



COMPASS

Mediation CT

Divorce & Family Mediation

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
- Reduce conflict and stress
- Save time and money
- Provide privacy
- Support practical, workable agreements

What Mediation Does Not Do

- Provide legal advice
- Decide outcomes or force agreement
- Guarantee resolution
- Replace court approval entirely

What About Attorneys?

Mediation and attorneys often work together. You may consult an attorney before mediation, have an attorney review agreements, or 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 participation is voluntary, information is shared honestly, safety concerns are not present, and both parties are willing to engage in good faith. Mediation may not be appropriate in every situation.

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.

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