



# Mediator's Break

*Monthly News & Updates*

September 2025



*"{An} important skill for a mediator is to be patient."*

- J. Duane

## Events and Happenings at Cape Mediation



### WE ENJOYED CHATTING WITH YOU!

We enjoyed meeting with you at our first Monthly "Neutral Grounds" Coffee Chat! Our Neutral Grounds Coffee Chats are a great way to get to connect with people in our community, share ideas, and learn more about our programs. In August we met at The Hole-in-One in Orleans and discussed the importance of written agreements, the challenges of meeting on Zoom and, of course, traded

some funny pet stories! The meet-up was a great way to start the morning, learn together, and engage in our community.

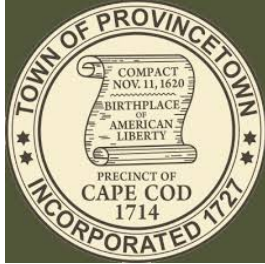


### VOLUNTEER LUNCH

In mid-August, a group of current and former Cape Mediation volunteers gathered at the Marshside in East Dennis for their annual summer lunch. Seated at a corner table with fabulous views, we enjoyed catching up and sharing stories - many from our pre-pandemic, in-court days. The tradition began nearly a decade ago

among the Barnstable Summary Process Cape Mediation team and has grown organically as we think of colleagues who might like to join us. All are welcome: if you'd like to be added to the email list for next year, please [CONTACT US](#).

## PROVINCETOWN HOUSING FAIR



The Town of Provincetown has invited Cape Mediation to join them for a Housing Fair, scheduled for **Tuesday September 30<sup>th</sup> from 11am-3pm at the Town Hall**. We will be joining other community resource vendors to share programming, resources, services and other materials for residents of the Outer Cape. The focus of the Fair is on general housing support, case management, human services, food access, legal aid, seasonal

workers, community development, ongoing housing projects, and affordable homeownership. They hope to make this an annual event, highlighting different areas of need each year. We are very excited to be part of this first-time event and look forward to seeing you there!



### Please Join Us for Our 2nd Monthly **NEUTRAL GROUNDS COFFEE CHAT MASHPEE**

Each month we are gathering at different local coffee shops around Cape Cod to meet with you! We welcome past and present volunteers, and members of the public, to join Cape Mediation staff and board members to share your ideas and learn about our many different programs and opportunities! Whether you are new to Cape Mediation, want to get involved, or are a past volunteer hoping to reconnect, we would love to see you there! Let us know you are coming by **[CLICKING HERE](#)** or **just stop by!**

**DATE:** Monday, Sept. 15th

**TIME:** 8:30-10:00am

**LOCATION:** Cape Cod Coffee in Mashpee Commons



### **MOVIE TO BE ANNOUNCED SEPTEMBER 15th!**

We can hardly wait to share the news! Be the first to know! On September 15th we will officially announce the movie chosen for our Second Annual Movie Night to be held on Thursday, October 30th at the Chatham Orpheum. October is Conflict Resolution month and we are celebrating all month long. Mark your calendars, watch your inbox, and follow us on social media to be the first to know!

*To see pictures from last year's movie night, Captain Phillips, and stay updated on other Cape Mediation events, visit us at [CapeMediation.org](http://CapeMediation.org) and follow us on Instagram, Facebook and LinkedIn!*

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.

## **Allyson is in the Spotlight This Month!**

### **What inspired you to volunteer with us?**

When I began working at Cape Mediation, I had no idea how much of an impact our volunteers made on the community. I quickly learned that I wanted to be a part of it!

### **What types of projects or activities have you been involved in?**

Since taking the Basic Mediation Training and working at Cape Mediation I have had the opportunity to be involved in many aspects of our work. Including, Partnership Programs, Student Leadership Workshops, in-person and remote mediation, facilitation, and many more. I truly am excited to see what the future brings!

### **What has been the most rewarding part of your volunteer work with Cape Mediation?**

The most rewarding part about being involved at Cape Mediation is being connected with so many inspiring individuals. Everyday I have the opportunity to learn and grow, that is invaluable!

### **What do you think is the most important aspect of conflict resolution that people often overlook?**

I would say the most important aspect of conflict resolution that people often overlook is "listening does not mean agreeing". This quote has stuck with me since I first heard it at Cape Mediation. We are so often trying to articulate why we are right that we do not listen to the other person, getting in the way of our ability to clearly communicate.

### **Cape Mediation volunteer work aside, what are some hobbies or passions you have?**

Outside of Cape Mediation, you can find me walking the shoreline finding beach glass. I also enjoy doing crafts, baking, and finding new coffee shops to try!

### **Is there anything else you'd like to share about your experience volunteering with Cape Mediation, or a piece of advice for others considering volunteering in conflict resolution?**

If you are considering volunteering in conflict resolution, you should absolutely do it! Not only are the skills we learn useful in everyday life, but your perspective changes from conflict being "bad" to seeing it as an opportunity for positive change.

