NOTES

SAFETY PLANNING BEFORE AND AFTER COURT

Developing a plan specifically for court can help you feel safer both physically and psychologically. Prepare for your court date by visiting the court beforehand to get a sense of what to expect and who the court officials are. You should also make sure you have support before, during and after court. Make plans ahead of time for transportation and child care.

MY LEGAL SAFETY PLAN

I HAVE APPLIED FOR:

☐ A restraining order
☐ Exclusive possession of the matrimonial home
☐ A peace bond

STAGE OF THE PROCEEDING:

I HAVE A COURT ORDER:

☐ I have provided my children's school and/or daycare centre with a copy of relevant court orders such as a restraining order and/or custody order.
☐ I have provided others with a copy of the relevant court order, such as my workplace security, landlord or home security.

☐ My ex-partner has been released on bail. These are his conditions:

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☐ I have a safe plan for telling my ex-partner that I have started a family court case. That plan is:

☐ I have a safe plan for serving court documents on my ex-partner (e.g., your lawyer advises you when documents will be served, ensuring children are not on an access visit with your ex-partner, or consider hiring a process server). That plan is:

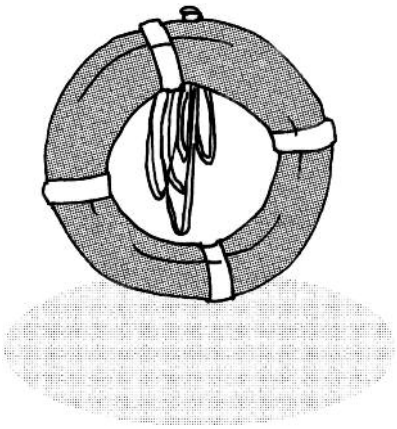
☐ I have made several copies of my safety plan. I carry one with me, have one in a safe place that I can get to if I need it, and I have given one to a trusted friend or family member.

☐ I have a calendar where I write down all contacts with my ex-partner.

☐ I have someone else at the house when my ex-partner picks up and returns the children.

☐ I have a system for managing my ex-partner's email and other contacts with me. It is to:

NOTES



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