



Mediator's Break

Monthly news & updates
March 2023



"We empathize with them (landlords and tenants), they are all tough cases..."
Cathie Pietrafitta

EVENTS AND HAPPENINGS AT CAPE MEDIATION

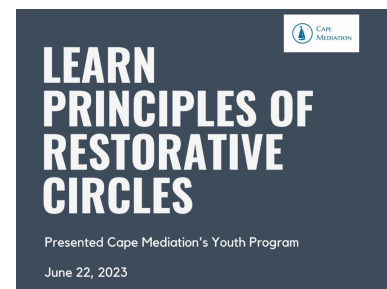
Reflections on a Successful Mediation

On February 16th, our volunteers joined Ellen Kapinos as she presented her workshop, "Reflections on a Successful Mediation" as part of our Skill-of-the-Month series. We discussed the many positive aspects of mediation, and how as the process moves along many issues may be resolved, potential options clarified, and the potential for positive reorientation of relationships. The materials from the workshop are available for volunteers on our website Members Only page.

Save the Date!

Learn the Principles of Restorative Circles A Workshop Presented by Cape Mediation's Youth Program

Please join Maura Smith Stein Youth Coordinator and NRHS Daisy O'Neil Youth Program Intern on June 22, 2023, to learn the principles of Listening and Restorative Circles. The history of Circles in the Native American culture and the profound impact Circle work has on resolving conflict and building trust. After Participating in the training Mediators will be able to lead a Listening Circle and feel confident practicing this conflict resolution tool. The Listening Circle topic will explore personal bias. Videos will be included. Daisy and Maura will also share an update on Cape Mediation Youth Programming, answer questions and discuss outcomes. Keep an eye on your inbox for more details.



Promoting Diversity, Equity and Inclusion Around Conflict Management

Last year Cape Mediation was awarded a grant from the Massachusetts Office of Public Collaboration(MOPC) to promote Diversity, Equity and Inclusion around Conflict Management in underserved communities. We appointed Debbie Fish to lead the project, along with a team of trained volunteers from Cape Mediation.



The Team identified the fishing community on Cape Cod as underserved and learned they faced many challenging issues with potential conflict around Housing, Family, Interpersonal, Small Business, as well as around Local, State and Federal Regulations. Susan Carroll will serve as Project Coordinator, with the assistance of Debbie Fish, to implement the next steps. To learn more about this project, please watch the video created by our team of volunteers highlighting their findings.

Meeting with ADR Providers in Massachusetts

Cape Mediation has been providing Dispute Resolution (ADR) services on Cape Cod for over thirty years. Our program has grown to include online and telephone sessions to ensure that we reach as many people in our communities as possible. In the District Courts we offer our services to litigants at no charge on Cape Cod and Nantucket. Recently, Beth P. Cook, Esq., District Court ADR Coordinator/Deputy Legal Counsel, and the Hon. Julie Bernard, Chair, ADR Committee, invited us to meet with ADR providers from around the state to share our experiences in bringing mediation and conciliation to the courts. We want to thank Atty. Cook and the Hon. Julie Bernard for facilitating this important meeting and for giving us the opportunity to share how mediation and conciliation are working and to share ideas on how to make dispute resolution services even better.

The Board's Corner

No Mo Fo Mo

Society is now largely emerging from the COVID Pandemic. There is no question that the COVID Pandemic has caused incalculable trauma and disruption, but society has made many positive adjustments. In the mediation world at large and on a smaller scale in Barnstable County we have transitioned to No Mo Fo Mo - No More Fear of Mediating On Line. During the Pandemic US society has moved into the digital age big time. Groups of friends met and continue to meet on line for chats and drinks, many of us attended church services via video conference, some did (and many continue to do) yoga on line, and very importantly many of us transitioned to mediating on line. In short the Pandemic has really accelerated our advance into the digital age.

Cape Mediation has successfully experimented with and developed a fully on-line mediation model several months after much of our lives shut down. This has been a hugely successful transition. This transition has not been without challenges. One dynamic that Cape Mediation has wrestled with is the challenge of doing what we all do well - mediating - and handling the additional challenge of Zoom and telephone conference calls technology. As many of our active mediators know Cape Mediation assigns a technical resource to each mediation to handle Zoom and conference call protocols, allowing mediators to focus on what they do well - mediate.

Cape Mediation will soon be advancing further into the digital age by offering a fully on-line mediation training course to train new mediators. This new training program will heavily emphasize live role playing that has been an important aspect of our pre-pandemic training program and be spaced over a four week period in the evening which will allow folks who may not be able to commit to two full weekend days to attend over a more extended time.

