ROWI®

TEEN & PARENT WELLNESS CENTERS

A primary mental health facility, ROWI provides the environment and tools to create positive growth and healthy relationships for teens ages 12-17.

Clinician-owned and operated, ROWI's approach includes evidence-based therapies combined with holistic specialties, parent coaching, and social skills training.



Real ROWI® Alumni

WE TREAT:

- Depression
- Anxiety Disorders
- Mood Disorders
- Personality Disorders
- Suicidal Ideation
- Self Harm
- Trauma
- Bullying
- ADHD
- OCD
- Gender Identity Issues
- Autism Spectrum Disorders (ASD)
- School Avoidance
- Emotional Control & Impulse Regulation

WE OFFER:

- Individual, Group, & Family Therapy
- Weekly Parent Support Groups & School Support
- Psychiatry & Medication Management (PHP only)
- Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), & Acceptance and Commitment Therapy (ACT)
- UCLA PEERS® Social Skills Programming

Most insurance accepted.

LOCATIONS:

- Bakersfield
- Santa Clarita
- Thousand Oaks
- Calabasas
- Encino (Kids 8-12)
- Burbank
- Pasadena
- Covina
- Vista
- Scripps Ranch
- Rancho Cucamonga
- Corona
- Redlands
- Temecula
- Palm Desert
- Tustin (Kids + Teens)
- Brea
- Lake Forest
- Long Beach
- Torrance



ROWITEEN.COM (800) 721-ROWI

FULL-DAY: Partial Hospitalization Program (PHP)

5 days a week/8 hours a day

A non-residential option for teens who need comprehensive, all-day clinical support while living at home.

AFTER-SCHOOL: Intensive Outpatient Program (IOP)

3-4 days a week/3 hours a day

ROWI's IOP program is designed for teens who require clinical support beyond traditional outpatient therapy.

***PHP or IOP is based on clinical assessment.**

School Support (PHP only)

Educational Liaisons support teens to ensure they complete their school-assigned work and stay on track.

Autism Spectrum Disorder (ASD)

Our staff is trained in the renowned UCLA PEERS® program, offering life skills to boost teen success.

Parent Coaching (available)

An essential component of ROWI's treatment is private coaching for parents, without their teen.

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SAMPLE PROGRAM

Therapeutic offerings and program schedule vary by location.

Equine Therapy	Expressive Arts	UCLA PEERS® Social Skills Training	Nutrition
Cognitive Behavioral Therapy (CBT)	Dialectical Behavioral Therapy (DBT)	Therapeutic Horticulture	Yoga
Mindful Eating	Improv for Social Skills	Breathwork	Physical Fitness
Creative Writing	Music Therapy	Mindfulness	Coping Skills/ Weekend Planning

THE ROWI STORY

ROWI is the culmination of years of experience working with thousands of teens and their parents through crisis and triumph.

Struggling teens don't struggle alone. Their parents and family do as well. Working with parents is a critical piece of the treatment puzzle, and we work with them as an integral part of their child's program. We've been through this journey countless times with struggling teens and their families. We started ROWI to be part of the solution.

- Candice Till-Feinberg, PsyD, and Greg Feinberg



> Our approach is rooted in inclusivity, understanding, and individualized support.