



Mediator's Break

Monthly News & Updates

June 2025



"It is possible, and sometimes absolutely imperative, to work with people with whom you have fundamental disagreements."

-Vernon Jordan

Events and Happenings at Cape Mediation

YOU MADE A DIFFERENCE!

by Leif Thesen

Thank you to all who donated to our Annual Youth Program Fundraising Campaign! Our Youth Conflict Resolution Program relies on the support of our community. This year, through the Youth Program Fundraising campaign, we were humbled by the outpouring of charitable donations and are thrilled to share that we exceeded goal!

We would like to sincerely thank everyone for their generous contributions towards this program. We would also like to extend our gratitude to the **Cape Cod 5 Foundation** for their continued support over the last three years!

The Youth Conflict Resolution program provides local students with crucial tools and skills to recognize and overcome obstacles to communication and learn to constructively manage conflict. By helping students learn how to successfully navigate challenges, this program empowers young people, encourages collaboration, and helps to strengthen our community. As Patrick Clark, the Principal of Nauset Regional High School stated; *"Helping young people to grow the courage and skills to solve online and locker room challenges now and setting them up for leadership successes on the college campus and workplace in the future is the work"*, highlighting the importance of this program and noting the goal that the training be extended to all high school student leaders in the future.

CAPE MEDIATION IN THE NEWS

Cape Mediation is proud to have joined the amazing student athletes at Nauset Regional High School to present our workshop series on managing team conflict.

Thank you to Athletic Director John Mattson and Principal Pat Clark for inviting us "to help young people to grow the courage and skills to solve online and locker room challenges now, and set them up for success on the college campus and the workplace in the future...", Pat Clark. Read more about this program and all the school is doing for their students in the May 7th edition of the Provincetown Independent at provincetownindependent.org or by [CLICKING HERE](#).



CAPE MEDIATION'S NEW SUMMER 2025 INTERN

by Leif Thesen

My name is Leif Thesen and I'm excited to be joining Cape Mediation as an intern this summer. While I was born and raised in California, I love the East Coast. Growing up, I spent my summers on the Cape with my grandparents, and am now a sophomore at Bates college, in Maine. I've always been a very curious person and am passionate about understanding and helping others. Through my double majors of philosophy and sociology, I've begun to understand how identity and perspective shape interpersonal relationships and I'm excited for more hands-on learning in this internship. For the past year I've also been developing a personal meditation practice and am interested in seeing how my ability to look critically at emotions and take a wider lens of compassion will play a role in my approach to conflict resolution. This summer I'm looking forward to gaining more mediation skills, having more opportunities to broaden my perspective, and to involve myself in a field I find incredibly valuable!

In my free time, I adore being in nature in any way possible and staying active. I love backpacking, have played roller derby since I was 12 and I've got a dream goal of hiking the Pacific Crest trail!

SERIES: VOLUNTEER IN THE SPOTLIGHT

Our Volunteer in the Spotlight series is our way of expressing gratitude to each of our Cape Mediation volunteers for their dedication and hard work. Every month we feature a different volunteer, showcasing their contributions to Cape Mediation and giving you a chance to get to know the incredible individuals who make our work possible.

Maggie is in the Spotlight This Month!

This month we are highlighting a hardworking, vibrant and dedicated volunteer, Maggie! Maggie has been involved with Cape Mediation since 2017, taking part in district court and community mediations, and training for Building Bridges conflict management skills workshops. After attending our Basic Mediation Training, she was "instantly hooked," noting the experience "turned the way [she] approaches all interactions with other people on its head."

As a former journalist, Maggie thought her curiosity and listening skills were pretty

good, but her mediation training and practical experience have dramatically enhanced those qualities. She reminds us that listening to other views does not equate to agreeing, rather, is the bridge to understanding and moving forward as a community. Mediation starts and finishes with how someone approaches the conflict and demonstrates respect to the people involved - however much perspectives and beliefs may diverge. "We cannot control what others do, feel, think or say. We can control how we react."

Outside of her professional and volunteering life, Maggie spends much of her free time reading, exercising, and spending time with her husband and friends on beautiful Cape Cod.

Maggie shared with us just how important mediation is in her life, whether it is using the skills she has learned to navigate day-to-day or working directly with the Cape Mediation team. We are so happy to have her as part of our mediation family!

Thank you to Daisy O'Neil for your writing of this month's Mediator in the Spotlight!

