

## WHAT IS FAMILY MEDIATION?

Mediation is a service to help couples who have decided to separate, or who have already separated, to negotiate their own separation terms.

## HOW CAN MEDIATION HELP?

The Family Mediation Service encourages the separating couple to co-operate with each other in working out mutually acceptable arrangements on all or any of the following:

- Parenting the Children
- Maintenance
- Family Home & Property
- Other problems related to the separation

## HOW DOES THE SERVICE OPERATE?

A professionally trained Mediator assists the couple to reach their own agreement.

- Discussions are confidential
- The Mediator does not take sides
- Both spouses are required to attend

## WHAT IS THE MEDIATOR'S ROLE?

- To see a couple together and help them settle their differences.
- To create a climate in which neither party dominates but in which both parties participate fully in good faith.
- To create and maintain an atmosphere of co-operation and responsibility.
- To help couples deal with difficult emotional issues that can prevent them reaching agreement.
- To help couples reach agreement that they believe to be fair, equitable and workable.



## WHY MEDIATION?

The advantages of Mediation include:

- It is a confidential service.
- The couple decide what issues they want to discuss with no immediate threat of court proceedings.
- With give and take on both sides no one needs to be a "winner" or "loser".
- Decisions taken together are more likely to be honoured.
- It encourages co-operation between the couple with the minimum of distress and bitterness.
- Parents are helped to remain as partners in childrearing by developing parenting plans that are personal to each family.
- Parents are helped to manage conflict in a way that protects the best interests of the children.

## HOW MUCH DOES IT COST?

The service here is part of Vita House services and therefore has a fees structure, depending on the couples' combined income. The fee will be negotiated at the first session and is due at each session. Because Vita House supports the well being of families and children the mediation costs are less than the standard professional consultation rates.

## HOW LONG DOES IT TAKE?

This varies between two and six sessions. Each session lasts approximately one hour.

### Note

**Appointments are given on confirmation by both parties of their willingness to attend.**

**For appointment – write or phone:  
Vita House Family Centre  
Abbey Street  
Roscommon  
Co. Roscommon  
Tel.: 090 6625898**

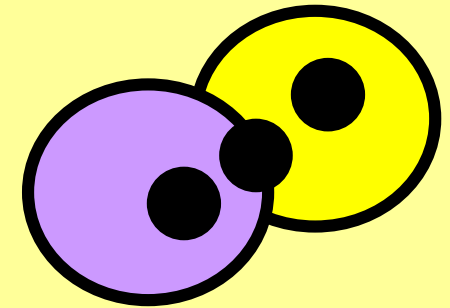
**For an appointment both parties must contact the service independently and confirm willingness to attend.**

## OUTCOME

Most mediations end with a written document that sets out all the details of the couple's agreement. This can then be taken to solicitors to be drawn into a Legal Deed of Separation and/or a Decree of Divorce

*MEDIATION IS NOT  
MARRIAGE COUNSELLING OR  
A LEGAL ADVICE SERVICE*

*THIS SERVICE IS FOR  
MARRIED AND NON-MARRIED  
COUPLES*



**FAMILY MEDIATION  
SERVICE**

*Help for  
Separating  
Couples*



**Vita House Family Centre  
Abbey Street  
Roscommon  
Co. Roscommon  
Tel: 090 6625898  
Email: [vitahouse@eircom.net](mailto:vitahouse@eircom.net)  
Website: [www.vitahouse.org](http://www.vitahouse.org)**