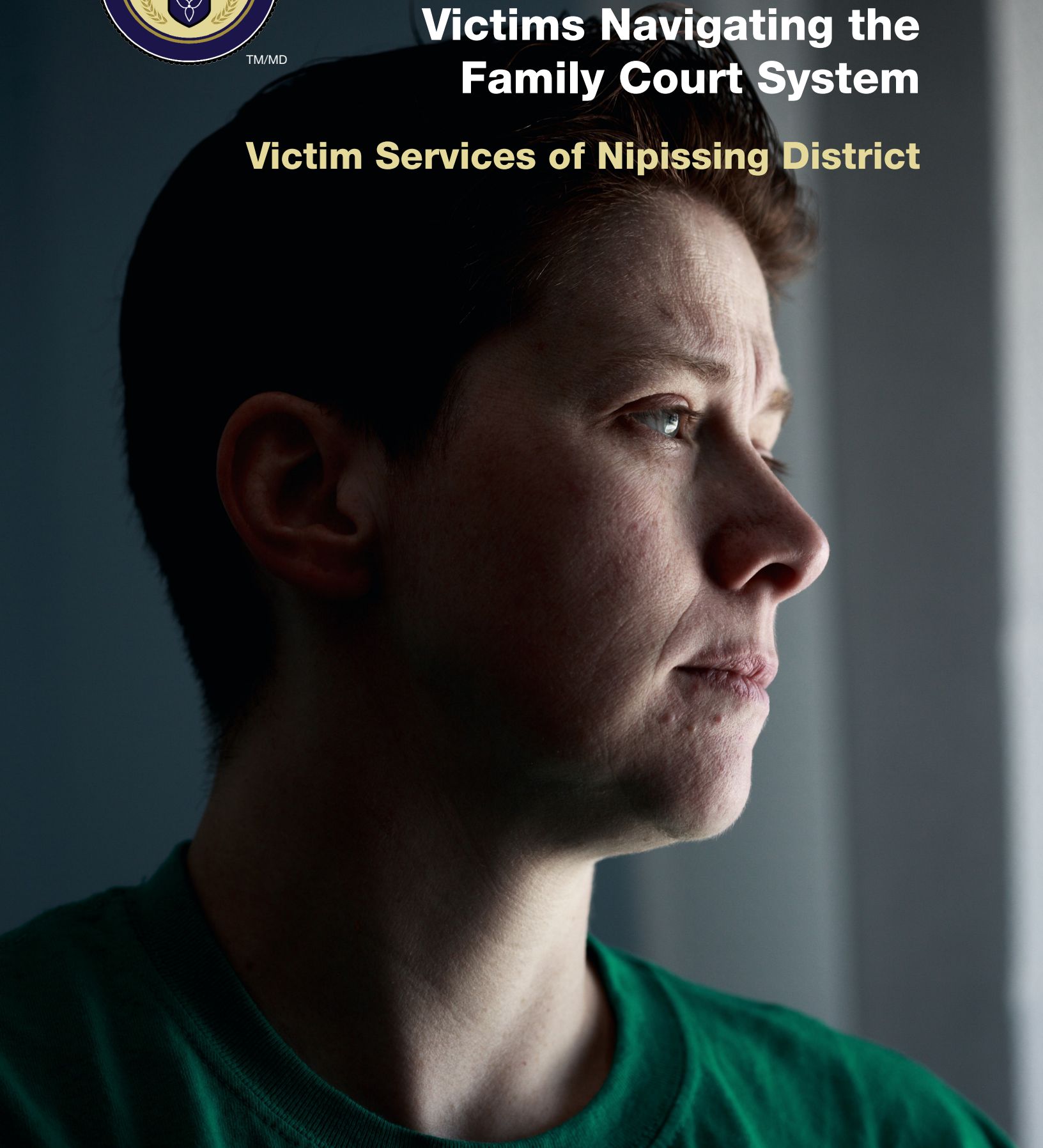




An Information Guide for Intimate Partner Violence Victims Navigating the Family Court System

Victim Services of Nipissing District





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While every effort has been made to ensure the accuracy of the information/advice contained herein. Victim Services of Nipissing District assumes no responsibility for and gives no guarantees, undertakings or warranties concerning the accuracy, completeness or up to date nature of the information provided and does not accept any liability whatsoever arising from any errors or omissions or implementation of the advice.

