

From: Cape Mediation <info@capemediation.org>
Sent: Friday, January 2, 2026 7:59 AM
To: annetessier@capemediation.org
Subject: January 2026 Mediator's Break



Mediator's Break

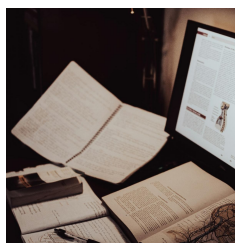
Monthly News & Updates
January 2026



*Best Wishes to All
for a Happy New Year!*

Events and Happenings at Cape Mediation

For more information and to stay updated on Cape Mediation events, please visit us at CapeMediation.org and follow us on Instagram, Facebook and LinkedIn!



A Warm Welcome to our Newest Intern

We are very excited to welcome our newest intern, Darius Zamani, to Cape Mediation! Darius is a third year student at the University of Massachusetts School of Law and will be assisting our staff and volunteers in all of our Dispute Resolution Programs during January. Darius' commitment to community service and Alternate

Dispute Resolution makes him a great fit for Cape Mediation and we looking forward to working with him! Be sure to give him a warm welcome!



Our New Cape Mediation Yearly Calendar!

We have a lot of exciting programs coming up in the new year and we want you to know about them, so this year Cape Mediation will publish our first Annual Calendar to keep you up to date. The Calendar will be posted on our Events Page on our website in January, so be sure to check it out!



What Does it Mean to be a Dungeon Master?

"You feel the ever present breeze carrying bits of sea water brushing against each of your faces, your small sailing vessel approaches the island as the fog begins to lift...." A good story can grab you from the very first words on the page. They become even more exciting when you are the one who brings the words to life and create characters and adventures from your own imagination. You quickly learn that the characters you create begin to take on a life of their own and grow and change as they interact with

others, and face adventure and adversity in ways you never imagined.

Last summer, Cape Mediation had the opportunity to meet with a Dungeons & Dragons (D&D) Dungeon Master. I was intrigued by Role Play Gaming and about what it meant to be a Dungeon Master. I have seen doctors, students, engineers and craftsmen, all sit at a table together for hours creating a world of fantasy and excitement and wanted to know what it was all about, how does it work? He explained that D&D is referred to as a Tabletop RPG (Role Playing Game) and he told us the best way to learn about D&D is to play the game. He then offered to create a game for us and invited a group of our mediators to join him. Our group quickly learned that using mediation skills strengthened our characters and made the game more exciting.

A casual conversation that began with a seemingly simple question, What does it mean to be a Dungeon Master?, led to the creation of our new tabletop RPG-based Youth Conflict Management Skills Program. If you would like to learn more about the program, please contact us at youth@capemediation.org, caption: D&D Based Youth Programs.



There is Still Time to Donate to Our Annual Appeal!

Cape Mediation owes its success to you, whether it's a donation of your time, energy, expertise or your financial support. Our mission of providing quality dispute resolution services to our community is only possible because of our community of supporters. Click the button below or visit us on the web at capemediation.org to support Cape Mediation by donating to our Annual Appeal. Thank you.

[Support Cape Mediation](#)

Neutral Grounds Coffee Chats



Neutral Coffee Grounds Chat We Enjoy Chatting with You!

We will be taking a break from our Neutral Grounds Coffee Chats in January, but are looking forward to seeing and chatting with with you in February! Cape Mediation started this monthly series with the overall goal of community building to not only expand our community here at Cape Mediation, but also to engage with our Cape friends and neighbors. This is our hope, by visiting different local coffee shops around the Cape every month with this more casual way of connecting.

Keep on eye on your inbox for the information on the next Neutral Grounds Coffee Chat coming in February!

Thank You to Our Funders!



Orleans and their support will help us to furnish and update the new space so that we may continue to expand our services to meet the growing needs of our community. Thank you!

Thank you everyone at the First Citizens Charitable Foundation for their generosity in supporting Cape Mediation. We are very excited to have moved into our wonderful new office located at the Post Office Square in

The Board's Corner

The Board of Cape Mediation sends its sincere thanks to our volunteers and friends, near and far, for all of your assistance and contributions in 2025. We look forward to a busy year ahead and want YOU to be a part of it! Stay tuned for our upcoming events for where you can help.

And for all mediators, as you see below, we will be back in person for both Summary Process and Small Claims at Barnstable Court in March. Contact the office if you'd like a short refresher and join us! And there is always room in Orleans, too! Happy 2026!

A banner with a blue background. The text "Books & Beyond" is written in a white, cursive font. Behind the text is a blurred image of several books on a shelf.

Books & Beyond

What does a game of Dungeons & Dragons have to do with being in a courtroom? Julianne Hill of the American Bar Association Journal explores Dungeons & Dragons based courses in law school in her recent [Facebook post](#).

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!

A banner with a blue background. The text "Happenings" is written in a white, cursive font. Behind the text is a photograph of a coastal landscape with a blue sky, ocean, and a path leading to a cliffside.

Happenings

Face-to-Face Mediation Returns to Small Claims at the Barnstable District Court

Many of you know that we resumed face-to-face mediation at the Barnstable District for Summary Process in the Fall. We are excited to announce that beginning on March 12, 2026, we will also be back in person for Small Claims mediations, as well! We look forward to serving the members of our community in-person!

A banner with a blue background. The text "Calendar" is written in a white, cursive font. Behind the text is a close-up photograph of a calendar page showing the days of the week and some numbers.

Calendar

January 2026

This month our Discussion and Debrief session will be held on the third Thursday of the month.

Thursday, January 1st - Happy New Year! The Cape Mediation Office will be closed in observance of the holiday.

Thursday, January 8, 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.

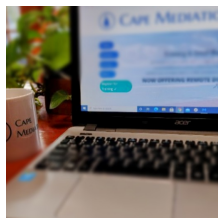
Thursday, January 15, 2025, 4:00 PM - Discussion and Debrief. We invite all mediators and conciliators to join our discussion and debrief remotely on Zoom!

Thursday, January 22, 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, January 28, 2026 - Board of Directors Meeting.

Thursday, January 29, 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 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.**



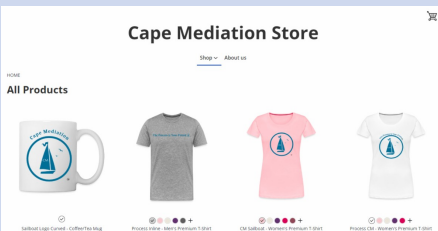
Mediator's Break is Online

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 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](#)

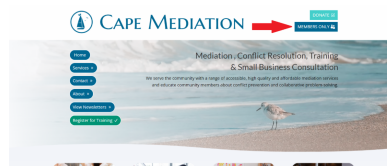
For Cape Mediation Staff and Volunteers



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.](#)

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 JANUARY AVAILABILITY

**Our Coordinators are
There!**

**We Will Take Care of the
Tech!**

Our coordinators are always there to help and to answer any questions that may come up when you volunteer.

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/

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

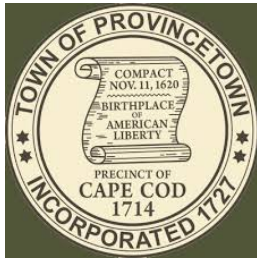
President's Circle

Lois Andre
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





CAPE
COD 5

Foundation

Massachusetts Office of
Public Collaboration (MOPC)



Owners Peace
Landscape & Design



508-524-9965



CAPE
MEDIATION

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

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



Try email marketing for free today!