

## **FAMILY MEDIATION : AN OPPORTUNITY TO LOOK TOWARDS THE FUTURE**

### **Why choose Family Mediation?**

Being stuck in a conflict may be seen as a no-way-out situation: emotions are running high, and a face-to-face discussion seems the hardest thing. That's where family mediation comes in.

### **What is Family Mediation?**

Aiming at restoring a constructive dialogue between people involved in a conflict, family mediation is about taking stock of the past and looking towards the future. The family mediator, a fully trained and accredited professional, guarantees the confidentiality of the process.

Court litigation may be lengthy, expensive, stressful and its outcome uncertain. Family mediation is a short-term and affordable process, which gives participants the opportunity to find solutions adjusted to their needs.

It focuses on agreements, rather than disputes.

### **What type of situations are concerned with Family Mediation?**

Family mediation deals with any type of family conflict from divorce/separation to Parents-Teens disputes, elderly care or inheritance.

### **What are the main steps of Family Mediation?**

- A 1-hour pre-mediation meeting to give you all the relevant information about family mediation and assess if such process matches your situation. This introductory meeting is free.
- A 1 hour 30 mediation sessions (joint sessions or individual sessions if need be). The mediation sessions can be held in French, English or Spanish. Visio conference is possible.

Do not hesitate to contact us, our family mediators will be happy to answer your questions. Family Mediation Department (direct line): 01 53 05 92 38 – email: [pole.mediation@lfsm.fr](mailto:pole.mediation@lfsm.fr). You may also get on our website: [www.lfsm.org](http://www.lfsm.org)

**THINK COOPERATION, CHOOSE MEDIATION**