



Mediator's Break

Monthly news & updates
January 2024



Best Wishes for a Happy and Healthy New Year

Events and Happenings at Cape Mediation

Listening Skills Can Have a Big Impact

Recently David Brooks shared his thoughts on NPR on our country's relational crises, and his words resonated. He talked about how he often finds people do not seem to have the necessary skills to have hard conversations, but these important skills can be learned. They are made up of small actions such as actively listening and being present in the moment that have a big impact. Instead of acting out of a place of anger or blame, we can use these skills to build trust and chip away at social fragmentation. Being a good listener helps others feel seen and heard, we learn to show up instead of pulling away from each other. To listen to the full interview, visit PBS on the web at <https://www.pbs.org/video/david-brooks-hicxjk/>.

Lively Discussion at our Workshop!

We had a good turnout for our lively discussion on December 14th around mediator skills that help facilitate a productive discussion and reach resolution when multiple parties are involved in a mediation. Don't miss out on the next opportunity to connect with your fellow volunteers. We welcome all of our volunteers to join us each month at our center-wide discussions. **Contact us** to be sure you receive the link!

There is Still Time to Help Support Cape Mediation!

We are very thankful for the generosity of all those that have supported Cape Mediation during our Annual Appeal this year. If you have not yet donated to the campaign, but wish to support Cape Mediation during



this Season of Giving, there is still time! Cape Mediation is a 501(c)3 non-profit, and every dollar of your tax-deductible contribution, no matter the size, will help to ensure that we can continue to provide our services at little or no cost to everyone in our community who seeks them.

If you would like to support Cape Mediation during our Annual Appeal, please visit us on the web at CapeMediation.org.

The Board's Corner

At the December board meeting our President, John O'Toole, shared that he has identified two new candidates to fill the current board seat vacancy and the board will be meeting with the candidates in the coming weeks. Board members Karen Wallace, Russ Wilkins, and Jane Lea joined the newly created Bylaw Revision Subcommittee. The subcommittee will be reviewing the existing bylaws and term limits and will make recommendations for changes and updates. The Fundraising Subcommittee reported that our Annual Appeal fundraising campaign is in full swing. We are pleased to report that so many of you have once again shown your support for the work we do through your generous donations, thank you. If you have not yet donated to the campaign and wish to support Cape Mediation during our Annual Appeal, please visit us on the web at <https://capemediation.org/donations/>.

*Best Wishes for a Happy New Year
from the Cape Mediation Board of Directors.*



January 2024

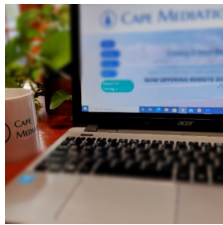
Monday, January 1, 2024 - New Year's Day. The Cape Mediation office will be closed in observance of the holiday on Monday, January 1st.

Thursday, January 11, 2024, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Please join our fellow Cape Mediation volunteers. 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 bi-monthly 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.

Monday, January 15, 2024 - Martin Luther King, Jr., Day. The Cape Mediation office will be closed in observance of the holiday on Monday, January 15th.

Thursday, January 25, 2024, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Please join our fellow Cape Mediation volunteers. 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 bi-monthly 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!

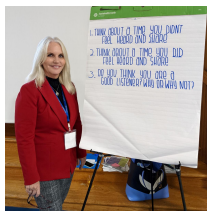
Submit your request to schedule a Mediation or Conciliation on our website at CapeMediation.org and fill out a **Request for Services** form. After we receive your request, one of our experienced case coordinators will contact you to learn more. **You may also reach us by phone at 508-240-1717 or by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

2Sisters Speak, Surviving the Sandwich Generation Pod Cast, Episode 47: Holidays with Toxic Relatives Negotiating the Holiday Season. This is the happiest time of the year, right? Who makes everything magical for everyone? (Hint: it's not Santa). It's us and it's a lot of pressure right now especially around our toxic family members. It is not required that you participate in every argument you are invited to. [Listen to the full pod cast.](#)

The Value of Gender Matching in Co-Mediation, by Hannah Diamond and Andrew Haas, 12/13/2023, as seen at Mediate.com, This Week in Mediation #1016. What are the effects of gender imbalance on parties, and what opportunities does gender matching mediation offer? Visit Mediator.com to read the full article.

Happenings



Virtual Legislative Briefing

Join a *Virtual Legislative Briefing* on **Thursday, January 25, 2023, from 11:00 AM–12:00 PM on Zoom(see link below)** to learn about the state-funded **MA Community Mediation Center Grant Program**. The Grant Program is administered by the **MA Office of Public Collaboration (MOPC)** at UMass Boston and funds a statewide network of local community mediation centers (see list below). The MOPC and the community mediation centers will provide an overview of state-sponsored youth, reentry, housing, and DEI programs and other initiatives that broaden access to justice. [Virtual Legislative Briefing.](#)

Announcing the launch of GOOD COLLABORATIONS, LLC.

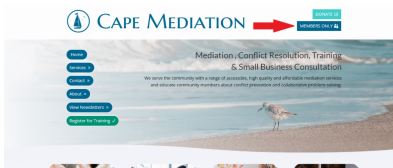
Debbie Lynangale, former Co-Executive Director of Collaborative Resolutions Group, and Susan Leggett, formerly of Westfield State University, have joined together to create Good Collaborations, LLC. They will be offering workshops based on what they're hearing people want to focus on in the new year, including one free online introductory webinar on Hard Workplace Conversations Made Easier. They'd love it if you or others you know would join and help in spreading the word about these offerings. To find out more, visit their website at <https://www.goodcollaborations.org/>.

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!](#)



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 2024

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 JANUARY
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

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smile
You shop. Amazon gives.

**Donate with
Amazon Smile**
We're on Amazon
Smile if you'd like to



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

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>

Cape Mediation | [Website](#)



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President's Circle

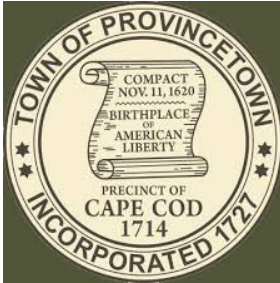
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Nancy Ayotte
David & Gretchen Callahan
Susan & Roger Carroll
Jeanette & Susan T. Carroll
Steven C. Gould

Patricia Mahoney
Bob Mauterstock
Michael & Rob Normandy
Cathy Pietrafitta
Kathy Shea
John and Karen Townsend

Foundations and Businesses



NATIONAL ASSOCIATION FOR
COMMUNITY MEDIATION



CAPE
COD 5
Foundation



Massachusetts Office of
Public Collaboration (MOPC)



Eastham
MASSACHUSETTS



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