If you would like to be featured in the "spotlight," please contact Allyson Rogers at allysonrogers@capemediation.org for more details.

Thank You to Our Funders!

THE FEDERATED CHURCH OF ORLEANS

We once again wish to extend our gratitude to the Local Mission Committee of the Federated Church of Orleans for their continued support of our dispute resolution services. Their generous contributions ensure that we can continue to provide our high-quality conflict resolution services to our community. This funding plays a critical role in our efforts to strengthen interpersonal relationships and build stronger communities. Thank you!

THE CAPE COD FIVE FOUNDATION

In 2021 when we launched our Youth Peer Mediation Program, the Cape Cod Five Foundation immediately responded to our request for support of this new program focused on training young people with the skills to face conflict head-on as an opportunity for positive change. We are grateful for their continued support as our program continues to grow and make a positive impact on our community. Thank you!



Books & Beyond

counterparts is a critical negotiation skill. Here, they look at how conflict examples can help transform unproductive conflict into opportunities to listen and learn. Read the Article online at pon.harvard.edu or by [clicking here](#).

Do you have a reading, podcast, or other media that you want to share with the Cape Mediation community? If so, email us at info@capemediation.org!



BASIC MEDIATION TRAINING IS BACK FOR FALL!

We are excited to announce that we will be offering our Fall Basic Mediation Training for the first time since 2019! Registration begins June 15th! To receive registration information or learn more, please email us at admin@capemediation.org.

The Board's Corner

“There is nothing permanent except change.”

These words from the Ancient Greek philosopher Heraclitus (500 B.C.) are particularly relevant to Cape Mediation today. Recently our landlord shared with us that they have decided to work with the town's affordable housing trust fund board to convert our space into much needed affordable residential housing. As some of you know, we have enjoyed the wonderful office space on Old Tote Road for years and we are truly grateful to the Sparrows for their generosity and support of Cape Mediation over these many years.

While we will miss this office we all know so well, our programs and activities continue to grow and flourish, and we are excited for the opportunity to find a new location in the area with even greater room to accommodate in-person mediations and training sessions. Where do you ask? Although as of press date our new location is unknown, we will remain fully open for business and continue to serve the courts and our community without interruption during the transition.



JUNE 2025

*Our Discussion and Debrief sessions are held once each month
on the Second Thursday of the month.*

Thursday, June 5, 2025, 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, June 12, 2025, 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, June 12, 2025, 4:00 PM - Workshop for Cape Mediation Active Volunteers: The New Small Claims Mediated Agreement. Watch your inbox for registration details.

Sunday, June 15, 2025 - Happy Father's Day from Cape Mediation.

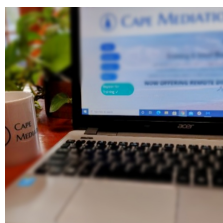
Thursday, June 19, 2025, 4:00 PM - Juneteenth. The Cape Mediation Office will be closed in observance of the Holiday.

Thursday, June 26, 2025, 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.

Workshop for Cape Mediation Volunteers The New Small Claims Mediated Agreement

On Thursday, June 12th, we are hosting a workshop on the New Small Claims Mediated Agreement. Watch your inbox for registration details.

[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](https://www.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](mailto:info@capemediation.org) 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 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.**



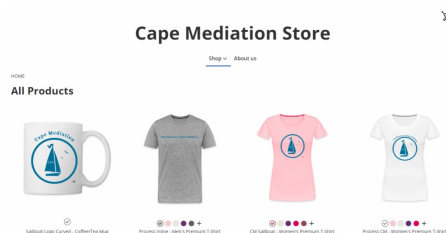
Mediator's Break is Online

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.](#)



VISIT THE CAPE MEDIATION STORE!

Show your passion for The Process!

Wondering where to get a Cape Mediation t-shirt, mug or more? Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community.

[Visit the Cape Mediation Store](#)

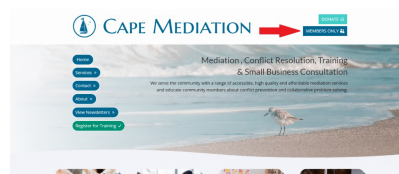
For Cape Mediation Staff and Volunteers



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.

[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



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.**

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 JUNE AVAILABILITY

MY JULY 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.

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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Massachusetts Office of
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