



Mediator's Break

Monthly news & updates
November 2023



"Sometimes a mediation can be hard and emotional."

Events and Happenings at Cape Mediation



Fun At Our Open House

We would like to extend our heartfelt gratitude to all who joined us at our Open House this past October! It was truly a pleasure to see familiar and new faces alike, coming together to share conversations and savor some delightful treats.

We are also incredibly grateful for the kind messages we received from those who couldn't attend. Your thoughtfulness and support mean the world to us, and we are truly humbled by the strength of our community here on Cape Cod.

Looking ahead, we are eagerly anticipating the opportunity to schedule more open houses in the future. These gatherings will allow us to foster deeper connections with our amazing volunteers, dedicated staff, and the wonderful local communities we serve.

Thank you once again for your presence and support. We couldn't do it without you.

Mass Bar Foundation Grantee Reception

In October our Executive Director, Anne Tessier, had the pleasure of attending the Massachusetts Bar Foundation Grantee Reception in Boston. It was an inspiring event that celebrated the incredible work of the foundation and its grantees. From promoting access to justice to funding legal education programs, the Mass Bar Foundation is making a significant impact

in Massachusetts. The reception provided a wonderful opportunity to connect with fellow grantees and learn about the diverse projects supported by the foundation. It was truly inspiring to see the dedication and passion of the grantees as they shared their stories and achievements. The event showcased the collective effort of communities throughout Massachusetts and highlighted the importance of collaboration in driving positive change.



MASSBAR
FOUNDATION
TOGETHER IN THE PROMISE OF JUSTICE



The event served as a platform for recognizing and appreciating the outstanding contributions of the foundation and its grantees. Their commitment to promoting access to justice and supporting legal education programs is truly commendable. The reception fostered meaningful connections and knowledge sharing. It was a privilege to be part of an event that showcased the remarkable work being done by the Mass Bar Foundation and its grantees.

We extend our heartfelt thanks to the Massachusetts Bar Foundation for their continued support of Cape Mediation.



What is the Volunteer Discussion & Debrief All About?

Mediators know that mediation brings people together to help them work through their disputes, what we don't know going into the mediation is how the parties may be struggling or what they may be going through.

Sometimes sessions can be hard and emotional, even for the most experienced mediators.

Twice each month we invite our volunteer mediators and conciliators from all of Cape Mediation's programs to come together to talk, reflect, and to share challenges and experiences. It makes a tremendous difference after finishing a challenging mediation to debrief with fellow volunteers.

Each mediation is unique and meeting together gives us the chance to learn from each other. We invite all Cape Mediation volunteers to join our center-wide Discussion & Debrief sessions. Whether you mediate once a week, once a month, once in a while, or even if you have not mediated in years, you have experiences to share that might help other volunteers or may even gain insight so you will be better equipped to practice in the future.

That is what our Discussions & Debriefs are all about.

What do Mediators do when there are multiple parties on the same side of a conflict?

Difficult conversations come in all shapes and sizes, and in the case of mediation bigger is not better. In fact, we often find that the bigger the group, the more difficult it can be for

everyone to come to a consensus on resolving a conflict. Our Skill-of-the-Month workshop returns on Zoom on Thursday, December 7th, at 4:00 PM to talk about mediator skills and tools that will help to keep the session on track and facilitate a discussion that will reach resolution when multiple parties are involved. Mark your calendars and join us for this engaging and insightful session. Together, we can learn, grow, and make a positive impact in our work as mediators and conciliators. **Contact us** to be sure you are on the list!



The Board's Corner

Mediation's Place in the World

As most, if not all of us, will acknowledge we live in a polarized and in many ways toxic world. This manifests itself at the international level – the Middle East, the US national level – national politics, the local level – developing affordable housing. In our personal lives, if we as individuals are not involved in troublesome disputes we certainly see such issues around us. Polarizing disputes take many forms. Mediation provides a way to help parties in dispute to move forward. Like disputes, mediation takes many different forms and is practiced in a number of different styles. While the forms and styles may vary most forms of mediation are based on the same basic principles, including genuine listening and understanding the other party's perspective.

Cape Mediation has been practicing dispute mediation for court-referred cases and community cases for over 30 years and in the past several years we have been introducing mediation principles and practices in middle and high schools on Cape Cod and are beginning to introduce these practices to the Cape Cod fishing community.

An important part of the Cape Mediation mission is to conduct basic mediation training. This past spring we provided training for eight new students, several of who have joined our mediation panel and are currently being mentored to conduct mediations in the Barnstable county court system. These new mediators are critical players in helping parties in dispute to find their way to reduce conflict without rancor or intimidation.

