

## Caregiver Mediation

- Concerned about hurt feelings or negative patterns of communication?
- Anxious about conflict that may arise in the caregiving relationship?
- Is caregiving putting stress on your family?
- Do you want help planning arrangements or having difficult discussions?
- Do you have any other conflict that needs resolution?

## The Mediation Process...

- Gives people a chance to speak, to be heard, and to hear each other.
- Provides an opportunity for people to understand each other and transform their relationship.
- Ensures that participants make their own decisions about the outcome of their conflict.
- Assists people to develop long-term solutions that meet the needs of everyone involved.

Mediators are available in every community in Maryland to start a mediation between caregivers and those receiving care.

Mediation can be utilized at any time.

**Mediation is neutral, confidential, voluntary, and free to all.**

## Community Mediators

Mediators listen, help clarify issues and guide you through a process to develop solutions.

Mediators do not take sides, make judgments or tell you what to do.

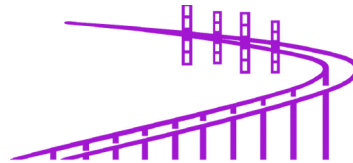
Mediators keep the conversations confidential.

## To Begin the Process . . .

1. Call your local community mediation center (they are all listed inside), or
2. Call Community Mediation Maryland toll free at 888-826-2262

## In Community Mediation Centers . . .

- The mediators are highly trained volunteers who represent the diversity of the community they serve.
- The mediation occurs at a time and place convenient to the participants.
- The mediation is provided at no charge.



COMMUNITY MEDIATION MARYLAND

*your conflict, your solutions*

301-270-9700

888-826-2262

[www.MDMediation.org](http://www.MDMediation.org)

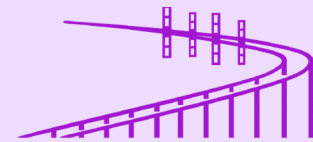
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**ARE YOU A CAREGIVER?  
OR RECEIVING CARE?  
EXPERIENCING CONFLICT?  
NEED TO HAVE A DIFFICULT  
CONVERSATION?**

# Try Mediation

Mediation is a free service of your local Community Mediation Center to help you:

- Discuss caregiver arrangements
- Make a plan future caregiving
- Keep a positive relationship going well, or
- Deal with conflict of any kind.



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# Community Mediation Centers in Maryland

## Anne Arundel County

Anne Arundel Conflict Resolution Center  
2666 Riva Road, #130 · Annapolis, MD 21401  
(410) 266-9033 · [aacrcprograms@gmail.com](mailto:aacrcprograms@gmail.com)  
[www.AACRC.info](http://www.AACRC.info)

## Baltimore City

Community Mediation  
3333 Greenmount Ave · Baltimore, MD 21218  
(410) 467-9165  
[director@communitymediation.org](mailto:director@communitymediation.org)  
[www.communitymediation.org](http://www.communitymediation.org)

## Baltimore County

Conflict Resolution Center of Baltimore County  
P.O. Box 34340 · Essex, MD 21221  
(410) 780-1206  
[mediation@crcbaltimorecounty.org](mailto:mediation@crcbaltimorecounty.org)  
[www.crcbaltimorecounty.org](http://www.crcbaltimorecounty.org)

## Calvert County

Community Mediation Center - Calvert County  
P.O. Box 1842 · Prince Frederick, MD 20678  
(443) 295-7456 · [calvertmediation@gmail.com](mailto:calvertmediation@gmail.com)  
[www.calvert-mediation.org](http://www.calvert-mediation.org)

## Caroline, Dorchester & Talbot Counties

Mid Shore Community Mediation Center  
300 Talbot Street, #206 · Easton, MD 21601  
(410) 820-5553 · [mscmc@goeaston.net](mailto:mscmc@goeaston.net)  
[www.midshoremediation.org](http://www.midshoremediation.org)