WE ARE HERE TO HELP

A GUIDE FOR IPV SURVIVORS NAVIGATING THE FAMILY COURT SYSTEM

We recognize that this is a stressful time for you and your family. It is important for you to know that Victim Services of Nipissing District (VSND) is here to provide assistance, resources and referrals.

We believe that every survivor of intimate partner violence should be treated with respect, dignity, fairness, and honesty and in a professional and bias-free manner.

The VSND staff and volunteers are available to discuss you and your family's needs and help find the best service match for your personal and situational needs. They are knowledgeable about all of the community programs, including indigenous and 2SLGBTQ+ support, and financial options. They are available to meet with you in person or over the phone at your convenience.

Monday to Friday 8:30-4:30pm (office and contact information are listed on page 25 of this booklet)

This booklet was created as a resource for people leaving intimate partner violence who need more information regarding the navigation of the family court system. In this resource guide you will find information on the family court process, such as custody or access, dividing property, getting an emergency motion or increasing your feelings of safety by getting a restraining order. You will also find useful information on who can help you throughout this process. We have also included information on financial compensation programs and how to access professional counselling services and support in the Nipissing Region.

We have partnered with many other agencies that can help you during this difficult time. A list of these agencies and their contact information is located at the back of this booklet.

VSND is a non-profit organization dedicated to providing assistance to individuals who have been victimized as a result of a crime or tragic circumstance. VSND works in partnership with police as well as emergency and other community-based services to ensure victims receive the help they need to assist them in the development of their personal path to recovery.



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WHAT DOES FAMILY LAW HAVE TO DO WITH INTIMATE PARTNER VIOLENCE?

When any relationship ends, many things need to be resolved

When a couple separates, whether they are married or living in a common law relationship a number of decisions must be made:

- If they have children, they must decide on arrangements for them
- One person may need the financial support of the other person
- The children must be supported financially too
- The adults must decide what will happen to the home they shared, whether its property they own or a place they rent
- They will need to divide their property

These can be difficult decisions.

Family Law & Family Court

Such decisions can be handled informally by the couple without involving the law, but it is better if they are done legally in order to:

- Ensure everyone's rights, including the children's, are protected
- Hold the adults accountable for following through on what they agree on

To resolve issues legally, the former partners will use family law.

This means legislation and legal processes that deal with separation agreement and divorces, property division and the family home, spousal and child support, and arrangements for children.

The former couple will need to work with lawyers to finalize these decisions. If they have disagreements they can't resolve, they can meet with a mediator and/or go to family court.

WHEN AN ABUSIVE RELATIONSHIP ENDS

When one person in the relationship is abusive to the other, making decisions at the ends of the relationship is much more difficult.

This is the very time when separating couples turn to family law to resolve disputes about their children, finances, and property. You may also turn to family law for safety reasons, to get a restraining order or exclusive possession of the matrimonial (family) home.



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PREPARING TO LEAVE AN ABUSER & PREPARING FOR FAMILY COURT

If a person has left an abusive partner, they will need:

- **Safety planning support for themselves and their children:** The abuse will likely increase, and the abuser's tactics will change as their relationship changes
- **Family Law Information:** The system is complex, especially for a person who is dealing with trauma
- **Family Court Support:** Assistance with collecting evidence, preparing documents, and going to court
- **Family law safety interventions:** There may be safety issues that need to be addressed through a restraining order or an order for exclusive possession of the matrimonial home.
- **Legal advice:** A lawyer can provide a buffer between a person and their former partner. If you cannot afford a lawyer, there are ways for you to get legal advice at important times in your case.
- **Referrals:** To services such as housing, childcare, counselling, lawyers, culturally specific supports.

WHAT DO SAFE FAMILY COURT OUTCOMES LOOK LIKE?

A parent with children needs to feel confident that they can get family court outcomes that keep them and their children safe and that allow them to move on to lives free from violence and the threat of violence.

They need parenting orders that:

- Reflect the best interests of the children, which includes a consideration of which parent has historically provided most of their care
- Does not require the parent to consult with their former partner every time they need to decide about the children
- Ensure the children have a safe relationship with their other parent, which may mean it has to be supervised
- Provide exchanges for the children that are safe for the parent as well as the children



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WHAT IS YOUR ROLE

EVIDENCE

The outcome of your court case will depend significantly on the information you provide to the court. This is especially true in every family case.

Whether you are preparing your own paperwork or working with a lawyer who will prepare the court documents, you have an important role in providing as much detailed information as possible to the court of the abuse you have been subjected to.

Where Do I Start?

