

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 13 weeks.



Maumee Valley Guidance Center offers an Adult Anger management group to those individuals experiencing problems with anger issues, substance

abuse, and/or domestic violence.

The Group is open to anyone who could benefit from anger management skills training. The program consist of 13 sessions and at least one individual session. The group meets once per week for 2 hours. A pre and post test are given to each person who goes through the group to insure that skills are learned and practiced.

Our Master's level clinician is capable of handling both mental health issues and alcohol/drug issues that may surface while in group. We can also offer aftercare options for group members who may need continued help after completion of the group.

BENEFITS

- Licensed Professional Clinical Counselor facilitates the group
- Monthly reports sent for those individuals who have legal involvement.
- Morning and evening group sessions are available
- No waiting time– group members can join at any point in the group

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

Benjamin Franklin

Service Locations

Defiance

419-782-8856 | Fax: 419-784-4506
211 Biede Ave., Defiance, Ohio 43512

Bryan

419-636-2932 | Fax: 419-636-1982
203 N. Lynn St, Bryan, OH 43506

Napoleon

419-592-5981 | Fax: 419-592-4522
407 Independence Dr, Napoleon, OH 43545

Wauseon

419-337-5941 | Fax: 419-337-6439
222 Depot Street, Wauseon, OH 43567

TOLL FREE NUMBER: 800-569-3980

WEB SITE: maumeevalleyguidancecenter.org
EMAIL: mvgc@defnet.com



Maumee Valley Guidance Center is a Behavioral Healthcare Center serving residents of Defiance, Fulton, Henry and Williams Counties for over 50 years. We are here to meet the diverse behavioral health needs of individuals and families in our community.

The professionals at Maumee Valley Guidance Center work as a team to bring clients the following services:

- Medication Management

- Psychiatrists that specialize in Adults and Children
 - Registered Nurses

- Individual, Couples and Family Counseling

- All of our therapists are Master's Level Clinicians

- Community Psychiatric Support Treatment

- Our Qualified Mental Health Specialists work with clients to assist them within the community.



Enhancing the Quality of Life For Those We Serve



Anger Management

