



IDEAL Mediation Inc. Emotional Support Conversations

Conflict affects each person differently. Some effects are short term while others manifest themselves years later. Understanding how to identify the side effects of conflict while developing strategies to cope will assist you through transition periods and set the stage for a positive future. Some points to consider:

Health and Well Being

Psychotherapist

What behavioural changes should I be aware of in my children?

If I do nothing, what are the possible short and long term effects of this situation?

I am having trouble working through this, how can you help?

Do other people feel the same way I do?

Shelter

What services do you offer?

How do I identify who requires your help?

What about my children?

I have no money of my own, how can I support myself?

INC