



Talk it Out

KEEPING FAMILIES CONNECTED

What is **mediation**?

Mediation supports people to work through and resolve conflict, improve relationships and create a better way to move forward together.

If you want things to be different at home, we're here to help.



The **process**

Taking part in mediation is voluntary. Whatever you're going through at home, Roundabout is here to help. Get in touch so we can talk it out.



The process starts with **confidential sessions**. We meet with you and anyone else who is part of the mediation process separately.

We're here to talk it out in a way that **suits you**.



Sessions can take place over the **phone**, through **video calls**, in a **confidential room** or even a **walk and talk** in the park.

"Thanks to mediation I'm choosing to stay at home now, rather than moving out in a hurry because we weren't getting along. I can take my time and move out when I'm ready."

"It's opened up a lot of conversations, mostly with my mum. It lets us look at things much more logically, it's less heated - it's calmed me down and given me an outlet to talk things through."



Charity Number 1061313

If you'd like to find out more, please call 0800 193 5222 and talk to our team about our free mediation service.

www.roundabouthomeless.org