



**A program of Wayne Counseling & Family Services**

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**Wayne Counseling & Family Services • 1022 Hamburg Turnpike, Wayne, NJ 07470 • 973-694-9215**

## Winter Workshops: Get Out of the Doldrums!

### Time Management = Quality of Life

Where does the time go? .....I wish there was more time in the day ....There are not enough hours in the day, no matter what I do....

If this sounds like you, please join us for this valuable new workshop. This workshop is NOT about making another To-Do list.

Time Management is a system to create order for you to go from all the "busy work" in a day, to a way of producing and/or accomplishing results. We will explore where your time gets away from you, learn new tools on how you can reel in that lost time and give yourself more time.

**1 Thursday, January 19th, 12:30-2:00pm.**

### Enhancing Marketability

Learn what you need to compete in today's workforce. Many people find themselves jobless whether it is voluntary or due to circumstances beyond their control. In this workshop learn how to enhance your marketability.

What do employers really look for?

Why do some candidates get more jobs?

How do you increase your competitiveness?

**1 Thursday, January 26th, 12:30-2:00pm.**

### Jumpstart Your Job Search

Join us for this interactive workshop and reexamine and define what you wish to accomplish within 2017.

This workshop is designed with an emphasis on employment but we will also explore your goals pertaining to your family, relationships and personal/professional development. You will identify what usually gets in your way resulting in not following through and/or reaching your goals. Learn how to set "SMART" Goals and how to break down your goals to be manageable and fit into your lifestyle. Walk away with the first step towards your goal!

**1 Thursday, February 2nd, 12:30-2:00pm.**

### Reviewing Interviewing

Feel anxious and stressed over the idea of having a job interview? Join us for a refresher on how to answer the most asked interview questions, negotiating salary and what information to know ahead of time.

**2 Thursdays, February 9 & 16, 12:30-2:00pm.**

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#### **Ongoing Services**

- Resume Writing Appointments
- Interview Coaching
- Chic Boutique
- Contact us for more information 973-694-9215

# Legal News: FAQs about Divorce Mediation

## What is Family and Divorce Mediation?

Mediation is a tested, more sensitive approach to separation and divorce. It is a non-adversarial process helping people to dissolve marriages, or domestic partnerships, once the decision to separate is made. The framework provides partners the opportunity to negotiate mutually beneficial agreements that include property settlement, spousal support, child support and custody.

## What is the Role of the Mediator?

A mediator is a neutral party trained to help couples resolve the inevitable disputes that arise during separation. He or she helps the couple explore all options and their consequences. The mediator brings knowledge and experience that provides a context for decision making. When necessary, the mediator will refer the couple to third party experts for services such as appraisals. At the end of the mediation, the mediator will prepare a Memorandum of Understanding that summarizes the agreements reached in the process. For couples who have the ability to resolve their differences themselves, mediation services can be used to assure that the substantive terms of their agreements are fair.

## What Are the Advantages of Mediation?

Family and divorce mediation promote cooperation and self-determination that will continue well past the period of controversy. The process helps eliminate the win-lose atmosphere that is part of many divorces and family controversies. It consists of a mutual search for reasonable solutions.

The couple's continuous involvement in the total decision-making process leads to greater satisfaction with the solution and more incentive to follow through with the decisions made as a result of their ownership of the decisions. Mediation is also effective for post divorce conflicts arising out of the changing needs of the family.

## Am I a Good Candidate for Mediation?

Successful mediation requires that both parties have a mutual desire to resolve the issues themselves, constructively and economically. They are willing to deal with each other in good faith and cooperate with the mediator. The appropriateness of mediation can best be assessed and determined at the initial session between the mediator and the parties.

## What Role do Lawyers Play in Mediation?

Following the mediation process, clients arrange for an attorney or other qualified persons to prepare a settlement agreement, based on the decisions agreed upon in the Memorandum of Understanding. All clients in divorce mediation are advised to retain separate counsel to review this agreement. You may also need a lawyer to assist you with filing a complaint for divorce and completing the final hearing in which your agreement is presented to the court as the terms of your final judgment of divorce.

## How Much Does Mediation Cost?

The total cost of mediation combined with lawyer's fees is often less than one-third the cost of a litigated divorce. Additionally, since there are no retainer fees and mediation fees are paid after each session, clients can maintain control of their expenses. This is a sharp contrast to the litigation process that can be expensive and time consuming, leaving each party heavily in debt, and drained, both emotionally and financially.

## Information provided by:

Anju D. Jessani, Family & Divorce Mediator located at  
<http://www.dwdmediation.org>