

Fees & Transparency

Accessing the Courts through lawyers or even on your own can be unpredictable and financially draining. We offer an affordable, flat rate hourly model (\$220/hr) with absolute transparency. You control the timeline and the costs, no unexpected legal retainers or hidden fees.

Book Your Free 20-Minute Virtual Meet-and-Greet

Our Mediator



Krista Bolton
Professional
Mediator & Family
Conflict Resolution
Professional

Krista has 15+ years helping individuals navigate complex family dynamics, separation, and divorce. Serving Ages: 18+

Financing Options May Be Available

Why Choose Us?

When navigating a separation, you aren't just choosing a legal process, you are choosing the environment in which your family's next chapter begins. Here is why families trust Level Up Wellness Group to guide them forward:

- **A Trauma-Informed Approach:** We recognize that separation is a profound emotional disruption. Our mediation services provide a safe, structured, and emotionally grounded space that de-escalates conflict rather than fueling it. We prioritize emotional safety so you can make rational, lasting decisions.
- **Child-Centered Philosophy:** Your children are your priority, and they are ours, too. Through our specialized Child-Inclusive Mediation Pathway, we safely and gently integrate your children's voices into the decision-making process, protecting them from litigation crossfire while ensuring their needs are met.
- **Informed Financial Decision Making:** Full financial disclosure between the parents helps to ensure that any discussions or decisions they make in mediation are based on accurate information and helps the parents reach full resolution on all issues. The parents are encouraged to seek legal and financial advice on all matters prior to reaching agreements.
- **Preserving the Co-Parenting Relationship:** A judge's ruling ends a court case, but it doesn't teach you how to communicate. Our goal isn't a signed agreement; it is helping you develop respectful co-parenting skills and communication frameworks that reduce stress and build long-term resilience for your children.



Family Mediation Services

Find a Way Forward, Outside of the Courtroom

Structured, neutral, and trauma-informed dispute resolution



5021A 52 Ave Beaumont, AB

clientrelations@luwg.ca

780-886-4345

Why Choose Family Mediation?

Alternative Dispute Resolution is highly recommended, and in many locations, it is a mandatory pre-court requirement by the Alberta Court of Justice and the Alberta Court of King's Bench.

Cost-Effective

Significantly **less expensive** than a multi-year legal battle.

Faster Resolution:

Resolve issues **much quicker** than navigating the court system.

Confidential:

Discussions are **entirely private** and conducted "without prejudice."

Child-Centered

Protect your kids from the crossfire of litigation.

Better Outcomes

Co-operative parenting **increases** children's resilience and reduces parental stress, fostering healthier environments.

What It Is, & What We Resolve

What is Family Mediation?

It is a voluntary, collaborative, and confidential process. Instead of a judge making life-altering decisions for you, an impartial, highly trained mediator helps you and the other parent negotiate a consensual, fair agreement.

Our mediators do not take sides, give legal advice, or make decisions. They manage the process so you maintain control over your own outcomes.

Issues We Resolve

Parenting Plans & Decision-Making:

Crafting detailed, child-focused plans for health, education, and daily life.

Child Support: Calculating base (Section 3) and extraordinary (Section 7) expenses.

Spousal Support: Facilitating fair financial discussions.

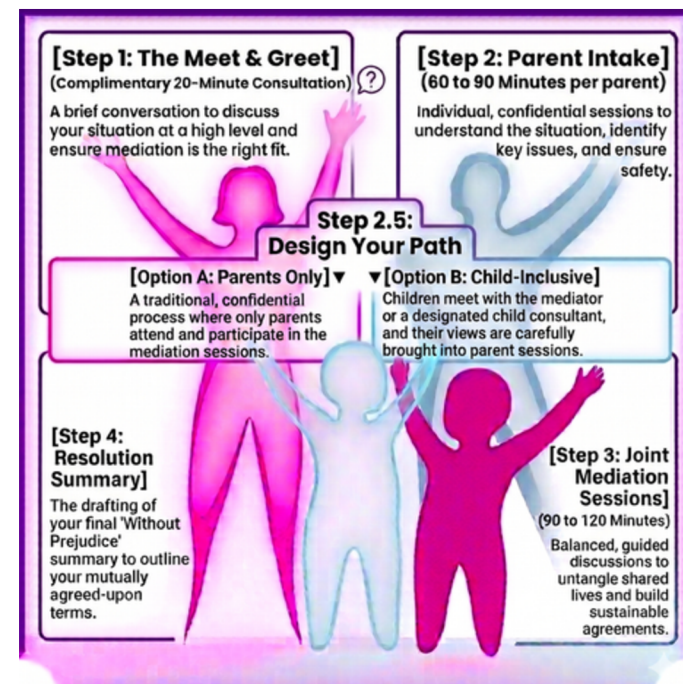
Property & Asset Division: Helping parents prepare to divide assets and debts.

Communication Agreements: Developing respectful co-parenting skills to address future conflicts.

The Mediation Process

The Level Up Pathway

Our process is highly structured to ensure safety, fairness, and meaningful progress.



Child-Inclusive Mediation

We offer a safe, structured framework that ensures your children's voices and experiences are gently brought into the decision-making process, without forcing them to take sides or make adult decisions.