



# Wyre Forest and South Worcestershire Nightstop and Mediation Service



**MEDIATION  
AND  
CONFLICT  
COACHING**

## CONTACT US



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**PREVENTING  
HOMELESSNESS BY  
EMPOWERING YOUNG  
PEOPLE TO FULFIL THEIR  
POTENTIAL**



## WHAT IS MEDIATION?

Mediation is a confidential process that you choose to take part in. You will meet with our professional, highly trained mediators who will help you and your family members to start new conversations, repair relationships and find a way to get along better.

Mediation is an informal, relaxed, friendly service. Our mediators do not take sides; your point of view is important, the process enables you to be heard and you stay in control of the decisions.

Mediation can help to enable situations of conflict to become more manageable.



## WHO DO WE HELP?

Our mediation services are for:

- **Young people aged 11-25**
- **The parents and carers of young people aged 11-25**

You must live in the Wyre Forest or South Worcestershire areas to access this service.

Please note that our services are not designed for couples currently involved in divorce and/or custody proceedings, or those who have been advised by the family courts to seek mediation.

# OUR SERVICES

## Family Mediation

Family conflict can build up until relationships become so tense that living at home can feel like a war zone. The use of mediation can release some of that pressure, enabling each party to understand each other better.

## Conflict Coaching

When one party does not want mediation we can provide weekly one hour sessions to help an individual work through some of the challenges they are facing. Whether you're a young person needing support or a parent/carer feeling at their wits end, we can work with you to look at options and help find a way forward.

## Our Work in Schools

Our school mediation sessions provide students from year 7 and up with a safe space to talk about issues with friends or family. Weekly 30-minute sessions help students to build resilience by looking at how to improve their relationships, emotional wellbeing and ways of communicating more effectively.