

## Is our service right for you checklist?

	Yes	No
1. Are you currently in, leaving, or have left, an abusive relationship?		
2. Have you found yourself in the legal process of family court, criminal court or immigration?		
3. Are you looking for a lawyer or wondering how to afford one?		
4. Are you finding the legal systems overwhelming or confusing and need support?		
5. Do you feel the legal system(s) is not listening to you or minimizing your safety concerns?		
6. Are you involved in multiple legal systems(criminal and/or child welfare and/or family courts) and they are each telling you something different and each one is not working with the other system?		
7. Or, are you just trying to figure out where to start?		

## Where to start?

1. Write down your concerns
2. Try to locate any legal documents you might need
  - Birth certificates
  - Passports
  - Mortgage papers/rental agreements
  - Marriage documents/wills/pre-numps
  - Letters and/or journals(not legal but helpful around memory of events)
  - Court documents and/or charges
  - Bank statements(up to date)
3. Write down your questions you might have for a legal advocate or a lawyer.
4. Call us 905-522-0127

**Our service is at no cost to you and we can meet you at our centre or anywhere it is safe(work, in a coffee shop or at locations throughout the city.**