

## How can I make an appointment?

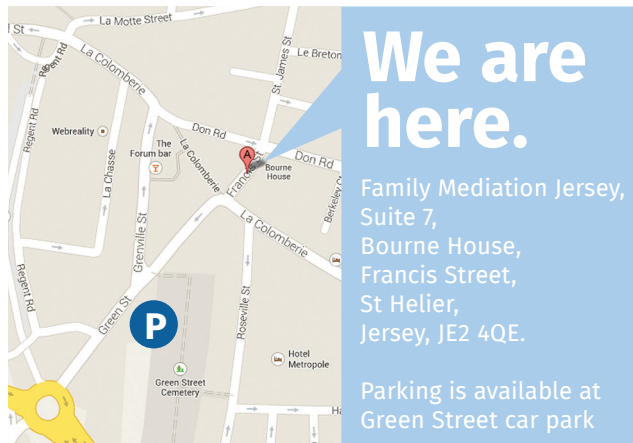
You can phone us on 01534 638898 or email [info@fmj.je](mailto:info@fmj.je)

We also take referrals from lawyers, the Court and other helping/support agencies.

Separate interviews for each of you are arranged first, so you can feel free to discuss your situation and find out more about mediation. If you wish, you can be seen together for the first interview.

After the first interview, mediation cannot then take place unless you voluntarily attend a session/s together.

For more information please visit our website [www.fmj.je](http://www.fmj.je)



### Opening Hours

Monday and Tuesday CLOSED

**Wednesday** 10.00 a.m. to 5.00 p.m.

**Thursday** 10.00 a.m. to 5.00 p.m.

**Friday** 10.00 a.m. to 5.00 p.m.

Staff are available during opening hours to arrange appointments within office hours and at other times, to match your requirements. (Subject to mediator availability).

**Telephone: 01534 638898** 24 hour answerphone available

**Email: [info@fmj.je](mailto:info@fmj.je)**

## Useful contacts and links

### National Family Mediation Service

Tel: (0300) 4000 636  
Fax : (01392) 911240  
Email : [general@nfm.org.uk](mailto:general@nfm.org.uk)  
[www.nfm.org.uk](http://www.nfm.org.uk)

### Citizens Advice Bureau

Freephone: 0880 735 0249  
or 00 44 (0) 1534 724942  
Email: [advice@cab.org.je](mailto:advice@cab.org.je)  
[www.cab.org.je](http://www.cab.org.je)

### Relate Jersey

Tel: 00 44 (0) 1534 734980  
Email: [relate.jersey@gmail.com](mailto:relate.jersey@gmail.com)  
[www.relatejersey.com](http://www.relatejersey.com)

### Family Wellbeing

Tel: 00 44 (0) 1534 449495  
Email: [info@familywell-being.je](mailto:info@familywell-being.je)  
[www.familywell-being.je](http://www.familywell-being.je)

### Centrepoint Contact Centre

Tel: 00 44 (0) 1534 735151  
Email: [admin@centrepointtrust.co.uk](mailto:admin@centrepointtrust.co.uk)  
[www.centrepointtrust.co.uk](http://www.centrepointtrust.co.uk)

### Alcohol & Drugs Advisory Service

Tel: 00 44 (0) 1534 445000

### Parenting Support Service

(Inc. Keeping Children in Mind course)  
Tel 00 44 (0) 1534 449319  
Email: [parentingadmin@gov.je](mailto:parentingadmin@gov.je)  
[www.gov.je/parentsupport](http://www.gov.je/parentsupport)

For more information please visit our website

[www.fmj.je](http://www.fmj.je)



### Institute of Law

Tel: 00 44 (0) 1534 826060  
[www.lawinstitute.ac.je](http://www.lawinstitute.ac.je)

### The Law Society of Jersey

Tel: 00 44 (0) 1534 613920  
Email: [admin@jerseylawsociety.je](mailto:admin@jerseylawsociety.je)  
[www.jerseylawsociety.je](http://www.jerseylawsociety.je)

### Jersey Family Law Association

Tel: 00 44 (0) 1534 875875  
Fax: 00 44 (0) 1534 875885  
Email: [secretary@jfla.je](mailto:secretary@jfla.je)  
[www.jfla.je](http://www.jfla.je)

### Legal Aid

Tel : 00 44 (0) 845 8001066  
Fax : 00 44 (0) 1534 601708  
Email: [email@legalaid.je](mailto:email@legalaid.je)  
[www.legalaid.je](http://www.legalaid.je)

### Family Division – Royal Court of Jersey

Tel: 00 44 (0) 1534 441300  
[www.gov.je/familycourt](http://www.gov.je/familycourt)

### Child and Adolescent Mental Health Service (CAMHS)

Tel: 00 44 (0) 1534 445030  
Email: [health@gov.je](mailto:health@gov.je)  
[www.gov.je](http://www.gov.je)



# Family Mediation Jersey



## We are here to help...

A family resolution service that aims to help separating couples and other family members sort out their differences and prevent further disputes.



## What is Family Mediation?

Family Mediation Jersey (FMJ) can help you make joint decisions to sort out and prevent further family disputes. Mediators do not tell you what to do but help you reach your own agreements. Freely negotiated agreements can help restore communication, understanding and trust between you.

If you have children, you as parents should be the best people to decide their future.

Mediation can therefore lessen the use of Courts.

Family mediation is voluntary and confidential. It is available to everyone regardless of age, race, sexuality, faith or mobility.

## Who do we help?

- Couples, with or without children.
- Married or unmarried, same sex couples, whether or not in a civil partnership.
- Members of the extended family e.g. grandparents for example, may be finding it difficult to see their grandchildren.
- People who are finding it hard to talk to their ex-partner directly about their children or financial matters.

## What can be discussed?

- Where the children will live when parents separate.
- How the children will share their time between their parents.
- How much children will see of members of their extended family.
- How parents will communicate with one another in the future about their children.
- How property, pensions, other financial assets and debts are to be divided up.
- How child support is to be arranged.
- Whether any agreements reached will be formalised into a Separation Agreement or you will ask the Court to make a consent order in proceedings.

## Who are the Family Mediators?

FMJ mediators are professionally trained in family mediation and conflict resolution. All are affiliated to the National Family Mediation Service (NFM), one of the founding members of the Family Mediation Council. The Council regulates standards of practice in family mediation.

## What does it cost?

As a not-for-profit organisation and registered charity, payment is according to your income on a sliding scale.

## How long does it take?

Each session lasts for up to an hour and a half. Usually clients attend 1 to 5 sessions.

## Do I need a lawyer?

We recommend you use a lawyer to obtain independent legal advice during mediation. The mediators may talk to you about targeting the use of a lawyer to avoid large legal costs.

You will be given a summary of any agreement reached during the mediation. Although not legally binding, you can take it to your lawyer to see if a legal agreement can be formalised. This is usually done when the agreement is about property and finances.

## What if there is already a court case?

Even if there are ongoing Court proceedings, you can still use FMJ. You may be referred to FMJ if the Court thinks mediation will help you, and it will give you time to do this. Usually a Court prefers you to make your own decisions rather than impose them on you.



For more information  
please visit our website  
[www.fmj.je](http://www.fmj.je)