

WHAT HAPPENS IN FAMILY MEDIATION?

Mediation provides a **safe space** under **professional guidance** to resolve **relationship conflict** and build **healthy, respectful** relationship dynamics moving forward.

MEDIATION...

- Is free.
- Is guided by an agreed-upon agenda.
- Can include individual meetings with participants.
- Is an informal process (outside of court proceedings).
- Is voluntary and requires the consent of all participants.
- Prioritises the wellbeing and best interest of the older person.
- Is guided by a facilitator/mediator in a safe, supportive environment.
- Involves practitioner assessment to determine suitability for the process.
- Can take up to three hours, with the opportunity for a second session if needed.

HOW CAN MEDIATION HELP?

- Conflict resolution and conflict coaching
- Creates understanding of others' perspectives
- Help family members agree upon a way forward
- Share your hopes and concerns and have them heard



1300 062 232



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Relationships Australia
QUEENSLAND