You may find it helpful to track the abuse throughout your relationship by thinking about what went on at key points such as:

- When you were dating
- When you first started to live together and/or got married
- When you were pregnant for the first time
- When your children were very young
- When you and/or your partner had to deal with life crises (employment, financial issues, illness, death)
- After you separated

You want the court to understand:

- The pattern of abuse
- How long it has been going on
- Whether it is getting worse
- Whether you have experienced any physical injuries
- What the children have seen, heard or otherwise aware of
- The impact of the abuse on you and your children
- What kind of abuse has happened since you left your partner
- Any current safety concerns based on past or ongoing abuse

CUSTODY



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What does custody mean?

“Custody” In most provinces in Canada, the term custody refers to all rights and obligations related to the care and control of a child or children which includes both legal (the responsibility to make all important decisions about a child’s care and upbringing) as well as physical custody which refers to everyday physical care and control of the child/children such as:

- Where they will live
- Where they will go to school
- What medical treatment they will receive
- What religion they will practice

The parents can agree to or the court can give:

- One parent all decisions-making responsibility
- Two or more parents decision-making responsibility
- Different parents’ separate responsibilities (For example, one parent makes decisions about the child’s health and another parent makes decisions about the child’s education)

Different types of custody include:

Sole Custody: One parent is given all responsibility and authority over the child/children to make major decisions about a child’s care. Usually, but not always, the child lives primarily with the person with sole custody. The other parent can share their opinion and information with the parent who has been granted sole custody if desired, however the other parent has final say.

Joint Custody: Two people, usually the parents, share the responsibility for making decisions and caring for the child/children. It does not necessarily mean that a child will spend “equal” time with both parents.

Shared Custody: Both parents share the responsibility for making decisions and caring for the child. Under the Child Support Guidelines, shared custody is where a child lives at least 40% of the time with each parent. Shared custody is usually granted to parents who are able to communicate effectively and live within the same school district of their child.

Split Custody: Parents have more than one child together and each parent has one or more child(ren) living primarily with him or her, where they have either sole custody of a child or joint custody of all children.



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ACCESS

What does access mean?

If the child lives with one parent, the other parent usually has a right to have contact with the child. In most cases, the parent who does not have custody spends time with the child. This is called visitation or access. Sometimes, other relatives, like grandparents, apply for access.

If there are safety concerns, a parent may not be allowed to have contact with his or her child or the access may be supervised or restricted in some way.

A person who has access to a child also has the right to receive information about the child's health, education and general situation.

When deciding what type of access arrangements, you would like for your child, you should think about what arrangements would work best for him or her. Consider the child's schedule and how far he or she must travel to have access. Keep in mind that as children grow older, their schedules may change, and access arrangements may have to be flexible.

For more information on our Supervised Access Centre visit: Page xxx

WHAT DOES "BEST INTERESTS OF THE CHILD" MEAN?

Some parents are unable to agree on custody/access arrangement and need a judge to review the child's circumstances and make an order.

When a judge makes custody and access decisions, the law requires him or her to make the decision based on the best interests of the child.

The judge will make a decision based on evidence. If you are asking for custody of or access to a child, you must show how what you are asking for is best for the child. The judge will focus on the child, not the adults. The court will weigh options available and make a decision about what arrangements he or she believes is best for the child.

Even if you and the other parent agree, the judge will still need to understand why the arrangement you have agreed to will be safe and appropriate for the child.

BEST INTERESTS TEST

The law says that the judge must consider the following when making a decision in a child's best interests:

- The love, affection and emotional ties between the child and
 - Each person who is entitled to or is making a claim for custody or access;
 - Other members of the child's family who live with the child; and
 - The people involved in the child's care and upbringing
- The child's views and preferences (if they can be determined)
- The length of time the child has lived in a stable home environment
- The ability and willingness of anyone presenting a plan to:
 - Provide guidance and education;
 - Provide the essential things the child needs; and
 - Take care of any special needs the child may have
- Any plans that are proposed for the child
- The permanence and stability of the family the child will live with
- The ability of each person applying for custody or access to act as a parent
- The relationship between the child and each person who is asking for custody or access (through blood or adoption)

The judge will not consider a person's past behavior unless it is relevant to his or her ability to care for a child. The law says that it matters when determining custody or access if a person committed violence or abuse against:

- The persons spouse;
- A parent of the child who is the subject of the claim for custody or access;
- A member of the persons household; or
- Any child



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STARTING A CLAIM FOR CUSTODY OR ACCESS

WHAT FORMS DO I NEED?

