



Got conflict? Try Mediation

Community Mediation...

- IS FREE
- Gives people a chance to speak, to be heard, and to hear each other.
- Provides an opportunity for people to understand each other and transform their relationship.
- Empowers people to develop their own solutions that meet their needs

Call 240-766-5311

CommunityMediationDC.org

What is mediation?

- A voluntary and confidential dispute resolution process
- Neutral, non-judgmental mediators support participants in finding lasting win-win solutions to their conflict.
- Participants speak for themselves and make their own decisions, often reaching agreements and rebuilding relationships.
- Here are the steps...
 1. Explain the process
 2. Talk about the situation
 3. Create a list of topics
 4. Brainstorm solutions
 5. Write up an agreement



Community Mediation DC

- Provides all sessions for free
- Trains volunteer mediators who reflect the diversity of our community
- Schedules mediation at times and locations convenient to participants (Monday-Sunday, 8am-8pm)

Conflicts that can be mediated:

- Neighborhood disputes
- Interpersonal differences
- Employment issues
- Family conflict
- Roommate/housemate challenges
- School disputes
- Collaborative planning and problem solving for co-parents and guardians



- Collaborative planning and problem solving for Justice-Involved individuals and family members or other support people *
- Other difficult conversations

* [Re-entry mediations](#) are offered at the DC Jail and for returning citizens throughout DC

The Ten Point Community Mediation Model

We strive to:

1. Train community members who reflect the community's diversity with regard to age, race, gender, ethnicity, income and education to serve as volunteer mediators.
2. Provide mediation services at no cost or on a sliding scale.
3. Hold mediations in neighborhoods where disputes occur.
4. Schedule mediations at a time and place convenient to the participants.
5. Encourage early use of mediation to prevent violence/reduce the need for court intervention, and provide mediation at any stage in a dispute.
6. Mediate community-based disputes that come from referral sources including self-referrals, police, courts, community organizations, civic groups, religious institutions, government agencies and others.
7. Educate community members about conflict resolution and mediation.
8. Maintain high quality mediators by providing intensive, skills-based training, apprenticeships, continuing education and ongoing evaluation of volunteer mediators.
9. Work with the community in governing community mediation programs in a manner that is based on collaborative problem solving among staff, volunteers and community members.
10. Provide mediation, education, and other conflict resolution processes to community members who reflect the community's diversity.

Other Programs and Services

- **Conflict Management Workshops:** We provide education through presentations to community groups, religious institutions, schools, government agencies, etc. We use interactive activities to teach about and reflect on conflict styles, effective communication, and the mediation process.



- **Large Group Facilitation:** Many of our mediators are also trained in large group facilitation, and can support larger group meetings and discussions. Facilitations may involve conflict, planning for the future, developing or implementing policy changes, or discussions with a variety of stakeholders.
- **Basic Mediation Training:** In partnership with Community Mediation Maryland, we offer a free 45-hour mediation training to volunteers from DC who commit to volunteering with CMDC as a mediator, outreach liaison, or providing administrative support for at least one year following the training. We arrange transportation, food, and childcare for these trainings to increase their accessibility. The training is followed by a mediation apprenticeship, and often **Advanced Mediation Trainings.**

Who we are

Community Mediation DC is made up of a core group of volunteer outreach liaisons who attend events in their communities, coordinate conflict management trainings for local groups, support volunteer activities in their neighborhoods, and meet monthly to share updates and best practices. CMDC also includes a growing team of volunteer mediators, trained in Inclusive Mediation. And most importantly, we are made up of all of the community members and volunteers who use mediation, make referrals, hang fliers, offer space for trainings and mediations, and tell their friends about us. Thank you!



Contact us

Intake for mediation is confidential, typically happens over the phone, and involves explaining the mediation process, getting an understanding the situation, and scheduling the first session at a time and place convenient to the participants.

To request mediation, make a referral, or request a workshop or presentation....

Call 240-766-5311

or email

CommunityMediationDC@gmail.com