



COMPASS

Mediation CT

Divorce & Family Mediation

Divorce Without Court

What Mediation Can (and Can't) Do

A Plain-English Guide from Compass Mediation CT

Divorce does not have to be decided in a courtroom.

Mediation offers a structured, confidential process that allows people to resolve divorce and family matters through guided conversation rather than litigation. Understanding what mediation can and cannot do helps you decide whether it may be the right path for you.

What Mediation *Can* Do

Help you stay in control of decisions

Mediation allows the people involved to make their own decisions rather than handing them to a judge.

Reduce conflict and stress

The mediation process focuses on respectful communication, issue-by-issue problem solving, and forward-looking solutions.

Save time and money

Mediation is typically faster and more cost-effective than traditional litigation.

Provide privacy

Mediation is confidential, unlike court proceedings, which are generally part of the public record.

Support practical, workable agreements

Mediation focuses on realistic outcomes that people can live with — especially important when children are involved.

What Mediation *Does Not* Do

Mediation does not provide legal advice

A mediator is neutral and does not represent either party. Legal advice should come from an independent attorney.

Mediation does not decide outcomes

The mediator does not make rulings or force agreements. All decisions are voluntary.

Mediation does not guarantee agreement

Some matters resolve fully, others partially, and some may require additional processes.

Mediation does not replace the court entirely

Agreements reached in mediation are not legally binding until reviewed, finalized, and approved by the court.

Compass Mediation CT provides neutral mediation services. Mediation is voluntary and confidential. Legal advice is not provided.



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What About Attorneys?

Mediation and attorneys often work together.

You may:

- Consult an attorney before mediation
- Have an attorney review agreements
- Use mediation to reduce issues before litigation

Mediation complements legal advice — it does not replace it.

Is Mediation Right for Everyone?

Mediation works best when:

- Both parties participate voluntarily
- Information is shared honestly
- Safety concerns are not present
- There is a willingness to engage in good faith

Mediation may not be appropriate in every situation. An initial conversation can help determine whether it is a good fit.

Next Step

If you are exploring alternatives to court and want a clearer understanding of your options, a short discovery call can help determine whether mediation may be appropriate for your situation.

Schedule a 15-minute discovery call to learn more.