If you are **starting a claim** for custody or access of your child/children, you must fill out a number of court forms and give them to your partner. You would be the Applicant (The one serving) and the other individual would be the **Respondent** (The one being served).

You can get these family law court forms from the courthouse or online (Information below). They are available in French and English.

You will need to complete the following forms:

- **Form 8: Application** (general)
- **Form 35.1: Affidavit in support of claim for custody or access** (decision-making responsibility, parenting time, contact).

This blank form needs to be given to your partner when they are being served:

- **Form 10: Answer**
 - When the respondent is served with the application they set out their response to the claim in this form

To find the court forms online visit:

<http://ontariocourtforms.on.ca/en/family-law-rules-forms/>

To obtain the court forms at the Courthouse:

Courthouse

360 Plouffe Street, North Bay
Family Court 2nd Floor
705-495-8307

WHAT IF I NEED AN ORDER RIGHT AWAY?

EMERGENCY MOTION WITHOUT NOTICE

An urgent motion without notice is sometimes called an emergency motion. This means you don't have to serve your documents on your partner before the judge hears your motion and makes a decision.

If your situation is an emergency and you must get an order immediately, you must provide detailed, specific information of your fears and show why you think something serious could happen if the motion is delayed because you have to serve your partner. You also have to give evidence that shows why you can't wait until after a case conference to bring your motion.

If you are in a crisis and are not sure what the details of your plan will be, indicate what your immediate plans are. You can file an amended form with more details and updated information when your situation becomes clearer.

If you need to ask the court for an order right away, you will have to file:

- **Form 8: Application** (general)
- **Form 14: Notice of Motion;**
- **Form 14A: Affidavit (general);**
- **Form 14D: Order on Motion without Notice**
- **Form 35.1: Affidavit in support of claim for custody or access** (decision-making responsibility, parenting time, contact).

To find the court forms online visit:

<http://ontariocourtforms.on.ca/en/family-law-rules-forms/>

To obtain the court forms at the Courthouse:

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DIVIDING PROPERTY

ARE YOU MARRIED OR COMMON LAW?

Marriage

Property division is the process of dividing a married couple's assets and debts. This usually happens after they separate or divorce.

Married couples usually share the value of their property. This means that if the relationship ends, they share the family property equally and the partner who has more property usually pays money to the partner who has less property.

The law assumes that each spouse makes equal if different contributions.

Usually, the property itself is not physically divided.

Equalization Payment

Person with greater net family property (NFP) must pay the other spouse half of the difference

Common Law

This is not true for people in a common-law relationship. They usually don't have to share the value of their property if they separate.

If the relationship ends, there is no automatic right to equal share of the property.

People leave with what they brought into the relationship and can prove they bought during it.

Constructive trust

- To receive a larger share, a spouse must prove they made a direct or indirect contribution.

Speak with a lawyer!

If you're asking to divide property, you must fill out:

- **Form 8: Application (general)**
- **Form 13A: Certificate of Financial Disclosure**
- **Form 13.1: Financial Statement (Property and Support Claims)**

WHO CAN HELP?

LAWYERS

You should not try to manage your family law case without the assistance of a lawyer who has experience in family law.

In any family law case, but especially in cases involving family violence, the knowledge, expertise and skills of a good lawyer can make the case move more quickly and smoothly and can make a good outcome more likely.

Ideally, you will be able to hire (retain) a family law lawyer to handle your entire case, either by paying for the lawyer yourself or with a legal aid certificate.

Finding A Lawyer

Who is responsible?

- You
- Legal Advocate

Your legal advocate can help you by providing a list of names of possible lawyers.

You are the one who has to decide which of those lawyers is best suited for what you need.

For more information regarding the above information please reach out to:

Duty Counsel

360 Plouffe Street, North Bay
Family Court 2nd Floor
705-497-1184

Family Court Support Worker

Crisis Centre, North Bay
Hours of operation: Monday, Wednesday, Friday 8:30am-4:30 pm
Phone: 705-358-9117
Email: fcs@ccnorthbay.ca

Family Court Support Worker

Indigenous Friendship Centre, North Bay
Phone: 249-358-3347
Email: fcw@nbifc.org



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LEGAL AID

Depending on your financial situation, including your income and whether you own property, you may qualify for assistance from Legal Aid Ontario (LAO).

When a person gets approved for a lawyer through legal aid, they receive a “legal aid certificate” which allows them to find a lawyer in the community that accepts the certificate as payment. There are many lawyers in the North Bay area who will support clients with a certificate.

