



What other services are available for my children and me at LifeLinks?

- Parenting Education
- Individual counseling for you and/or your children
- Help in dealing with depression, loss, and anxiety
- Assistance with learning disorders or behavior problems
- Specialized counseling for survivors of domestic violence or sexual abuse
- Intensive specialized assessment & screening services (SASS) for troubled youth

Visit us on the web at
www.lifelinksinc.org

Having a crisis?

Anxious? Confused?

Suicidal? Worried?

Depressed? Tense?

Our clinically trained staff is here to help —

24 hours a day,

seven days a week.

Call toll free

1-866-567-2400

750 Broadway Avenue East
Mattoon, Illinois 61938

Phone: 217-238-5735 or 238-5733
Fax: 217-238-5767



Divorce Mediation

Telephone: (217) 238-5735 or 238-5733

Preparing for Mediation

What is mediation?

Mediation is an opportunity for people to clarify their own perspectives and the viewpoints of others, and to make their own informed decisions.

Who should participate ?

Mediation works best when the parties feel free to participate honestly. **Bringing children or adolescents to the mediation process is typically not in their best interests.** However, each party may find it helpful to bring along one other person to one or more of the sessions to offer support or information. Agreement in advance as to who will be present at the mediation sessions is very helpful.

How long will mediation take?

The length of the mediation process is up to the parties. Many factors affect the length of time needed to work through the issues. **Most people will require at least two 90-minute mediation sessions.**

Will my attorney be involved?

The mediator must remain neutral throughout the mediation process and cannot provide legal advice to either or both parties. The mediator cannot represent either party or both of the parties in the divorce proceeding or in any other legal matter.

How can I prepare for mediation?

Parties often find it helpful to consider what they wish to discuss in mediation and to bring a list of these discussion items with them to the session.

Mediation Topics May Include:

Parenting Plans including:

- Custody/living arrangements
- Visitation / sharing time with children
- Shared decision making
- Dealing with possible future disagreements
- Current & future education of children
- Religious upbringing
- Health care
- Discipline
- Grandparents and other relatives
- Holidays, birthdays, summer, vacations
- The child's surname

Financial Issues including:

- Child support
- Taxes
- Insurance
- Debts
- Spousal support

Division of Property including:

- Real Estate
- Personal Property
- Motor Vehicles
- Bank Related Assets & Cash
- Life Insurance
- Retirement Accounts, Stocks, Bonds

How can I arrange mediation?

**One phone call to LifeLinks Access Center
(217) 238-5735 or 238-5733**

will begin the process.

Who will be the Mediator?

Donna Turner Hudson, M.Ed., is a highly credentialed mediator who also possesses professional experience in the counseling field. Ms. Turner Hudson has provided mediation, facilitation, consultation and training throughout the region to many clients, including educational institutions and nonprofit organizations. Donna brings specialized expertise in conflict systems consultation, multi-party mediation and individual coaching to the divorce mediation program at LifeLinks.

How much will mediation cost?

**Two (2) 90 minute mediation sessions cost \$400
(\$200 per individual participating in the divorce
mediation process.)**

**Payment must be made prior to the scheduling of the first
mediation session.**

750 Broadway Avenue East
Mattoon, Illinois 61938

Phone: 217-238-5735 or 238-5733
Fax: 217-238-5767