



# Mediator's Break

*Monthly News & Updates*

August 2024

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***"It's a small community and they are going to come across one and other again."***

S. Largay

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## Events and Happenings at Cape Mediation

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### **We Welcome Russ Wilkins and Jane Lea to our Youth Program as Maura Steps Down**

We are very excited to welcome our very own Russ Wilkins and Jane Lea to our Youth Conflict Management Program, bringing over forty years of conflict resolution experience between them to the program! In 2021 Cape Mediation launched our new Youth Program for high school students at the Nauset Regional High School in North Eastham, working together with Lisa Brown in her Exploring and Respecting Differences (EARD) class. The youth program has grown over the last two years under the direction of our Youth Coordinator, Maura Smith Stein, and our programs have reached high school and middle school students from all over Cape Cod. We are sorry to share that Maura has stepped down from her role as Youth Program Coordinator, we want to thank her for all of her hard work over the last two years and we wish her the best in her new chapter.

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## Remote Intensive Basic Mediation Training Fall 2024

***Cape Mediation is pleased to offer our 34-hour Intensive Basic Mediation Skills Training program. Cape Mediation is a leader in Dispute Resolution, since 1989 we have offered unparalleled high-quality training in Dispute Resolution facilitation.***

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**What Skills Will I Learn?**



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. You will learn the techniques, procedures and processes that form the foundation of every mediation. The training is led by our experienced team of mediators who have been practicing Conflict Resolution, Communication and Mediation skills for more than 25 years.



## Who Should Take Mediation Training?

Conflict Management skills are more important than ever in this time of stress and division. You will learn proven strategies for managing organizational and personal conflict. You will learn valuable skills to become more productive at work and in your personal relationships. Past trainees include executives, attorneys, educators, therapists, contractors, social workers, business professionals, nurses, physicians, landlords, tenants, homeowners, real estate professionals, parents, and more.

REGISTER

CAPE  
MEDIATION

Receive up to 100% Tuition Reimbursement on our  
**Mediation Skills Training**

**The Massachusetts Workforce Training Fund Express Grant**  
The Express Grant helps businesses invest in their employees in Massachusetts by providing up to 100% tuition reimbursement for approved courses.

Visit [CapeMediation.org](http://CapeMediation.org) to Register

Training begins June 1st

## You May be Eligible to Receive Up to 100% Tuition Reimbursement

We are thrilled to share with you that the Massachusetts Workforce Training Fund Express Grant is available for our Fall Remote Basic Mediation Skills Training! The **Express Grant** helps businesses and nonprofit organizations in Massachusetts invest in their employees by providing up to 100% tuition reimbursement upon completion of an approved course. Businesses and organizations with under 100 employees are eligible to

have the full cost of the training covered. Businesses and organizations with 100 or more employees, may receive as much as one-half of the total cost of training. To learn more about the Express Grant on our website by [clicking here!](#) or visiting our website at [CapeMediation.org!](http://CapeMediation.org)

*Books & Beyond*

**Thinking, Fast and Slow** by Daniel Kahneman, Farrar, Straus and Giroux, 2013, available on amazon.com. "Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can

tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble."

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## *Happenings*

### **Small Claims and Summary Process Orientation & Refresher!**

Join us on Friday, August 2, and Friday, August 9, remotely by Zoom or in-person at the Cape Mediation office to learn more or to freshen up on your court connected mediation skills! (Open to all current volunteers and those who have completed the Advanced Practice Program). [Click here to RSVP now.](#)

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### *Coming in September*

#### **Our Fall Remote Basic Mediation Skills Training**

Our Fall Remote Basic Mediation Skills Training begins on September 24, 2024 with a one hour orientation. Our training includes theory discussions, plus more than 18 hours of hands-on role-play practice and interactive exercises. In addition to the regularly scheduled classes, our training includes live online weekly office hours so participants have the opportunity to meet with our experienced trainers one-on-one.

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## **The Board's Corner**

### **Calling All Mediators!**

Cape Mediation wants you back with us! We always have a need for trained mediators for many of our programs but we have a particular need at our in-person Court program in Orleans, which started up again several months ago. Cases there - both summary process and small claims - are increasing, and we have several new mediator graduates who need to shadow and work together with experienced mediators.

#### **Need a refresher since it's been awhile??**

There is a Small Claims refresher on August 2nd at 9 am, either in-person or by Zoom, and one for Summary Process on August 9th, also at 9 am. Check the website or contact the office for more details.

Thursday mornings will be the highlight of your week. Just do it!

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## *Calendar*

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## August 2024

**Thursday, August 1, 2024, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Friday, August 2, 2024, 9:00 AM** -Small Claims Orientation and Refresher.

**Thursday, August, 8 2024, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Thursday, August 8, 2024, 4:00 PM**- 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.

**Friday, August 9, 2024, 9:00AM** -Summary Process Orientation and Refresher.

**Thursday, August 15, 2024, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Thursday, August 22, 2024, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Thursday, August 22, 2024, 4:00 PM**- 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.

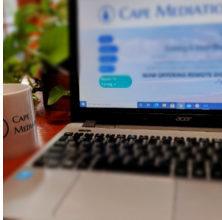
**Thursday, August 29, 2024, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

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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](http://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](mailto:info@capemediation.org).**

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## 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](http://CapeMediation.org) or click [Register](#).

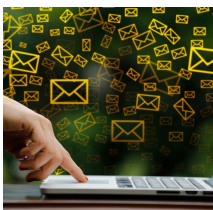
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## Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offers 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 us at, [info@capemediation.org](mailto:info@capemediation.org).**

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## 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](http://www.CapeMediation.org), along with archives. [Click Here to View Current and Past Newsletters.](#)

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## 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.](#)

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**For Cape Mediation Staff and Volunteers**

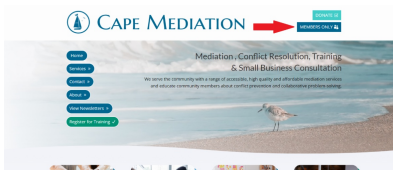
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## Keep Us Updated!

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.

[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.

### 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](mailto: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.**

## VOLUNTEER AVAILABILITY FOR AUGUST 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 SEPTEMBER 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



### 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,

Cape Mediation, the cliché "every dollar counts" holds true.

Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

## Show your passion for The Process!

Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community. [Visit the Cape Mediation Store](#)

[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/](http://CapeMediation.org/About/)

### National Association for Community Mediation

Visit: [NAFCM.org](http://NAFCM.org)

### Resolution Massachusetts

Visit: [ResolutionMA.org](http://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

Michael & Rob Normandy  
John O'Toole



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

Cathy Pietrafitta  
Robin Reid  
Kathy Shea  
John and Karen Townsend  
David Veach & Naomi Turner  
Karen Wallace  
Martin Webb

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## Foundations and Businesses



**Eastham**  
MASSACHUSETTS

Massachusetts Office of  
Public Collaboration (MOPC)



CAPE  
MEDIATION

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

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