This will allow you to hire a lawyer to represent you in your family law case. Your legal issue must be covered by LAO, and you must qualify financially. If you are eligible, you will be given a certificate that you can use with any lawyer who will accept it.

For more information regarding the above information please reach out to:

Legal Aid Ontario

(Located in the North Bay Courthouse)

107 Shirreff Avenue - CIVIL LAW

705-495-6748

1-800-668-8258 (toll-free)

- Monday to Friday, 8 a.m. to 5 p.m.
- Best time to call is between 8:30 a.m. and 10 a.m.

For up-to-date information on income eligibility visit:
legalaid.on.ca

WHO CAN HELP?

DUTY COUNSEL

Duty counsel are lawyers located in family court that provide immediate legal assistance to low-income people without a lawyer on the day of court if their case is about child custody, access, or support.

They can give advice about legal rights, obligations and the court process and can help negotiate and settle issues as well as review or prepare court documents to be filed. They may be able to assist in the courtroom with child protection and support hearings as well as to request an adjournment or argue a motion.

For more information regarding the above information please reach out to:

Duty Counsel

360 Plouffe Street, North Bay

Family Court 2nd Floor

705-497-1184

WHO CAN HELP?

LEGAL ADVOCATES

Whether or not you have a lawyer, we strongly encourage you to work with a family court support worker throughout your case.

This advocate can assist you by:

- Explaining the steps in the case
- Helping you identify the legal issues you want/need to address
- Supporting you to develop a safety plan
- Helping you gather evidence for your case about the abuse in your relationship as well as the history of parenting in your family
- Accompanying you to meetings with your lawyer as well as to court
- Debriefing with you after these meetings and court appearances

In Ontario, Family Court Support Workers are professionals, usually working in violence against women agencies who have received specialized training to support victims of domestic violence throughout their family law case.

For more information regarding the above information please reach out to:

Family Court Support Worker

Cara Leblond

Crisis Centre, North Bay

Hours of operation: Monday, Wednesday, Friday 8:30am-4:30 pm

Phone: 705-358-9117

Email: fcs@ccnorthbay.ca

Family Court Support Worker

Laurie

Indigenous Friendship Centre, North Bay

Phone: 249-358-3347

Email: fcw@nbifc.org



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SUPERVISED ACCESS PROGRAM

COURT RELATED SERVICES

The supervised access centre is a safe place to bring your children for visits with your ex-spouse, partner or their family. It is also a place where you can drop off and pick up your kids when it's time for your ex-spouse, partner or their family to have them, or to get them back to you and it takes place under the supervision of trained staff.

When parents separate, access visits with children may be a problem, or difficulties may arise at the time of exchange of the child between the parents or between a relative. Therefore, this program offers separated families a way to deal with some of these problems.

You or your lawyer can call to set this up. The program will need a copy of your court order.

For more information regarding the above information please reach out to:

Nipissing Supervised Access Centre

1675 Cassells Street, North Bay ON Voice: (705) 472-0678 Fax: (705) 472-6519

Office hours: Wednesday to Friday 8:30 a.m. - 4:30 p.m.

Program locations:

North Bay - 1675 Cassells Street

Mattawa - 800 John Street

Sturgeon Falls - 131 Michaud Street

RESTRAINING ORDER

What is a restraining order?

A restraining order is a family court order to help protect your health and safety. If you have children, the order can apply to them to.

It can limit:

- What someone can do
- Where someone can go
- Who they can contact

A restraining order includes a list of conditions that can either be:

- General
 - For example, the person must stay away from you or cannot communicate with you or your children
- Specific
 - For example, the person cannot go within 500 meters of your home, workplace or your child's school



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These conditions can be tailored for your specific situation. Not following the conditions in a restraining order is a crime.

Who can get a restraining order?

You can apply for a restraining order at *family court* if you are concerned about your safety and you:

- Were *married or lived together* for any period of time
- Have a *child* with the person

You **cannot** file a restraining order against someone you *have never lived with*, or *don't have children with*.

HOW DO I GET A RESTRAINING ORDER AGAINST SOMEONE?

If you have not already started a family court case relating to other issues, you will need to file:

- **Form 8: Application (general)**
- **Form 25F: Restraining Order**

To find the court forms online visit:

<http://ontariocourtforms.on.ca/en/family-law-rules-forms/>

To obtain the court forms at the Courthouse:

Courthouse

360 Plouffe Street, North Bay
Family Court 2nd Floor
705-495-8307



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SAFETY PLANNING

BEING SAFE AT COURT

If you have a family court case involving an abusive partner, it's a good idea to have a plan to feel safe while you're in the courthouse.

