



Best Wishes for a Happy and Healthy New Year

EVENTS AND HAPPENINGS AT CAPE MEDIATION



THANK
YOU!

Annual Appeal

The work we do at Cape Mediation would not be possible without financial assistance from supporters like you who understand the value of dispute resolution through mediation. Cape Mediation is uniquely positioned to provide no fee dispute resolution services for folks who live and work in Barnstable County. Our services allow parties who may be angry or feel aggrieved to share their view of a dispute, hear the other party's perspective and work to resolve the dispute in a civil manner. Disagreements and disputes in our society these days are often marked by stress and divisiveness. Thank you to all of you who donated during our Annual Appeal to help make our work possible.



Supporting Youth Conflict Resolution

We would like to thank the Cape and Islands United Way for their generous support of Cape Mediation's Youth Conflict Resolution Programs. Students participating in our Youth Conflict Resolution Programs learn conflict management skills to help them better manage conflict. Our programs are available to schools and other youth organizations in our community.

Learn About the Mediation Process

Mediation is a voluntary process where a mediator guides the disputing parties by defining issues and exploring alternative options for settlement or resolution. Parties are encouraged to share their own perspectives, and with the assistance of a mediator, define the resolution themselves. To learn more about the mediation process,



[CLICK HERE](#) to watch our short video.



Why Did you Become a Mediator?

Mediators come from many different backgrounds, some are lawyers, therapists, teachers, nurses, doctors, executives, students, builders, hairdressers, real estate agents, painters, engineers, and police officers just to name a few. Some people train as Mediators to improve their communication and conflict management skills at work or in their personal lives, others to volunteer. Every mediator has a story to tell about what drew them to mediation. What is your story? Please help to inspire others by sending us an email to share your story. **Share Your Story**

The Board's Corner

As we are all too aware our larger society – both nationally and internationally - continues to be marked with division, dispute and rancor. Closer to home in Massachusetts and Cape Cod, it feels less divided but as in any dynamic and complex society disagreements and disputes arise. We at Cape Mediation work hard to help resolve some of these disputes. During the coming year we will continue as we have in the past:

- To provide respectful, dignified ways for people to mediate their disputes
- To provide workshops to share tools and approaches to handle differences
- To continue to provide a voice for peace and civility in our divided world

The Board of Directors expresses its appreciation to our community of supporters, mediators and staff for their ongoing contributions and efforts. We especially wish to thank all those who generously made donations to the Cape Mediation 2022 Annual Appeal.

A Few Words from the Executive Director

At a recent Discussion and Debrief, we talked about the importance of silence in a mediation. Volunteer mediator Maggie F. summed it up best, saying that silence (can be) "...the single most important tool we used." Since we began mediating remotely, twice each month volunteers from all of our programs meet together on Zoom to talk about what skills worked best and what we could do differently. This is an opportunity to learn from your fellow mediators in a way we could not have done in the past. We encourage all of our volunteers, those that volunteer each week for remote ADR and those that may have not mediated since the onset of the pandemic, to join us for this unique opportunity to sharpen your mediation skills.



Calendar

January 2023

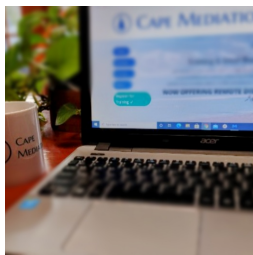
Skill-of-the-Month - After our break from our Skill-of-the-Month over the holiday season, we will return with our Skill-of-the-Month series.

Thursday, January , 2023, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. The Discussion & Debrief is open to all Cape Mediation volunteer Mediators and Conciliators. **Contact us** to join the discussion or look for the notice in your inbox.

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Visit CapeMediation.org



Submit Your Request for Mediation and Conciliation Services Online!

Submit your request to schedule a Mediation or Conciliation on our website at **CapeMediation.org** and fill out a **[Request for Services](#)** form. After we receive your request, one of our experienced case coordinators will contact you to learn more. ***You may also reach us by phone at 508-240-1717 or by email at info@capemediation.org.***

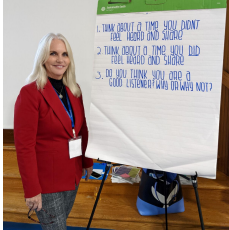


Advanced Dispute Resolution Skills Practice Training

Cape Mediation's Advanced Dispute Resolution Practice Training Program is for newly trained neutrals and for neutrals that wish to gain additional advanced hands-on experience. This program provides an invaluable opportunity to practice mediation and conciliation skills. You will be paired with experienced neutrals under the supervision of our Volunteer Development Coordinator. It is an important next step for anyone involved in the field of Dispute Resolution. This program is held remotely by Zoom. Completion of at least a 30-hour Basic Mediation Skills Training or an 8-hour Conciliation Training is a prerequisite. ***To register or learn more about the program, please contact us by email at info@capemediation.org or by phone at 508-240-1717, ext. 100.***

Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offer programs in Youth Conflict Resolution training, Youth Peer Mediation, and Youth Conflict Management workshops. **To start a Youth**



Conflict Management Program or host a workshop at your school or organization, please email our Youth Coordinator, Maura Smith Stein, at mauras@capemediation.org.



Mediator's Break is Online

Want to reference an old newsletter but your inbox is, well, a little overwhelming and you'd rather not scroll back to find the needle in the haystack? Don't fret -- now you can access our Newsletter from our website, www.CapeMediation.org, along with archives. [Click Here to View Current and Past Newsletters](#).

