



Mediation with Kapella helps you to navigate disputes or practical issues such as:

- Child arrangements
- Dealing with finances
- Division of assets
- Sorting out shared possessions

“I see my kids regularly and they have a good relationship with me and my ex, I think that’s thanks to Mediation.”

For further information on how we can help or to book Mediation please contact our friendly team by:

Phone: 0121 643 1638  
Email: [info@kapella.org.uk](mailto:info@kapella.org.uk)  
Website: [Kapella.org.uk](http://Kapella.org.uk)



We provide Relationship Support, Counselling and Wellbeing Services for Individuals, Couples, and Families.



[kapella.org.uk](http://kapella.org.uk)

Kapella, a company limited by guarantee (Company number 3174040) and a registered charity (Charity Number 1053946). The registered office is 111 Bishopsgate Street, Birmingham, B15 1ET.



# Family Mediation

Helping you navigate conflicts and the details of your separation.

[kapella.org.uk](http://kapella.org.uk)

**Kapella**  
Relationship & Wellbeing Support



## What is Mediation?

If you are separating or divorcing or having issues in your relationship, mediation helps you navigate conflicts without involving solicitors, a long, painful court battle or big legal fees. We offer you and your (ex)-partner a safe, neutral place where professional mediators can help you work out your issues.

Parents may consider child-inclusive mediation, a process that gives your child(ren) the opportunity to express their wishes and feelings, their involvement can provide more informed, thoughtful decisions and can result in more effective child arrangements.

Mediation is voluntary and offers a quicker and cheaper alternative to going to court by providing a constructive environment to resolve disputes and focus on what matters most.

## What are the Benefits?

Mediation Helps By:

- Enabling you and your (ex)-partner to make your own decisions, avoiding costly court battles.
- Providing support to work through emotional challenges and disputes, with a neutral person helping you understand your feelings and reach personal agreements.
- Reducing conflict and improving communication, creating a less stressful environment.
- Supporting children by preserving family relationships and helping them adjust better to changing circumstances.
- Providing a neutral, calm space to focus on the needs of your children.

“The mediator was excellent, she listened to both sides, never advised either party to do anything specific just put all the facts down and we came to our own agreement – couldn’t have been better.”

If you think Mediation might be what you’re looking for, visit our website for more information: [kapella.org.uk](http://kapella.org.uk) or call our friendly team on **0121 643 1638**.

We’re here to help support you and your family through any difficulties you may be facing.

## How much will Mediation cost?

Mediation Information and Assessment Meeting (MIAM) costs:

- £75 for individual MIAM
- Mediation Sessions: £150 per person, per session (1.5 – 2 hours)
- Preparation of MOU & OFS From £150 per person per document

You will usually need between 3 and 5 meetings to reach agreement.



The law now says that you must try mediation before you take things to a court, this means you need to attend a MIAM unless exceptional circumstances apply like domestic violence or abuse.

## Family Mediation Voucher Scheme

You may qualify for the government Family Mediation Voucher Scheme, to find out more visit our website or call us.