

What is Mediation? - Fountain Mediation

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Mediation is a way of resolving disputes without having to go through court proceedings.

Who can we help?

Mediation can help anyone who is struggling to deal with the breakdown of their relationship.

It doesn't matter whether you are a couple who have financial problems, or a family who have issues around the children: parents, grandparents, aunts or uncles. Even if you are not a "traditional" family we can still help. Adoptive parents, parents in a same-sex relationship. Everyone can suffer when a relationship breaks down. We can try and ease the transition for all of you.

What we do.

The essence of mediation is that the people who cannot agree sit down together, with an independent person (the mediator) and talk through their difficulties to find solutions which work for them and their family. The mediator's role is to ensure that everyone has the opportunity to be heard and reach decisions they are comfortable with. The mediator ensures that the conversations happen in a respectful and safe environment where the focus is on resolution rather than continued argument.

The mediator will not: tell you what to do; give you legal advice or 'decide' what is best. The mediator is there to provide an opportunity for you to create a way forward together in a way decided by you.

Children often benefit by understanding that even though their parents do not live together any more they are able to continue to parent together.