



Mediator's Break

Monthly news & updates
April 2023



"In the middle of every difficulty, lies opportunity."

Albert Einstein

EVENTS AND HAPPENINGS AT CAPE MEDIATION

Listening Circles: Managing Conflict by Emphasizing Storytelling

Our communities need opportunities to process the personal and collective impact of emotionally charged events. Listening circles provide a safe space in which to express our feelings and truly hear one another. Listening circles are inherently equitable. Listening circles emphasize storytelling for cultivating empathy. This gives participants a shared understanding and connection. Listening circles can be used in communities, workplaces, schools, organizations, neighborhoods, colleges, and families. The history of Circles in the Native American culture has deep roots in indigenous cultures around the world. Listening circles provide people with an opportunity to speak and listen to each other. This practice is a powerful tool for resolving conflict and building trust. These Circles help your community gain a shared understanding of individual and collective harms. On June 22nd at 4:00PM please join our Youth Program Coordinator, Maura Smith Stein, and Daisy O'Neill, Youth Program Intern, for a workshop on the principles of Listening Circles. Please **CONTACT US** to register.



Cape Mediation Welcomes Jim Duane to the Board

Jim is a full time dispute resolution professional. He has been a volunteer mediator with Cape Mediation since 2020. Before becoming a full time dispute resolution professional, Jim was a civil litigator for 40 years. He was a founding partner of two Boston litigation law firms, Taylor, Anderson & Travers (1984-1995) and Taylor Duane Barton & Gilman (1995-2013). Since 2013, he has been of counsel at Peabody & Arnold, LLP. He received a B.A. from Lehigh University (1973), an M.A. from the University of Manchester, U.K. (1975), and a J. D. from Harvard Law School (1978). He has served on several non-profit

boards of educational institutions and community organizations. Jim and Michelle, his wife, have three children and four grandchildren and homes in Charlestown and Mashpee.

Calls to Extend Eviction Protection Under Chapter 257

Housing advocates are pushing to extend the COVID-era law, Chapter 257, that allows a tenant in an eviction case who has applied for rental assistance to request a continuance of the case or postpone eviction until they receive a decision on the assistance application. The law is set to expire on March 31st. Housing advocates, including the Massachusetts Law Reform Institute and the Massachusetts Coalition for the Homeless, have called upon the Trial Court to extend Chapter 257. Learn more at [WBUR News](#) or [Read MLRI's Letter to the Trial Court](#)



The Board's Corner

Jim Duane has recently joined the Cape Mediation Board of Directors. In addition to being an active mediator with Cape Mediation for the past several years, Jim is a Panelist on the American Arbitration Roster of Commercial Arbitrators and serves as a mediator with MWI in Boston. Jim has over 40 years of experience as a civil litigator and has been involved in a number of complex matters in a variety of areas. He has also served as a board member and leader in governance for institutions of higher education, elementary education and other non-profit organizations.

Jim has served as a trustee of Lehigh University and served on a variety of subcommittees of the Board of Trustees. In addition, he served 12 years on the Lehigh University Alumni Association Board of Directors, including one year as President. He has also served on the governing boards of a number of non-profit organizations.

Jim has deep knowledge and understanding of dispute resolution and the governance of non-profit organizations. The Cape Mediation Board looks forward to Jim's participation in the governance of the organization and continued service as a mediator.



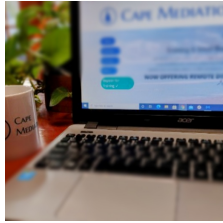
April 2023

Thursday, April 6, 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, April 20, 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](https://www.CapeMediation.org)



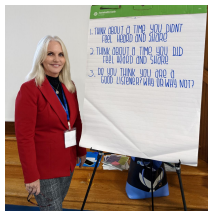
Submit Your Request for Mediation and Conciliation Services Online!

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

'Holding The Calm'... Many Different Ways To Say The Same Thing, The Secret to Resolving Conflict and Defusing Tension, by Hesha Abrams, Berrett Koehler Publication, 2022. The first question one asks is "what is meant by "Holding the Calm?" The author explains. The calm is the place where you feel heard, understood, valued, and safe to make resolution possible.

Collywobbles: How to Negotiate When Negotiating Makes You Nervous, by Moshe Cohen, Negotiating Table, Inc., 2020. Negotiations are challenging and sometimes scary. You prepare and know what you want, but then things go terribly wrong. Your emotions get in the way. Sometimes you don't even try, or lose your way and fail to achieve your objectives. This book helps you get out of your own way, manage your emotions, and negotiate effectively.



Happenings

Boston Law Collaborative

For information on the programs contact BLC's Jenna Goodman. For more information contact Jenna Goodman at JGoodman@blc.law.

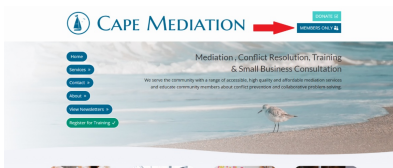
Law as a Spiritual Practice presented by David Hoffman on April 27, 2023 at 12:00-2:00PM.

Follow the Science: Proven Strategies for Reducing Unconscious Bias . Mediator Helen Winter and David A. Hoffman lead a free one-hour Zoom workshop on April 26, 2023 at noon.

Housing Assistance Corporation's 5th Annual Walk for Hope

On May 21, walkers will tackle the three-mile walk in Falmouth, Hyannis and Orleans, with an option to participate virtually and create their own routes. For more information or to register online visit them at <https://p2p.onecause.com/walkforhope23/challenge>.

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 April 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 APRIL
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 services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.



Donate 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/

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](https://www.mass.gov) website.

Cape Mediation | [Website](#)

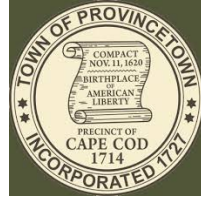


THANK YOU TO OUR SUPPORTERS

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Karen Wallace



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MASSACHUSETTS



Massachusetts Office of
Public Collaboration (MOPC)



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