You will shortly see an announcement from Anne on this new program. If you have friends, colleagues or associates who may have an interest please encourage them to reach out to Anne.

For trained mediators who may be reluctant to try on-line mediation Cape Mediation has a variety of tools to help you explore on-line mediation. Reach out to Anne for access.



March 2023

Thursday, March 2, 2023, 4:00 PM - Discussion & Debrief for Mediators and Conciliators.

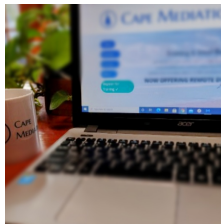
Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. The Discussion & Debrief is open to all Cape Mediation volunteer Mediators and Conciliators. **Contact us** to join the discussion or look for the notice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

Thursday, March 16, 2023, 4:00 PM - Discussion & Debrief for Mediators and Conciliators.

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Visit CapeMediation.org



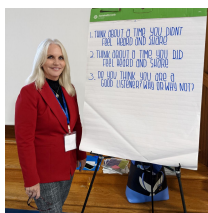
Submit Your Request for Mediation and Conciliation Services Online!

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, and is held remotely by Zoom. 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. 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

Self-Determination in Mediation, The Art and Science of Mirrors and Lights, by Dan Simon and Tara West, Rowan & Littlefield Publishers, 2022. Mediators are often pulled in many directions—they want to help their clients reach a speedy agreement, ensure the agreement is fair, and avoid coercion so they can honor mediation's primary value of party self-determination. Can we have it all?

How Can I Become More Comfortable with Conflict? One of the most common questions friends and family often ask me is, "How do I become more comfortable with conflict?" By Bob Bordorne. You know the feeling, the slightest sense of conflict has you running for the hills, and the idea of conflict gives you jitters in your stomach and makes you stay up at night! Watch this video to learn the importance of conflict resilience, and some key tips about how you can sit more comfortably with conflict, have less tension in your life and in your relationships, and frankly, just be more successful at work and in your home. Watch the video by visiting them on the web at <https://mediate.com/how-can-i-become-more-comfortable-with-conflict/>.

Long-term Residents of a Motel in Massachusetts Told to Vacate for Homeless Shelter. Boston 25 News highlights the state's family shelter program and the need for more beds in a recent news article about a group of residents that have been living at a hotel and paying rent were told to move out to make room for people who are homeless. You can find the article on the web at <https://www.boston25news.com>.

Happenings

Court-Certified Conciliation Training

Massachusetts Continuing Legal Education, Inc.(MCLE) is conducting a full day Conciliation Training Workshop for attorneys on Thursday, March 16, 2023 in Boston. This training offers an overview of the court system, ADR processes and the Uniform Rules, and meets the requirements of Rule of the Uniform Rules on Dispute Resolution. For more information visit **www.MCLE.org**.

Big Dreams and Open Doors: The Importance of Women's History Month

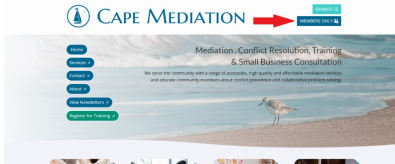
Women's History Month is a chance to reflect on the accomplishments of women in the

legal profession and their import on our journey today. To learn more visit <https://www.jamsadr.com/blog/2022/big-dreams-and-open-doors-the-importance-of-womens-history-month>.

Cultivating Cycles of Peace

The Mother's Day Walk for Peace (MDW4P) is a beloved 27-year-long Boston tradition and celebration of our potential to create more peaceful communities. To register visit them on the web at www.mothersdaywalk4peace.org.

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 March 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 weekdays, both in the morning and afternoon.

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 MARCH
AVAILABILITY**

Our Coordinators are There!

Our coordinators are always there to help and to answer any questions that may come up when you volunteer.

We Will Take Care of the Tech!

Don't know how to run breakout rooms? Never hosted a Zoom meeting? No problem! A tech person is available for **ALL** programs to take care of the tech so you don't have to!

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.

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You shop. Amazon gives.

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
Follow Us on Social Media

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/

National Association for Community Mediation

Visit: NAFCM.org

Resolution Massachusetts

Visit: ResolutionMA.org

Mass Law Libraries

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

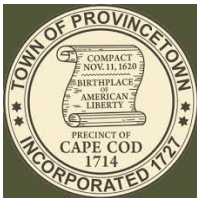
COVID-19 Information on Cape Cod

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)



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