

HOW DO YOU GET A RESTRAINING ORDER?

Are you worried that your partner or your ex will hurt you or your children?

You can get a restraining order from a family court judge.

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APPLY AT THE FAMILY COURTHOUSE

Either in the municipality:

- where either you or your partner/ex lives in
- where your children usually live

DECIDE IF YOU NEED TO APPLY FOR ANYTHING ELSE

You can also apply for child custody or child support, and file an urgent motion with or without notice.

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COMPLETE THE FORMS THAT ARE RELEVANT TO YOU

You can find these forms at the family courthouse or online.

MAKE A COPY OF ALL COMPLETED FORMS

Don't forget to include Form 10: Answer, and keep a copy of each completed form for yourself.

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SERVE DOCUMENTS

You will have to give a copy of all documents to the other person so they know that a case has been started against them and have a chance to respond.

FILE FORM 14C: CONFIRMATION, IF APPLICABLE

If you are doing a motion with notice, you need to file Form 14C to confirm with the court that you will be attending your hearing.

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BE IN COURT ON YOUR COURT DATE

A judge will decide to either grant your request or not. If it's granted, make sure you get a copy of the restraining order before you leave the courthouse.

For more information, visit legalaid.on.ca/fag