

## WHAT IS PARENT/ TEEN MEDIATION

Parent/ Teen mediation is a process aimed at helping families deal with conflict more constructively. Parent/ Teen is for every family with teens ages 12-18 years old who are having trouble communicating and for teens who have trouble with their parents, at school or with the law.

Through mediation, families gain a place to sit down and talk through their issues safely and confidentially.

Our mediators will help open up communication, identify issues, brainstorm and reach agreements that work for everyone.

The mediator does not decide who is right or wrong. And the agreements are based on what will work for your family.



## ABOUT DRC

The Dispute Resolution Center of Grays Harbor & Pacific Counties ("DRC") is a non profit organization that provides highly skilled professional mediation services to people and organizations of all income levels in Grays Harbor County and Pacific County.

Mediation is a conflict management process which allows collaborative problem solving and mutually satisfactory agreements.

Mediators are people from our community who have completed many hours of intense conflict management and mediation training and completed extensive practice before becoming a mediator.

Your tax deductible donations are welcome and very much appreciated.

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## THIS IS WHAT OUR FAMILIES ARE SAYING

*"This has allowed my daughter and myself to be able to talk to each other and not at each other"*

*"Me and dad can talk about stuff without getting mad about it"*

*"We are learning to talk thru things differently and understand each other's views more"*

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## WHY PARENT/ TEEN?

Teens want independence and parents want to keep their children safe. Finding common ground can be challenging during these times. Parent Teen mediation promotes understanding and helps develop communication skills needed to have difficult conversations and for resolving issues. Through mediation, parents and teens learn about anger, goal setting, listening and understanding. The mediation process itself helps participants learn critical skills for developing healthy social and interpersonal relationships.



Parent and teens use mediation for:

- ❖ Improving communication
- ❖ Chores
- ❖ School issues
- ❖ Responsibilities and expectations
- ❖ Truancy, substance abuse and other legal issues
- ❖ Boyfriends/ girlfriends (teens and parents)
- ❖ Family conflicts and changes
- ❖ Planning for the future

