

# 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**

## **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.*

**BOWEN**  
C E N T E R

[BowenCenter.org](http://BowenCenter.org)