



Restraining Orders

Are you afraid of your spouse, former spouse or live-in partner or your child's other parent?

Are you afraid that they may hurt you or your child?

You can go to **family court** to get a **Restraining Order**.

A **Restraining Order** will put limits on how the person can contact you. It can be for a limited time or it may always apply.

1

To Apply for a Restraining Order, you must:

- Be married to the person you are afraid of, or
- Have a child with the person you are afraid of, or
- Have lived with the person you are afraid of. It does not matter when you were living together or for how long.

2

When can you apply for a Restraining Order?

You can apply for a Restraining Order if:

- You have reason to be afraid that your current or former spouse or live-in partner will hurt you or any child who is legally under your care

You must show the court why you are afraid that the person will hurt you or the child or children.

To apply for a Restraining Order, you do not have to have any other court case with the person.

If the person does not follow the conditions in the Restraining Order, the police can charge them with a crime.

It is important for you to have a **Safety Plan** as the Restraining Order can take a long time to get from family court.

3

To apply for a **Restraining Order** you will need to file an application at your local family court.

To find a courthouse:

<https://www.ontario.ca/locations/courts>

Learn more at:

www.owjn.org | www.onefamilylaw.ca



Get Help

Speak to a lawyer. While you do not need a lawyer to help you get a Restraining Order, it is always a good idea to speak with a lawyer, particularly if you also have a family law or immigration case.

For Help from Lawyers

Legal Aid Ontario: 1-800-668-8258

Community Legal Clinics

<https://www.legalaid.on.ca/legal-clinics/>

Barbra Schlifer Commemorative Clinic:

416-323-9149; <https://www.schliferclinic.com/>

Luke's Place Virtual Legal Clinic:

1-866-516-3116; <https://lukesplace.ca/>

JusticeNet

<https://www.justicenet.ca/>

For Help with Family Violence

Emergency (police, ambulance, fire): 911

Assaulted Women's Helpline: 1-866-863-0511

Find a women's shelter

www.sheltersafe.ca

Victim Support Line: 1-888-579-2888

Legal Information

Family Law Education for Women

<https://onefamilylaw.ca/>

Ontario Women's Justice Network

<https://owjn.org/>

Community Legal Education Ontario

<https://www.cleo.on.ca/en>

To learn more about METRAC visit

www.metrac.org

This is general information only. If you need legal advice, you should contact a lawyer.



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