



### Leslie G. Helford, J.D.

Ms. Helford, a practicing attorney, has substantial experience in family law, child custody, visitation matters and property disputes. As a mediator, Ms. Helford helps people work toward a successful resolution of their differences in a non-adversarial manner.

### James J. Cox, Ed.D.

Dr. Cox has worked extensively in the mental health field, both as a practicing psychologist and as a certified school psychologist. Dr. Cox believes that effective mediation requires a non-threatening platform upon which parties can communicate their needs effectively and clearly.



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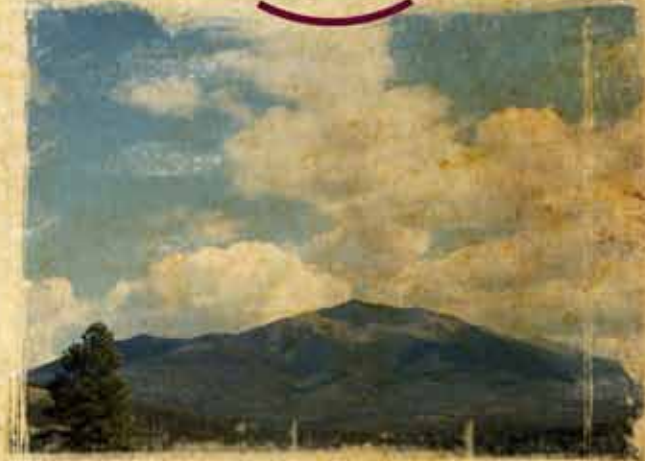
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*Resolving Disputes  
Through Effective  
Communication*



*Families*

*Domestic Partners*

*Divorcing Couples*

*Employees / Employers*

*Small Businesses*

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## *What is Mediation?*

### **Mediation:**

- is a process for people in dispute
- involves a mediator – a neutral third party, who helps people resolve their dispute
- helps people develop effective communication skills
- provides a safe and supportive environment
- allows all parties to maintain their integrity
- levels the playing field
- is sensitive to the needs of each party and all others affected by the dispute
- is a creative process
- is impartial and empathetic
- teaches people how to use effective communication to address future challenges



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## *When should you consider mediation?*

- When you and another party are motivated to resolve a conflict but have, thus far, been unable to do so
- When you are in the middle of a dispute and have no idea of what direction to take
- When you do not want to pursue traditional methods of dispute resolution, which can often create an even greater divide between the two parties
- When you want to reach a successful conclusion to the dispute and also want to maintain respect for the other person

## *Our Mission:*

- To foster a healthy exchange of ideas
- To create possible solutions
- To treat each person with respect
- To fully hear and comprehend each person's position
- To allow for thoughtful and respectful communication
- To help participants express their thoughts clearly, listen actively, and communicate effectively
- To help participants learn skills to resolve future disputes
- To help improve the participants' relationship today and tomorrow

*With mediation you are part of the process and help create the resolution.*

*Mediation Northern Arizona can help you design an outcome where everyone wins.*

*We customize the mediation process to fit the unique needs and issues presented.*