

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.

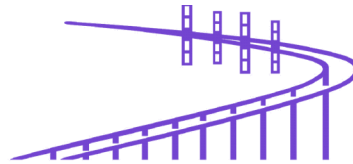
Mediators keep the conversations confidential.

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

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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 · programs@aacrc.info
www.AACRC.info

Baltimore City

Baltimore City Mediation Center
3333 Greenmount Ave · Baltimore, MD 21218
(410) 467-9165
info@communitymediation.org
www.CommunityMediation.org

Baltimore County

Conflict Resolution Center of Baltimore County
P.O. Box 1134 · Cockeysville, MD 21030
(443) 297-7897
mediation@crcbaltimorecounty.org
www.CRCBaltimoreCounty.org

Calvert County

Community Mediation Center - Calvert County
P.O. Box 1842 · Prince Frederick, MD 20678
(443) 295-7456 · calvertmediation@gmail.com
www.Calvert-Mediation.org

Caroline, Dorchester & Talbot Counties

Mid Shore Community Mediation Center
8626 Brooks Drive, #204 · Easton, MD 21601
(410) 820-5553 · info@midshoremiation.org
www.MidShoreMediation.org

Carroll County

Carroll County Community Mediation
255 Clifton Blvd., #311 · Westminster, MD 21157
(410) 848-1764 · ccmc@carrollcc.edu
www.CarrollCC.edu/Mediation

Cecil County

Cecil County Community Mediation Center
244 E Main Street, #110 · Elkton, MD 21921
(443) 207-5159 · info@cecilmediation.org
www.cecilmediation.org

Charles County

Charles County Mediation Center
at the College of Southern Maryland
8730 Mitchell Road, P.O. Box 910
La Plata, MD 20646
(301) 539-4689 · mediation@csm.edu
www.CSMD.edu/Community/Mediation

Harford County

Harford County Community Mediation Program
125 N. Main Street · Bel Air, MD 21014
(410) 638-4807 · njjackson@harfordcountymd.gov
www.HarfordMediation.org

Kent & Queen Anne's Counties

Community Mediation Upper Shore, Inc.
P.O. Box 692 · Chestertown, MD 21620
(410) 810-9188 · info@cmusmediation.org
www.CMUSmediation.org

Montgomery County

Conflict Resolution Center of Montgomery Co.
4805 Edgemoor Lane, 2nd Floor
Bethesda, MD 20814
(301) 652-0717 · info@crcmc.org
www.CRCMC.org

Prince George's County

Prince George's Community Collaborative
Resolution Center
310 Tulip Avenue · Takoma Park, MD 20912
(301) 690-0116 · pgresolutioncenter@gmail.com
www.PGCCRC.org

Somerset, Wicomico & Worcester

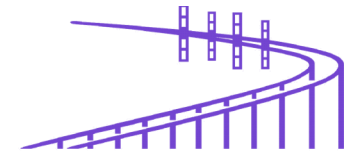
Tri Community Mediation
231 West Main St · Salisbury, MD 21801
(410) 548-7174 · tcm@tricomunitymediation.org
www.TriCommunityMediation.org

St. Mary's County

Community Mediation of St. Mary's Co.
41620 Courthouse Drive [Rear Entrance]
P.O. Box 853 · Leonardtown, MD 20650
(301) 475-9118
st.marys.mediation@gmail.com
www.CommunityMediationSMC.org

Washington County

Mediation First
82 W Washington Street, # 309
Hagerstown, MD 21740
(240) 200-4108 · info@mediation1st.org
www.choosemediation1st.org



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