

## Your local National Family Mediation service

National Family Mediation provides services in over 500 locations across England and Wales, so there's one close to you.

To find your local service you can call **0300 4000 636**

Or simply type in your postcode at **[www.nfm.org.uk/local](http://www.nfm.org.uk/local)**

## About National Family Mediation

National Family Mediation (NFM) offers high-quality family mediation and support services to all families affected by relationship breakdown, divorce or separation in England and Wales.

NFM mediators are carefully selected and trained to the highest standards. They will help you to reach joint decisions about all the issues associated with your separation. We also provide specialist services for children.

For more information please visit our website, or give us a call.

**[www.nfm.org.uk](http://www.nfm.org.uk)**

**Tel: 0300 4000 636**



@NatFamMediation



NationalFamilyMediation

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Charity number 1074796  
Registered company number 3721723

Mediation helps parents who live apart...



...stay close to their children

# Divorcing or Separating?



## Divorcing or separating?

Do you find it **hard to talk** to your ex-partner about things you know you need to discuss?

Do your **children** get brought into your troubles, making them **unhappy**?

Do **you feel worried** about short-term and long-term arrangements?

Do you feel **unsure or confused** about the legal side of things?

Do you think you'll need help to **sort finances** and make plans for the future?

### What is family mediation?

A confidential and voluntary process in which an expert mediator helps you discuss and negotiate all aspects of your divorce or separation.

### What can mediation provide for you?

- A safe, neutral environment to discuss things that matter to you
- An organised and constructive process
- A range of options for you to explore
- A lasting agreement for the future

### Who is mediation suitable for?

- Parents, before or after separation
- Divorcing couples, with or without children
- Separating cohabitants, with or without children
- Grandparents
- Other members of the extended family where communication and/or relationship issues are difficult

### What can be mediated?

- Arrangements for children, including where they will live
- Parenting
- Children's education
- How to communicate
- Maintenance, child support & other money issues
- Holiday arrangements
- Property & possessions
- Pensions / endowments, wills & probate
- Settling debts
- Re-establishing contact
- Care of older relatives

### What can mediation help you achieve?

- It can **save you time and money**, avoiding the stress and costs of a long legal process
- You remain **in control** of your own destiny, instead of handing it over to judges
- It is **simple, informal** and constructive
- It is **flexible**, negotiated to suit your unique circumstances
- It provides vital support in **property, finance** and other things that matter to you
- It helps you find **long-term solutions** in the best interests of children and families
- Improved future relationships, so you can move forward and **make a new start**
- It enables you to work with our mediators who are **trained** in all aspects of **family law**

.... and remember, **mediation is voluntary** so you can stop it at any time if it doesn't seem right.

**Turn over to find a service near you.**