## Carroll County

Carroll County Community Mediation  
255 Clifton Blvd., #311 · Westminster, MD 21157  
(410) 848-1764 · [pryan@carrollcc.edu](mailto:pryan@carrollcc.edu)  
[www.carrollcc.edu/courses/noncredit/cccmc.asp](http://www.carrollcc.edu/courses/noncredit/cccmc.asp)

## Cecil, Kent & Queen Anne's Counties

Community Mediation Upper Shore, Inc.  
P. O. Box 692 · Chestertown, MD 21620  
(410) 810-9188 · [info@cmusmediation.org](mailto:info@cmusmediation.org)  
[www.cmusmediation.org](http://www.cmusmediation.org)

## Charles County

Charles County Mediation Center at the College of  
Southern Maryland  
8730 Mitchell Road, P.O. Box 910  
La Plata, MD 20646-0910  
(301) 539-4683 · [jawalton1@csmd.edu](mailto:jawalton1@csmd.edu)

## Frederick County

Frederick County Mediation  
7932 Opposumtown Pike · Frederick, MD 21702  
(301) 631-2256  
[frederickcountymediation@gmail.com](mailto:frederickcountymediation@gmail.com)  
[www.calm-frederick.org](http://www.calm-frederick.org)

## Harford County

Harford County Community Mediation Program  
125 N. Main Street · Bel Air, MD 21014  
(410) 638-4807 · [sefisher@harfordcountymd.gov](mailto:sefisher@harfordcountymd.gov)  
[www.harfordmediation.org](http://www.harfordmediation.org)

## Howard County

Mediation and Conflict Resolution Center  
at Howard Community College  
10901 Little Patuxent Pkwy, Clark Library(CL)145  
Columbia, MD 21044-3197  
(443) 518-1888 · [mrcr@howardcc.edu](mailto:mrcr@howardcc.edu)  
[www.howardcc.edu/about-us/offices-departments/mrcr](http://www.howardcc.edu/about-us/offices-departments/mrcr)

## Montgomery County

Conflict Resolution Center of Montgomery Co.  
4805 Edgemoor Lane, 2nd Floor  
Bethesda, MD 20814  
(301) 652-0717 · [mediation@CRCMC.org](mailto:mediation@CRCMC.org)  
[www.crcmc.org](http://www.crcmc.org)

## Prince George's County

Key Bridge Center for Conflict Resolution  
9301 Largo Drive West, #205 · Largo, MD 20774  
(240) 770-0401  
[communitymediation@keybridge.org](mailto:communitymediation@keybridge.org)  
[www.keybridge.org](http://www.keybridge.org)

## Rockville

Rockville Community Mediation Program  
111 Maryland Avenue · Rockville, MD 20850  
(240) 314-8316 · [jkelly@rockvillemd.gov](mailto:jkelly@rockvillemd.gov)

## Somerset, Wicomico & Worcester

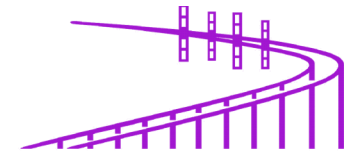
Tri Community Mediation  
231 West Main St · Salisbury, MD 21801  
(410) 548-7174  
[tricomunitymediation@gmail.com](mailto:tricomunitymediation@gmail.com)  
[www.tricomunitymediation.org](http://www.tricomunitymediation.org)

## St. Mary's County

Community Mediation Center of St. Mary's Co.  
41620 Courthouse Drive [Rear Entrance]  
P.O. Box 853 · Leonardtown, MD 20650  
(301) 475-9118  
[mediation@communitymediationSMC.org](mailto:mediation@communitymediationSMC.org)  
[www.smcmediation.org](http://www.smcmediation.org)

## Washington County

Washington County Community Mediation Center  
5 Public Square, Suite 204 · Hagerstown, MD 21740  
(301) 665-WCMC (9262) · [wccmced@gmail.com](mailto:wccmced@gmail.com)  
[www.wccmc.org](http://www.wccmc.org)



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