**If you would like to be featured in the "spotlight,"  
please contact Allyson Rogers at [allysonrogers@capemediation.org](mailto:allysonrogers@capemediation.org)  
for more details.**



## THE NATIONAL ASSOCIATION for COMMUNITY MEDIATION

We wish to extend our gratitude to the National Association for Community Mediation (NAFCM) for their contribution in defraying the cost of video conferencing through Zoom. The NAFCM began supporting community mediation centers' use of video conferencing during the pandemic, ensuring that we could serve our communities when we were unable to gather in person. Their generosity continues to help us to reach people in our communities regardless of physical and geographic barriers! Thank you!

### *Books & Beyond*

**Resolve Conflict: Everyone can Win**, is a podcast presented by Helena Cornelius, and based on the book, 'Everyone Can Win'. The podcast contains 12 episodes, each an hour long and covering a skill from Conflict Resolution Network's 12 skill approach. With the clear naming and descriptions of each episode, this podcast is an accessible way to familiarize yourself with many different vital conflict resolution skills, or to just touch up on a few! This podcast is available for free on Spotify. Find them on the web at <https://open.spotify.com/show/1jVxz9RNR74h6xVkru6ibK>.

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](mailto:info@capemediation.org)!

### *Happenings*



### **Weekly free Meditation in Falmouth**

A midweek meditation practice is offered in person at the West Falmouth Library every Wednesday at 11 am. This hour-long session is led by Unshin Sangaku Dan Joslyn-Sensei, and includes directed and silent meditation. A meditation practice works to improve mindful awareness, self-regulation and compassion, valuable skills for conflict management and mediation. More information can be found here [https://www.capecodtimes.com/things-to-do/events/?\\_evDiscoveryPath=/event/2669762-weekly-free-meditation](https://www.capecodtimes.com/things-to-do/events/?_evDiscoveryPath=/event/2669762-weekly-free-meditation).

# The Board's Corner

To all Cape Mediation Volunteers and friends,

As we indicated last month, Cape Mediation will be moving and we can now tell you that our new location will be Post Office Square in Orleans at 58 Main Street, in the Post Office building! Right now the space, which has been vacant for at least 10 years, is being transformed. When finished, we'll have a much larger office with ample room to conduct mediations, training, meetings and other activities. Sad as we are to leave Old Tote Road and our wonderful landlords there, we are excited to begin this new chapter. We hope to be in residence by early October and will invite you all over as soon as we are settled in.

*“Trust the magic of new beginnings” with us at Cape Mediation.*



## **September 2025**

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

**Thursday, September 4, 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, September 11, 2025, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

**Thursday, September 11, 2025, 4:00 PM** - Discussion and Debrief. We invite all mediators and conciliators to join our discussion and debrief remotely on Zoom!

**Monday, September 15, 2025, 8:30am** - Neutral Grounds Coffee Chat. Join us at Cape Cod Coffee in Mashpee Commons for an informal get together, all are welcome!

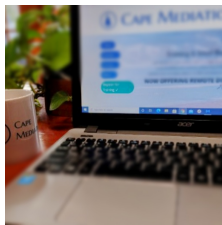
**Thursday, September 18, 2025, 9:00 AM** - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

**Wednesday, September 24, 2025** - Board of Directors Meeting. The Cape Mediation Board of Directors invites you to join their upcoming meeting, contact the Cape Mediation office by emailing us at [info@capemediation.org](mailto:info@capemediation.org) today for more details.

**Wednesday, September 24, 2025** - Postponed: BMT Training. Our Basic Mediation Training scheduled to begin in September has been postponed. Please watch your inbox for new dates. If you wish to join our email list to receive notices of upcoming trainings, please **CONTACT US**.

**Thursday, September 25, 2025, 9:00 AM - Orleans District Court In-Court Mediation.** Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

**[Visit CapeMediation.org](http://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).**



## **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](#).*



## **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).**



## **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.](#)



## 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 to 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.

[Click Here to Visit the Cape Mediation Store](#)

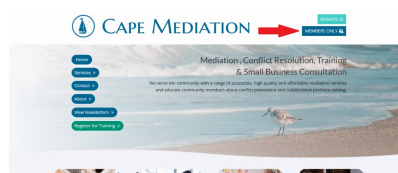
## For Cape Mediation Staff and Volunteers



## 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.



## 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.](#)

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## 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.**

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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**

**MY OCTOBER 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!

## 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/](https://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](#)



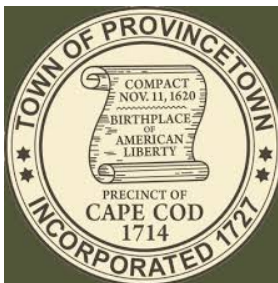
## **THANK YOU TO OUR SUPPORTERS**

### **President's Circle**

Lois Andre  
Jim & Michelle Duane  
Deborah Felix  
Kathleen Heffernan  
Ellen Kapinos  
Jane Lea  
John W. Lea  
Sydney Lea

Michael & Rob Normandy  
John O'Toole  
Scott Parr  
Allan E. Taylor & Kathryn F. Plazak  
John and Karen Townsend  
David Veach & Naomi Turner  
Karen Wallace  
Martin Webb

### **Foundations and Businesses**



Massachusetts Office of  
Public Collaboration (MOPC)



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