

Mediator's Break

Monthly News & Updates

July 2024

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor E. Frankl



Events and Happenings at Cape Mediation

Congratulations to the June 2024 Mediation Skills Training Class!

On June 25th we concluded our five-week Remote Basic Mediation Skills Training. Our training teaches conflict management, dispute resolution techniques, program processes and procedures, ethical standards, and proven strategies to develop skills to learn to manage conflict and become an effective mediator.

We want to express congratulations from all of us at Cape Mediation!

How Do Lessons in Mediation Apply to Everyday and Professional Life

The skills we learn in mediation can help in our everyday and professional life. This month we spoke with Allyson Rogers to learn how the skills she learned in our recent mediation training help her in her personal and professional life.

Insights from Spring 2024 Basic Mediation Training

"Completing the Basic Mediation Training with Cape Mediation has emphasized the importance of Alternative Dispute Resolution. In any environment, whether personal or professional, conflicts are inevitable. The skills honed during this training go further

than conflict management; they enable proactive conflict resolution. As I look ahead, I am eager to apply these newfound skills to contribute positively to both my professional life, as well as personal relationships. This training allows for progress one individual at a time towards creating a world where conflicts are opportunities for growth and collaboration rather than sources of division."

To learn more about our Conflict Management workshops, Mediation Skills Training, or to participate in mediation, please visit us on the web at CapeMediation.org.

Cape Mediation's Remote Basic Skills Training Returns this Fall!

Cape Mediation is excited to announce that our Remote Basic Mediation Skills Training will be offered again in October! The training will be offered beginning on September 24th through October 29th. Registration opens soon! For more information visit us on the web at CapeMediation.org.

Cape Mediation extends our sincere gratitude to our supporters!

Thank you to All that donated to our Annual Youth Fundraising Campaign

Each year Cape Mediation reaches out to the community for help in funding our **Youth Conflict Resolution Program**. We want to thank everyone that donated in support of this important program to help ensure that we can continue to offer new ways to help young people to cope with the challenges they regularly face. To **support the youth program**, please visit us on the web at CapeMediation.org.

Thank you to Cape Cod Five

We are delighted to announce that we have been awarded a grant from Cape Cod Five in supporting young people on Cape Cod through our Youth Program by helping them develop essential problem-solving skills. Thank you to Cape Cod Five!

Thank you to the Massachusetts Office of the Attorney General

We are grateful to the The Massachusetts Attorney General's Office for their generous award in support of our Face-to-Face Mediation Programs. This funding helps consumer services throughout our local communities through mediation. This funding supports local efforts to resolve disputes effectively and promote community harmony across Massachusetts.

Thank You to the Massachusetts Bar Foundation

Cape Mediation has once again been awarded a grant from the Massachusetts Bar Foundation. Cape Mediation extends our gratitude to all in support of our Mediation and Conciliation Programs in the district courts on Cape Cod. This grant enables us to further our mission in promoting Alternate Dispute Resolution within our community, and offers people the opportunity to take control of the outcome of their dispute.



Books & Beyond

Enhancing Mediator Neutrality Through Question-Asking - Mediate.com

by Norman R. Page and Pamela Lehman, Mediate.com, September 10, 2007.

"Neutrality . . . in mediation provides the stable platform on which the parties can build a resolution to their conflict." Read the entire online article at [Mediate.com](https://www.mediate.com/articles/npag091007.shtml).



Happenings

Action Plan Refresh Community Listening Session

Help reimagine aging. On July 16th from 1:30-3:30 PM a listening session will be held at the Barnstable Adult Community Center. This program is jointly co-hosted by Barnstable County, Regional Government of Cape Cod, Barnstable Council on Aging, Massachusetts Councils on Aging, and the Executive Office of Elder Affairs, this listening session welcomes all members of the public who wish to attend. RSVP at <https://forms.office.com/g/t24LxbF23P>

Wishing all the best to the GISC (Gestalt International Study Center)

The GISC shared their stories with the community as they bid farewell to the Nevis Meetinghouse in Wellfleet last Friday. We will be sure to keep watch to learn more about their move to Boston, as they continue to serve the community. To learn more, visit them on the web at <https://www.gisc.org/>.



