

You know when we split,  
I wanted **the kids** all  
to myself. I get that I  
**need** to trust you with  
them, and I do see how  
happy they **both** are  
when they've seen you.  
I just worry they'll feel  
split between the  
two **of us** and  
our new families.

## Divorcing or separating?

Mediation helps you to  
turn your arguments into agreements.



Turn arguments... into agreements

## **Divorcing or separating?**

Do you find it hard to talk to your ex-partner about things you know you need to discuss?

Do your children get brought into your troubles, making them unhappy?

Do you feel worried about short-term and long-term arrangements?

Do you feel unsure or confused about the legal side of things?

Do you think you'll need help to sort finances and make plans for the future?

## **What is family mediation?**

A confidential meeting with an expert mediator who helps you discuss and negotiate all aspects of your divorce or separation.

## **What can mediation provide for you?**

- A safe, neutral environment to discuss things that matter to you.
- An organised and constructive process.
- A range of options for you to explore.
- A lasting agreement for the future.
- An end to the arguments and disagreements.

## **Who is mediation suitable for?**

- Parents, before or after separation
- Divorcing couples, with or without children.
- Separating cohabitees, with or without children.
- Grandparents.
- Other members of the extended family where communication and/or relationship issues are difficult.

## **What can be mediated?**

- Arrangements for children, including where they will live.
- Parenting.
- Children's education.
- How to communicate.
- Maintenance, child support and other money issues.
- Holiday arrangements.
- Property and possessions.
- Pensions/endowments, wills and probate.
- Settling debts.
- Re-establishing contact.
- Care of older relatives.

## What can mediation help you achieve?

- It can save you time and money, avoiding the stress and costs of a long legal process.
- You remain in control of your own destiny, instead of handing it over to judges.
- It is simple, informal and constructive.
- It is flexible, to suit your unique circumstances.
- It provides vital support in property, finance and other things that matter to you.
- It helps you find long-term solutions in the best interests of children and families.
- Improved future relationships, so you can move forward and make a new start.
- It enables you to work with our mediators who are trained in all aspects of family law.

*.... and remember, mediation is voluntary so you can stop it at any time if it doesn't seem right.*

**Turn over to find your local family mediation service.**

## **About National Family Mediation**

National Family Mediation (NFM) offers high-quality family mediation and support services to all families affected by relationship breakdown, divorce or separation in England and Wales.

NFM mediators are carefully selected and trained to the highest standards.

They will help you to reach joint decisions about all the issues associated with your separation.

We also provide specialist services for children.

For more information please visit our website, or give us a call.

**[www.nfm.org.uk](http://www.nfm.org.uk)**

**Tel: 0300 4000 636**



@NatFamMediation



NatFamMediation

## Your local National Family Mediation service

National Family Mediation provides services in over 500 locations across England and Wales, so there's one close to you.

To find your local service you can call  
**0300 4000 636**

Or simply type in your postcode at  
**[www.nfm.org.uk/find-help-near-you/](http://www.nfm.org.uk/find-help-near-you/)**

Or scan this  
QR code



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