



Mediation generally costs less than going to court

You can get up to five free hours of family mediation. These free hours are paid for by the Quebec Government. After that, you and your ex share the cost of mediation.



Mediation must be safe for everyone

The mediator must make sure that mediation is safe for each person. To do this, the mediator may suggest options to adapt the mediation or decide to end it. You or your ex can also decide to stop the mediation at any time.



Mediation is usually confidential

Normally, what is said, written or done during mediation cannot be mentioned in court. There are exceptions to this rule. For more information about these exceptions, you can read "The Main Steps in Family Mediation" at www.educaloi.qc.ca.



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Éducaloi is a Quebec non-profit whose mission is to make the law accessible, easy to understand, and easy to use in everyday life.



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FAMILY MEDIATION: Separating Without Going to Court

Partner Members

Barreau
du Québec



Chambre
des notaires

*SOQUIJ

Éducaloi also receives support from



Department of Justice
Canada

Québec



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You're getting separated?

Family mediation can help you and your ex reach an agreement on the consequences of your separation. It's faster, often less costly, and more personal than going to court.

What is family mediation?

Family mediation is a way to work through the challenges that come with separation. A mediator helps you and your ex communicate with each other, without taking sides.



How family mediation works

You and your ex attend mediation sessions. During these sessions, the mediator helps you:

- talk and listen to each other,
- think about your needs and those of your children, if you have any,
- get the legal information you need,
- think about your options,
- find out how exes in similar situations organize their family arrangements.

At the end of the process, you and your ex choose together the options that best suit your needs and those of your children.

You'd like to give family mediation a try?

You and your ex will need to find a family mediator. You can also prepare for the sessions.



Finding a family mediator

Go to the website of the Quebec association of family mediators. Click on "Find a Mediator."



<https://portail.mediationquebec.ca/fr/trouver-un-mediateur>
(only available in French).

You and your ex need to agree on a choice of mediator.

To get free hours of mediation, make sure you choose a mediator who participates in the Quebec government's program.



Getting ready for mediation

Before the mediation sessions, you can:

- write down your needs and ideas for possible options,
- make a list of your finances and your belongings at the time of your separation,
- gather your documents (for example: your tax documents, your children's school records, receipts for items you purchased, etc.),
- speak to a lawyer or a notary.

You'd prefer to separate in court?

Check if you need to attend an information session or try mediation before going to court. It's mandatory for many exes.



Important! You don't need to attend mediation if you are experiencing family or spousal violence. You'll need to get a certificate from a victim support service recognized by the Quebec Government.

If you have children? Generally, you must attend an information session on mediation and parenting.

If you're in a civil union or a parental union? Generally, you must give mediation a try. This applies whether you have children or not.

Check the Éducaloi website www.educaloi.qc.ca or more information about family mediation.

Read our articles on the topic:

- The Main Steps in Family Mediation
- Get Free Hours of Family Mediation
- Three Mediation Requirements Before Going to Court