Calendar

July 2024

[Thursday, July 4, 2024 - Independence Day - Cape Mediation office will be closed in observance of the holiday.](#)

Thursday, July 11, 2024, 9:00 AM - Orleans District Court In-Court Mediation. We are back in Court every Thursday to mediate in Orleans! If you are interested in joining the in-person panel, please **contact us** to join us for our next Orientation & Refresher.

Tuesday, July 11, 2024, 9:00 AM - Discussion & Debrief for Mediators and Conciliators. Please join your fellow Cape Mediation volunteers for our bi-monthly meeting held remotely on Zoom. The discussion 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, July 18 2024, 9:00 AM - Orleans District Court In-Court Mediation. We are back in Court every Thursday to mediate in Orleans! If you are interested in joining the in-person panel, please **contact us** to join us for our next Orientation & Refresher.

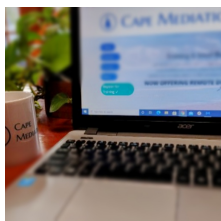
Thursday, July 25, 2024, 9:00 AM - Orleans District Court In-Court Mediation. We are back in Court every Thursday to mediate in Orleans! If you are interested in joining the in-person panel, please **contact us** to join us for our next Orientation & Refresher.

Thursday, July 25, 2024, 9:00 AM - Discussion & Debrief for Mediators and Conciliators. Please join your fellow Cape Mediation volunteers for our bi-monthly meeting held remotely on Zoom. The discussion is open to all Cape Mediation volunteer Mediators and Conciliators. **Contact us** to join the discussion or look for the notice in your inbox.

Coming in August!

Coming in August Maura Smith-Stein and Daisy O'Neil will present a workshop on the principles of Restorative Justice for experienced mediators. Watch your inbox for more details or email us at info@capemediation.org to learn more!

Visit CapeMediation.org



Submit Your Request for Mediation and Conciliation Services Online!

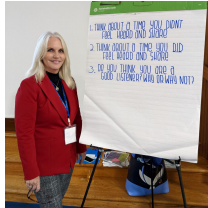
Submit your request to schedule a Mediation or Conciliation on our website at CapeMediation.org and fill out a **[Request for Services](#)** form. After we receive your request, one of our experienced case coordinators will contact you to learn more. ***You may also reach us by phone at 508-240-1717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

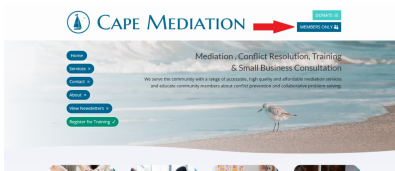
Stay up to date with news and information, articles and our calendar of events at Cape Mediation and in our community. [Click Here to View News and Events.](#)

For Cape Mediation Staff and Volunteers



Keep Us Updated!

Don't miss out! Do you have a new email address, phone number or mailing address? Would you like to mediate in person? Are you interested in getting more involved with Cape Mediation or have an idea for a workshop? We want to know! Click the link below to share your updated information with us.



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.

Volunteer Sign-Up!

Volunteers can now sign-up to volunteer to mediate and conciliate through the link on our Members-Only Page.

Volunteer Calendar

See important dates and happenings listed on the Volunteer Calendar located on the Members-Only Page.

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 JULY 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. We also are excited to be back in-person offering mediations at the Orleans District Court House on Thursdays.

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 AUGUST 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

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

Cape Mediation | [Website](#)



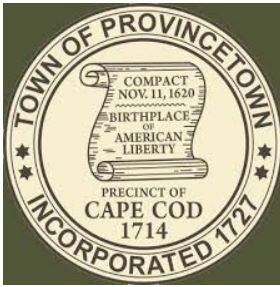
THANK YOU TO OUR SUPPORTERS

President's Circle

Lois Andre
Nancy Ayotte
Susan & Roger Carroll
Jim & Michelle Duane
William C. Gardiner
Kathleen Heffernan
Ellen Kapinos
Jane Lea
John W. Lea

Michael & Rob Normandy
John O'Toole
Cathy Pietrafitta
Robin Reid
Kathy Shea
John and Karen Townsend
David Veach & Naomi Turner
Karen Wallace
Martin Webb

Foundations and Businesses



Massachusetts Office of
Public Collaboration (MOPC)



Cape Mediation | P. O. Box 193 | Orleans, MA 02653 US

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



Try email marketing for free today!