The Board of Directors congratulates the Cape Mediation training team for a well thought out training program and newly trained mediators for their interest and efforts. In particular the Board welcomes the new members who have volunteered to join our mediation panel.



November 2023

Wednesday, November 1, 2023 - Cape Mediation's DEI Fishing Initiative Presents their Building Bridges workshop. The Cape Mediation DEI Fishing Initiative team will

present their Building Bridges conflict management workshop for members of Cape Cod's fishing community, pre-registration is required. If you are a member of the fishing community on Cape Cod and would like to attend the workshop or learn more about our Fishing Initiative, please email us at info@capemediation.org.

Thursday, November 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.

Friday, November 11, 2023 - Veterans Day Observed. The Cape Mediation office will be closed in observance of the holiday on Friday, November 10th.

Thursday, November 16, 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, November 23-24, 2023 - Thanksgiving Day Weekend. The Cape Mediation office will be closed in observance of the holiday on Thursday, November 23 and Friday, November 24.

Tuesday, November 28, 2023 - GivingTuesday. Join the global movement and give – each Tuesday and every day – whether it's some of your time, a donation, or the power of your voice in your local community.

Coming in December 2023

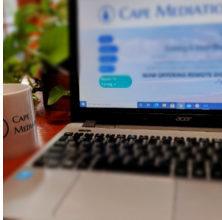
Thursday, December 7, 2023 4:00 PM - Skill-of-the-Month workshop for Mediators and Conciliators. Please join us as we discussed what to do when there are multiple parties on the same side of a conflict. Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want 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.

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**



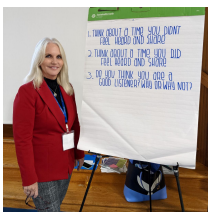
Services form. After we receive your request, one of our experienced case coordinators will contact you to learn more. **You may also reach us by phone at 508-240-1717 or by email at info@capemediation.org.**



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. **[READ MORE](#)**.

To Register visit us on the web at **CapeMediation.org** or click **[Register](#)**.



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](#)**.



Stay Up-to-Date on Cape Mediation News and Events

Stay up to date with news and information, articles and our calendar of events at Cape Mediation and in our community. **[Click Here to View News and Events](#)**.

Books & Beyond

How to Stay Calm During Difficult Conversations (like at Thanksgiving!)

Discover the art of staying calm, in Bob Bordone's enlightening article, "How to Stay Calm During Difficult Conversations (like at Thanksgiving)." Published on November 22, 2021, Bordone explores the ways to stay levelheaded in uncomfortable situations. Don't miss the opportunity to read the full article for insightful tips on navigating conflicts with finesse. [Click here](#) to access it now.



Giving Tuesday

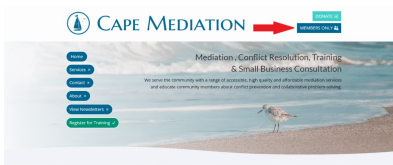
GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. Join the movement and give – each Tuesday and every day – whether it's some of your time, a donation, or the power of your voice in your local community. It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

For Cape Mediation Staff and Volunteers

Updating Our Virtual Records

We sincerely appreciate your invaluable support as a volunteer with Cape Mediation. Your dedication has made a significant impact on our mission, and we are truly grateful for your help. We wanted to provide you with some important updates regarding our volunteer program. Firstly, we are updating and digitizing our files to enhance our efficiency and better serve our community. This transition will streamline our operations and improve access to critical information.

[Click here for the survey!](#)



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 November 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 NOVEMBER
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
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



THANK YOU TO OUR SUPPORTERS

President's Circle

Lois Andre
Nancy Ayotte
David & Gretchen Callahan
Susan & Roger Carroll
Jeanette & Susan T. Carroll
Steven C. Gould
Kathleen Heffernan & Rick Ward
Ellen Kapinos
Jane Lea

Patricia Mahoney
Bob Mauterstock
Michael & Rob Normandy
Scott Parr
Cathy Pietrafitta
Kathy Shea
John and Karen Townsend
David Veach & Naomi Turner
Karen Wallace

Foundations and Businesses



Eastham
MASSACHUSETTS



Massachusetts Office of
Public Collaboration (MOPC)





Cape Mediation | 22 Old Tote Rd., PO Box 193, Orleans, MA 02653

[Unsubscribe annetessier@capemediation.org](mailto:annetessier@capemediation.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by byinfo@capemediation.org powered by



Try email marketing for free today!