

## Service Locations

### **Defiance**

211 Biede Ave. Defiance OH 43512  
419-782-8856 / Fax 419-784-4506  
MWF 8 am – 5 pm; TTh 8 am – 8 pm

### **Bryan**

910 E. Maple St. Bryan OH 43506  
419-636-2932 / Fax 419-636-1982  
MThF 8 am – 5 pm; TW 8 am – 8 pm

### **Napoleon**

1325 Woodlawn Ave. Napoleon OH 43545  
419-592-5981 / Fax 419-592-4522  
Weekdays 8 am – 5 pm

### **Wauseon**

222 Depot St. Wauseon OH 43567  
419-337-5941 / Fax 419-337-6439  
Weekdays 8 am – 5 pm

**Toll Free Number 800-569-3980**

**Email: [mvgc@mvgcoho.org](mailto:mvgc@mvgcoho.org)**

**Website:**

**[www.maumeevalleyguidancecenter.org](http://www.maumeevalleyguidancecenter.org)**

Find us on 

A contract agency of:



Onsite medical services provided by:



## Who We Are

A Behavioral Healthcare Center serving residents in Defiance, Fulton, Henry & Williams Counties for over 55 years. Our services are designed to help our clients cope & manage life's various difficulties.

We are here to meet the diverse needs of individuals in our community and we strive to meet those needs by delivering services professionally, positively, and ethically. Our trained staff works together as a team to ensure the best client care.

### Clinical Staff:

Psychiatrist  
Psychiatric Nurses  
Counselors/Therapist/Masters Level Clinicians  
Social Workers  
Licensed Chemical Dependency Counselors  
Other Professionals

### Fees and Payments

We accept all insurances including Medicare and Medicaid, please make sure to bring your insurance card to each visit. If you do not have insurance, we may be able to work with you to reduce your fees. Please speak to our staff about the necessary paperwork and information you will need in order to get assistance.



Maumee Valley Guidance Center Anger Management  
211 Biede Ave  
Defiance, OH 43512



# Maumee Valley Guidance Center Anger Management

*Enhancing the quality of  
life for those we serve.*



---

## Anger Management

Maumee Valley Guidance Center offers an Adult Anger Management group to individuals experiencing problems with anger, substance use, and/or domestic violence.

The group is open to anyone who can benefit from anger management skills training.

The program consists of 20 group sessions that meet weekly. A pre and post- test are given to each participant who goes through the group to insure that proper skills are learned and put into practice.

Our Master's level clinician understands that mental health and/or alcohol/substance use disorders often co-occur with anger and is well equipped to assist in those areas.

## Topics Covered

- Mental and Physiological origins of anger
- Skills for managing reactions to anger including the AAA and PAR Techniques
- Decision making skills
- Skills to prevent over reaction to Anger
- Assertiveness training
- Goal setting
- The role of anger in anger management
- The role of alcohol or drugs in anger management.
- Assignments to practice and process throughout the 20 weeks



## BENEFITS

- Licensed Professional Clinical Counselor facilitates the group.
- Monthly reports are sent for individuals who have a legal obligation to attend.
- Morning and evening group sessions are available.
- No waiting time- group members can join at any point in the group.
- Referrals to follow-up or continued care are given if needed or desired.

*“Anger is never without reason, but seldom a good one.”*

*Benjamin Franklin*