

# Virginia Judicial System Court Self-Help

Resources for Self-Represented Litigants

[selfhelp.vacourts.gov](http://selfhelp.vacourts.gov)

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## Find a Mediator

### **Mediation**

Mediation is an alternative dispute resolution (ADR) process in which a trained neutral mediator facilitates communication between the parties and, without deciding the issues or imposing a solution on the parties, enables them to understand and reach a mutually agreeable resolution to their dispute. It helps the parties understand and recognize their underlying needs, overlapping interests and areas of agreement.

In Virginia the mediation process is voluntary and confidential, and is used in many proceedings.

The court offers a variety of dispute resolution services, some of which may be available at no cost. The court hosts a general directory of private providers, as well as a link to the Virginia Association for Community Conflict Resolution. Also, be sure to check with your local court or local law library.

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