

## 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/Certified Nurse Practitioners  
Psychiatric Nurses  
Masters Level Clinicians/Counselors/  
Therapists  
Social Workers  
Licensed Chemical Dependency Counselors  
Case Managers

### 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  
Parent Café  
211 Biede Ave  
Defiance, OH 43512



**Maumee Valley  
Guidance  
Center  
Parent Café**

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

# Serving area children, families and individuals for over 55 years

## What is a Parent Café?

Parent Cafés are evenings of sharing and learning amongst parents. Parent Cafés are driven by the knowledge that parents can, must, and do tap into their wisdom and resources in order to strengthen their own families. Guided by trained Parent Hosts, parents gather in small groups and explore topics that really matter to them. Topic examples include, “Taking Care of Yourself,” “Being a Strong Parent,” and “Building Strong Relationships with your Children.” Parent Café is available to any parent or caregiver.

## Strengthening Families Framework

Parent Café is developed from the Strengthening Families Framework. The Strengthening Families Framework is a research- and strength-based approach built upon the following:

- All families have strengths.
- All families need support.
- Protective factors provide all families what they need to ensure the strength of their families and wellness of their children.
- Interventions with families with young children creates lasting impact.



## Protective Factors

Through meaningful conversations, parents are working to build six Protective Factors that benefit their families. These Protective Factors include: (1) Parental Resilience, (2) Social Connections, (3) Knowledge of Parenting & Child Development, (4) Concrete Support in Times of Need, (5) Social and Emotional Competence of Children, and (6) Nurturing and Attachment.

## Why Come to Parent Cafés?

Parent Cafés provide parents with an opportunity to build connections to other parents, share ideas, and determine what they need for themselves and their children. Through the Parent Café process, parents move beyond isolation to give and receive the support they need to keep their families strong.

## How Does it Work?

At the Parent Café, every parent participates in gathering and sharing the group's wisdom. Together parents lead their own learning and growth, they gain confidence, recognize what they already know, and realize what supports they already have around them. With other parents, they devise ways to solve problems and resolve issues in their own families. And they build trusting relationships, social support, and connections with other parents.

*“Strong families are not an accident. They take thought and intention and preparation and skill.” ~ Julie B. Beck*



## Parent Cafés in the Four County Area

Each Parent Café consists of three evenings, each evening is two hours. Parent Cafés will be available in each of the four counties (Defiance, Fulton, Henry, and Williams) on a rotating basis.

## Meals, Child Care, Transportation

A free meal is provided for parents and children. Free child care is also available. Gas cards are also available if needed.

## What's the Cost?

There is no cost to attend Parent Café. This program is funded through the Ohio Children's Trust Fund.

## Contact Us

For more information, contact Karen VonDeylen, Prevention Manager, at [kvondeylen@mvgcoho.org](mailto:kvondeylen@mvgcoho.org) or 419-785-3835.



**Ohio Children's Trust Fund**

*Ohio's Prevent Child Abuse America Chapter*