Books & Beyond

Constructive Communication

Constructive Communication, A Path for Challenging Situations, by Charlie Young., Friesen Press, 2017. A practical guide for any group working toward common goals.

*Have you read any good books or online articles lately?
Do you have a favorite book or article on Dispute Resolution?
If so, please **contact us** and we'll share it in the next issue of Mediator's Break.*

Around Cape Cod

Friday Films: Movies at the Library!

Join us at the Falmouth Public Library every Friday, at 3:00pm in the Hermann meeting room as we screen a new movie! To find out what movie is playing and to register to attend, go to the library's online event calendar or call us at 508- 457-2555 x7. This movie viewing is free to the public and is sponsored by the Friends of the Falmouth Public Library.

Embroiderers' Guild of America Cape Cod Chapter, monthly meeting

Join a group of enthusiastic needle workers to share your embroidery projects and learn from one another. We meet on the third Tuesday of the month from 10am-2pm at the Orleans Federated Church.

[Contact Information](mailto:moastler@gmail.com) moastler@gmail.com

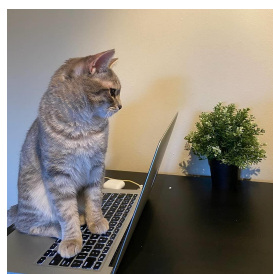
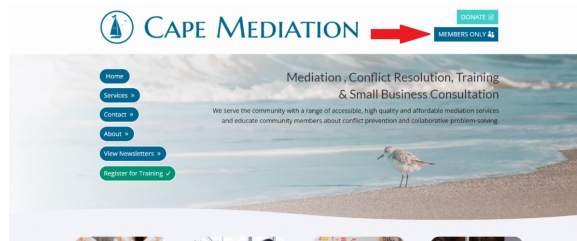
Friends Of Yarmouth Council On Aging Polar Plunge

The 13th Annual Polar Plunge to benefit the Friends of Yarmouth Council on Aging (FOYCOA), a nonprofit

For Cape Mediation Staff and Volunteers

Cape Mediation Website Members-Only Page

The Members Only page on the Cape Mediation website is open to all Cape mediation active volunteers and staff. Find: Events Calendar, Open job positions, Debrief Highlights, and more! This page is open to Cape Mediation staff and volunteers. **To request access to this page, please email Peter at: peterkelsey@capemediation.org**



Interested in Becoming More Involved?

If you are interested in becoming more involved in any of our programs, please **reach out!** Additionally, if you are interested in volunteering in our Remote Dispute Resolution programs, but are unsure about the process or technology, we want to help! We will schedule you for to observe or pair you with someone with experience in telephone and videoconferencing to help. **Contact us.**

Cape Mediation's Google Groups Discussion Board

We invite all Cape Mediation volunteers to join our virtual Dispute Resolution email discussion group where we share information about job opportunities, news and articles about the world of Dispute Resolution. **This group is open to Cape Mediation staff and volunteers.** If you have not already joined, please **contact us to join.**

Discussion & Debrief

Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about our remote process, please join us as we debrief our sessions. During the debrief we talk about which skills worked best and what other skills might have been used, focusing on challenges and skills. **Debriefs are open to Cape Mediation staff and volunteers.**

Skill-of-the-Month

Don't be shy about sharing your feedback with us – we want our next Skill of the Month Discussion to be even better! *Please send any feedback to Peter at: peterkelsey@capemediation.org*

Volunteer Availability for January 2023

If you have not already signed-up, please send us your available volunteer dates by clicking the button below. We offer mediations and conciliations remotely Tuesdays through Fridays.

If you have not mediated or conciliated remotely, consider giving it a try. We will pair you with an experienced remote volunteer and we are sure once you try it, you'll like it!

MY JANUARY
AVAILABILITY

SUPPORT CAPE MEDIATION



SUPPORT CAPE MEDIATION

Your donations help us continue to provide high quality dispute resolution services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.



Donate to Cape Mediation with Amazon Smile

We're on Amazon Smile if you'd like to make donations at no cost to you - just follow [this link](#) and for every purchase you make on Amazon, Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

[Donate Today](#)

Follow us on Social Media
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Want to stay in touch on a platform that isn't email? Follow us on Instagram or Facebook where you'll find up-to-date information, workshop and training announcements, and more!



More Information

About Us

Visit: [CapeMediation.org/About/](https://www.capemediation.org/About/)

National Association for Community Mediation

Visit: [NAFCM.org](https://www.nafcm.org)

Resolution Massachusetts

Visit: [ResolutionMA.org](https://www.resolutionma.org)

Mass Law Libraries

Visit: <https://www.mass.gov/orgs/trial-court-law-libraries>

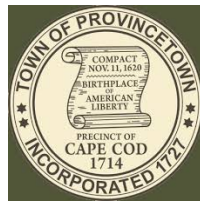
COVID-19 Information on Cape Cod

Barnstable County Helpline for COVID-19 Related Questions: 1-774-330-3001

Information Surrounding the Pandemic

For up-to-date information on changes as a result of circumstances surrounding the pandemic, visit the Mass.gov website.

Cape Mediation | [Website](#)



Eastham
MASSACHUSETTS



Massachusetts Office of
Public Collaboration (MOPC)



Cape and Islands United Way



Cape Mediation | P. O. Box 193, 22 Old Tote Road, Orleans, MA 02653

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