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INTRODUCTION ISSUE
THIS WEEK AT CMRS
APRIL 2020



Community Mediation & Restorative Services, Inc.

THIS ISSUE

Remote Services During Covid-19
Upcoming Opportunities
Resources

THIS WEEK AT CMRS

APRIL 15TH 2020

HOW CAN I HELP?

We need volunteers to help with the following:

Housing Mediations

Zoom Mediations/
Restorative Conferences
(We will train you!)

Development Committee

Contact Mia at
services@cmrsmn.org to
find out how you can be of
service to your community

SERVICES

Our on call staff are
excited to connect you to
community members and
resources!

Call us at 763-561-0033

Email us at:
referrals@cmrsmn.org

WE CONTINUE TO BE COMMUNITY

CMRS continues to provide meaningful remote mediation and restorative services in the midst of COVID-19. About two years ago our organization participated in some training on the Zoom that was revolutionary at the time. The concept was that we would use the Zoom to do mediations. No one had any idea that two years later many of our meetings and daily events would be scheduled through the very same platform. Nonetheless, we gained some basic experience in the platform that has served us well.

Now, two years later, and after further development and training through Community Mediation Minnesota, we are able to say with great enthusiasm and confidence we are ready for handling mediations and restorative conferences remotely.

CMRS continues to be open to serve the community in the midst of the pandemic through Zoom. Additionally we have worked with the courts and schools to be able to continue to provide restorative conference and community building opportunities.



Community Mediation & Restorative Services, Inc.

RECONNECT WITH CMRS



CMRS COFFEE CHAT

CMRS Coffee Chat Date: Friday, April 17th @ 2:00 - 3:30 pm

Location: Online (comfort of your own office or home)

Short Story: ["Alan Bean Plus Four" by Tom Hanks which can be found by clicking here.](#)

RSVP: Please [RSVP by clicking here](#) so we can send a Zoom link. If you have questions on how Zoom works please feel free to reach out. If you have any questions email Madeline at vista@cmrsmn.org or call at 320-339-8333 . Volunteer Tom Karst and AmeriCorps Vista member Madeline Titus will be leading a weekly discussion (via Zoom) on a shared short story, small video, movie, podcast, poetry or article!

If interested please contact Madeline, at vista@cmrsmn.org or 320-339-8333 .

THE GREAT PAUSE, HOW HAS IT CHANGED YOU?

CMRS Discussion: The Great Pause, How Has it Changed You?

Date: April 20, 2020 @ 7:00-8:00pm

Location: Online (comfort of your own office or home)

Article: Description and link below

Join our Zoom gathering to discuss this article (link below).
Excerpt: "It's the greatest gift ever unwrapped. Not the deaths, not the virus, but the Great Pause. It is, in a word, profound.... And because it is rarer than rare, it has brought to light all of the beautiful and painful truths of how we live. And that feels weird. Really weird. Because it has...never...happened...before. If we want to create a better country and a better world for our kids, and if we want to make sure we are even sustainable as a nation and as a democracy, we have to pay attention to how we feel right now." Julio Vincent Gambuto
[Read Article Here](#)

Please see the event page on the CMRS Facebook for more information and the zoom link

PODCAST OF THE WEEK

[Title: Relational Culture & Undoing Individualism with Mark Fairfield](#)

by Irresistible Podcast

ARTICLE OF THE WEEK

**[Title: How to talk to kids about Coronavirus](#)
[By: Jessica Grose](#)**

- maintain a routine
- exercise
- keep a 'quarantine journal' write & draw as a way to help process anxiety

COMMUNITY BUILDING IN SCHOOL

Are you curious about what CMRS is doing in schools during the COVID-19 crisis? Click on these links to see.

**[Robbinsdale Newsletter](#)
[Osseo Newsletter](#)**

[Webinar on Restorative Practices](#)

ONLINE TRAINING OPPORTUNITIES



ZOOM MEDIATION TRAININGS

Are you interested in learning how to use Zoom for Mediations? Or are you simply interested in learning how to use Zoom for more complex meetings? This training can help you learn how to navigate Zoom.

We are looking to build our capacity to handle mediation online. Are you interested in learning more about how to do that too? Join us for a learning session on Zoom.

Date: Tuesdays April 14, 21, 28

Location: Online (comfort of your own office or home)

Cost: Free for CMRS Mediators/ \$50 for others

Class Size: Limited to 6 per class

[Click Here to Sign Up](#) or Go to the Trainings page on the CMRS website.

Questions: Contact Mia at services@cmrsmn.org for this training- Space is limited per session.

HOUSING MEDIATORS QUESTIONS & ANSWERS

Join us for an update on housing issues. We are in need of some more housing mediators. If you are interested in joining us then this will help to answer any questions you may have!

Topic: Updates on Housing /Q & A

Led by: Beth Bailey

Time: Apr 21, 2020 at 03:00 PM

[Join Zoom Meeting By Clicking Here](#)

Meeting ID: 967 7207 4839

Password: 702726

CIRCLE CONVERSATION FOR FAMILIES

Opening: 3 breaths together ("Inhale, exhale. Inhale, exhale...")

Check-In: How are you right now?

What's been fun during Coronavirus stay at home?
What's been hard during Coronavirus stay at home?
What can we work on or make better about this time?

Closing: Make eye contact and say "Thank you" to everyone you're with (in a goofy voice and try not to laugh).

INTRO TO RESTORATIVE PRACTICE ONLINE WEBINAR

A big thank you to Sam Koltes and our AmeriCorps Fellows Conner Suddick and Alexis Irish who worked hard putting together a webinar for CMRS on an introduction to Restorative Practices.

Interested in learning a little more about Restorative Practices?

[Check out our Webinar on our YouTube Channel.](#)