

**Your Safety** in Mediation at Family Court Services  
1021 SW 4<sup>th</sup> Ave., Room 350, Portland Oregon 97204 / (503) 988-3189

***How do I decide if it is safe for me to participate in mediation?***

You are the best judge of your own situation. Take a minute to think about these questions.

- Has the other parent ever physically hurt you?
- Has the other parent ever threatened to seriously harm you or someone you love?
- Has the other parent frequently insulted, cursed, or screamed at you?

If you answered yes to these questions or have other concerns about your safety, you may want to talk with a mediator at **Family Court Services** before deciding to take part in mediation.

***You can talk with a mediator at Family Court Services about your safety by calling us at 503-988-3189***

***Will the other parent know if I talk to a mediator about my safety concerns?***

The details of your conversation with your mediator are not shared with the other parent. However, your mediator may have to let the other parent know about the plan for mediating safely. Your mediator is required by law to report information about child or elder abuse.

***Do I have to mediate if I do not feel safe?***

If parents have a divorce, custody, or parenting time case open with the court, mediation is required. However, if you have concerns about your safety you can request a waiver of mediation in **room 211** of the Courthouse **or** talk with your mediator about ways to mediate more safely. Remember, if you decide to participate, you can end mediation at any time.

***What if I want to mediate, but I am worried about my safety?***

Some parents that have experienced domestic violence still choose to participate in mediation. If you choose to mediate, but are worried about your safety, you can talk with a mediator about safer ways to participate.

***What if there is a FAPA (Family Abuse Prevention Act) Restraining Order in our case?***

If you have a FAPA Restraining Order or Stalking Order and the period when the *respondent* can object to it has passed, you can mediate at Family Court Services as a part of your custody case. If there is a no-contact order in a criminal or other case, you should speak with your Probation Officer, the District Attorney's Office, or an attorney about your order before scheduling mediation.

***Where can I get more help for my safety concerns?***

You can talk to a domestic violence advocate at any one of the numbers listed below. You can also talk with a Family Court Services mediator about places in your community where you can find help.

### **Domestic Violence Resources**

#### **Hotlines:**

Portland Women's Crisis Line ..... **503-235-5333** or **toll-free 1-888-235-5333**  
Línea UNICA (Español) ..... **503-232-4448** or **toll-free 1-888-232-4448**  
National Domestic Violence Hotline ..... **1-800-799-SAFE /7233 TTY 1-800-787-3224**

#### **Services:**

The Gateway Center for Domestic Violence Services ..... **503-988-6400**  
Volunteers of America Home Free..... **503-771-5503**

#### **Legal Services:**

Restraining Orders / Stalking Orders ..... **503-988-3022 Voicemail option #2**  
Legal Aid's Domestic Violence Project ..... **503-224-4086**  
*(Pro bono legal representation for low-income petitioners with contested restraining order hearings in Multnomah County. Call Tues thru Friday.)*