



Community Mediation Center of Calvert

# Reflections

Newsletter  
Summer 2021



Produced with support from the Maryland  
Mediation and Conflict Resolution Office (MACRO)

**Family or divorce issues?  
Give us a call.**



## COVID CAN'T STOP US!

Despite the continued presence of COVID-19 and the uncertainty about when the pandemic will end, CMCC will be here to support our community in preventing and resolving conflict.

As of this printing, we are offering mediation either in-person, with safety measures in place, or via Zoom. We are back in the District Court to mediate, and we hope to be back in the schools soon to facilitate classroom circles and dialogue circles for students and teachers.

We offer all of our services online, including conflict resolution training for community organizations. Check out our updated website at [www.calvert-mediation.org](http://www.calvert-mediation.org)

**Neighbor issues?  
We can help.**



## What's New?

### Conflict Resolution Education for Recovery

Through a generous grant from the Local Behavioral Health Authority (LBHA) and a partnership with the Adult Treatment Court of Calvert County, CMCC was able to provide conflict resolution education to over 25 individuals in recovery from addiction. Trained facilitators led the 6-week course via Zoom and covered topics such as conflict style, conflict resolution skills, and family dynamics. Ninety-five percent of the participants reported that they learned strategies for managing conflict during the course, and 100 percent reported that they were able to keep their sobriety during the 6 weeks.

### Conflict Coaching

Are you stuck in a conflict situation and wish you had a professional to talk to? CMCC offers one-on-one private and confidential sessions with a conflict coach. In conflict coaching, an individual explores the negative impact of the conflict, discusses possible strategies and options to overcome the negative impact, and receives support to make informed decisions about what they want to do about the conflict. Conflict coaching can also help an individual prepare for mediation. Call us about this free service!



## Volunteer of the Year: LaVerne Day

Congratulations to the CMCC Volunteer of the Year, LaVerne Day! LaVerne joined the Center in 2019, and she has embraced the mission wholeheartedly. She not only volunteers to mediate any case that is available, but she also takes every training she can find in order to become a better mediator. She helps at community events and in numerous Center projects.

### Did You Know...

CMCC provides Independent Individualized Education Plan (IEP) facilitation and Attendance Mediation? Call us if you or your student is struggling.

Mediation is the perfect fit for LaVerne in her pursuit of helping others through the transition from conflict to resolution. She also volunteers as an Assistant District Commissioner for the Boy Scouts of America in Prince George's County. She is a Legal Ministry member at First Baptist Church of Glenarden, where she offers mediation to church members. She has worked with at risk teens through Teen Court to prevent them from becoming a ward of the court. Her hobby is horseback riding, and in the summer, she teaches pleasure and therapeutic horse riding to youth. She is also a Certified Health and Life Coach. LaVerne is also a member of the Board of Directors for the Maryland Council for Dispute Resolution. In all her roles, she has helped people live their best lives. Congratulations, LaVerne!

## CMCC Now Offers Parent Discussion Groups

Small changes,  
big differences.



**Two hours is all you need for a Triple P Discussion Group**

**Positive parenting help for children and teens.**

CMCC is now offering Triple P parent discussion groups. Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place. But it doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Give us a call at 443-295-7456 or email CMCC at [calvertmediation@gmail.com](mailto:calvertmediation@gmail.com) to get more information.

Have you followed us on Facebook yet? Join the conversation at [www.facebook.com/calvertmediation](https://www.facebook.com/calvertmediation)

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