

How do I get started?

Give us a call! An intake counselor will have you explain the issues you want to discuss at mediation and will call the other family member for you. They will be able to answer your questions and provide you further information.

About Us

The Volunteers of America Dispute Resolution Center of Snohomish, Island and Skagit Counties (DRC) is an alternative conflict resolution center with extensive experience in mediation and training services. Each year the DRC helps thousands of people find new ways to deal with conflict at home, at work and in the community.

Since its creation, the DRC has provided conflict resolution services and trainings to individuals and agencies nationwide.

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“Thanks for helping us all. You two are amazing and what you are doing for families is a blessing. Thanks.”

- Client

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CONTACT US

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OF SNOHOMISH, ISLAND
AND SKAGIT COUNTIES

TEENS AND PARENTS:

Would you like to create a more **peaceful** home life?

Consider Mediation

- Learn to listen
- Gain better understanding
- Reduce triggering feelings
- Resolve core issues



What is mediation?

It's an opportunity for teens and parents to talk directly with the help of neutral mediators. They establish a safe, open setting for you to deal with disagreements and ensure that conversation around these issues is respectful and productive.

During the mediation, you and other family members will have the opportunity to express your opinions on the issues and share how you think the conflict can be resolved. The mediators will help you create a list of items to discuss and assist you in identifying your concerns and ideas for possible solutions.

The mediators do not take sides, give advice or make decisions for you. They will help you through the process and will assist you in creating agreements that satisfy the basic interests of each party.

**Your privacy is assured.
With a few exceptions related to
safety, everything said in
mediation is confidential.**

What Can We Discuss?

You can discuss just about anything that is an issue in your family:

- Curfew/House rules
- Privacy
- Friends
- Driving
- Household chores
- Weekend activities
- Computer use
- School attendance
- Jobs and money
- Clothing
- Responsibility
- Drugs/alcohol
- Expectations for returning home

How does mediation help?

Benefits of mediation include:

- Learning to listen differently to each other
- Resolving core issues between you
- Gaining better understanding of each other
- Feeling better about yourself and others
- Reducing feelings of anger, anxiety, and frustration
- Formulating a plan for the future
- Creating a foundation for a more peaceful family life

**Mediations
for parents
and teens
are free.**

