

# Family Matters



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Families fall out! Power struggles, arguments and tension are common. When we feel misunderstood and unable to communicate, emotional tensions and stress can increase beyond our control.

Parents and teenagers also find themselves in conflict and many feel powerless. Whether you're an adult or teen, we can help you find mutual ground.

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*mediation helps you focus on what really matters*

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Mediation gives everyone a voice. Our Specialist Practitioners can help you to see things from each other's perspective. Mediation promotes ...

- ▶ discussion and understanding
- ▶ negotiation and compromise
- ▶ creative solutions

Our main aim is to help you and your family achieve positive, secure relationships, improve well-being and resolve conflict.

member of Relationships Scotland

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