

## 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.

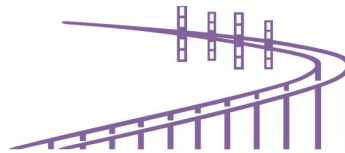
Mediators keep the conversations confidential.

## 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)

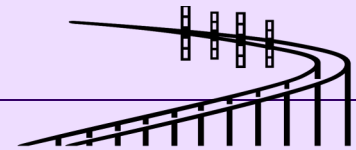
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ARE YOU A CAREGIVER?  
OR RECEIVING CARE?  
EXPERIENCING CONFLICT?  
NEED TO HAVE A DIFFICULT  
CONVERSATION?

# 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.



COMMUNITY MEDIATION MARYLAND

*your conflict, your solutions*

# 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](mailto:programs@aacrc.info)  
[www.AACRC.info](http://www.AACRC.info)

## Baltimore City

Baltimore Community Mediation Center  
3333 Greenmount Ave · Baltimore, MD 21218  
(410) 467-9165  
For information: [info@communitymediation.org](mailto:info@communitymediation.org)  
For mediation: [cmcoordinator1@communitymediation.org](mailto:cmcoordinator1@communitymediation.org)  
[www.CommunityMediation.org](http://www.CommunityMediation.org)

## Baltimore County

Conflict Resolution Center of Baltimore County  
P.O. Box 1134 · Cockeysville, MD 21030  
(443) 297-7897  
[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  
8626 Brooks Drive, #204 · Easton, MD 21601  
(410) 820-5553 · [info@midshoremiation.org](mailto:info@midshoremiation.org)  
[www.MidShoreMediation.org](http://www.MidShoreMediation.org)

## Carroll County

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

## Cecil County

Cecil County Community Mediation Center  
224 E Main Street, #110 · Elkton, MD 21921  
(443) 207-5159 · [info@cecilmediation.org](mailto:info@cecilmediation.org)  
[www.cecilmediation.org](http://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@csmd.edu](mailto:mediation@csmd.edu)  
[www.CSMD.edu/About/Mediation](http://www.CSMD.edu/About/Mediation)

## Harford County

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

## Howard County

Mediation & Conflict Resolution Center of Howard Co.  
9770 Patuxent Woods Dr, #306 · Columbia, MD 21046  
(443) 518-7693 · [info@mcrcoward.org](mailto:info@mcrcoward.org)  
[www.MCRCHoward.org](http://www.MCRCHoward.org)

## 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)

## Montgomery County

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

## Somerset, Wicomico & Worcester Counties

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

## St. Mary's County

Community Mediation Center of St. Mary's Co.  
P.O. Box 853 · Leonardtown, MD 20650  
(301) 475-9118 · [st.marys.mediation@gmail.com](mailto:st.marys.mediation@gmail.com)  
[www.CommunityMediationSMC.org](http://www.CommunityMediationSMC.org)

## Washington County

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