, case management, skill building, medication management, stress 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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C E N T E R

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