Court Preparation Checklist

- ☐ All of my documents are organized and ready for me to take to court
 - ☐ I have reviewed all of the court documents
 - ☐ I have booked time off work
 - ☐ I have arranged for childcare
 - ☐ I have comfortable clothes ready
 - ☐ I have plans after court so I can relax and feel safe. My plans are:
-

Checklist: Being safe at court

I have a women's legal advocate. That person is:

I have a support person who is coming to court with me. That person is:

At the courthouse:

- ☐ I have visited the courthouse ahead of time

I know how to find:

- ☐ The duty counsel office
- ☐ Court security
- ☐ The washrooms
- ☐ The courtroom I have to be in

Getting to and from court safely, I am going to:

- ☐ Park in a safe place
 - ☐ Have a friend walk me to my parking spot or the transit stop to the courthouse
 - ☐ Have a friend meet me at the courthouse
 - ☐ Ask court security to help me leave safely
 - ☐ Use public transit with a friend
 - ☐ Bring a cell phone so I can call if there are any problems
-



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During my court visit:

- ☐ I will let court security know about my situation and bring copies of any relevant court orders such as bail conditions, a restraining order etc
- ☐ Bring someone for support to stay with me
- ☐ Check if a family court support worker can go with me to court proceedings
- ☐ Find a safe place to sit in the waiting area (ex: some place that is easily visible and surrounded by other people)
- ☐ Bring a cell phone with me

I know what to do if/when I see my ex-partner:

- ☐ Ask court security for assistance
- ☐ Move away from where they are sitting
- ☐ Go to the washroom
- ☐ Ask my support person to intervene

SELF CARE

Self-care is an important part of your safety plan. It is critical for both your physical and mental wellbeing.

During this time of your life self-care is especially important and can have a positive impact on your healing process and energy as you move forward.

Create a self-care plan

Here are some tools to walk you through the process of developing your own self-care plan. This is a long-term plan for reducing your stress and honoring your mind, body and spirit.

What self-care strategies are you already following, want to try or have decided may not be for you?

Here are some tips on how to incorporate self-care into your daily routine.

Self-care Checklist

- ☐ Eat well and get plenty of rest
- ☐ Take time for you
- ☐ Keep a journal (write down your thoughts, feelings, dreams, stories etc)
- ☐ Go for walks with friends
- ☐ Engage in social activities (game night with friends, coffee dates, etc)
- ☐ Everyday write down 1 good thing about yourself
- ☐ Everyday write down 3 good things that happened
- ☐ Find a support group
- ☐ Talk to a counsellor
- ☐ Surround yourself with people that make you feel good
- ☐ Practice mindfulness



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SELF-CARE APPS

Daybook - “Best Free Journal App” (iOS, Android, Alexa, Google Assistant, Bixby)

Description: You can secure your thoughts, emotions, events with this 3 in 1 app which is a journal, a diary, and a note-taking tool. Daybook gives you a password-protected account and has an easy audio recording feature where you can create speech to text entries.



Smiling Mind (iphone, ipod, ipad)

Description: Leading meditation & positive affirmation app for different age groups, including children.



Mindshift- (ios, Android)

Description: It employs scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.



MY PERSONAL SELF-CARE PLAN

Three things I want to tell myself when I am feeling overwhelmed: (e.g., “I am strong,” “I can handle this,” “I am safe,” “I am making a better life for myself and my kids.”)

1. _____
2. _____
3. _____

These are the friends, family members and professionals I can talk to who help me feel better:

These are the people I will avoid or limit my contact with:

These are the things that make me happy and healthy: (e.g., uplifting music, a favourite comedy, a favourite place to go, getting organized, etc.).



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FINANCIAL COMPENSATION

Am I eligible for any financial compensation?

As a victim/survivor of Intimate Partner Violence there are financial options available:

Victim Quick Response Program + (VQRP+)

Victim Services Nipissing District

705-472-2649

Made available by the Ministry of the Attorney General and delivered through the Victim Services of Nipissing District, this program provides short-term financial assistance to victims in the immediate aftermath of a violent crime such intimate partner violence.

Eligible expenses that can be accessed through the VQRP+ include crime scene clean up expenses, emergency accommodation, meals, personal care items, emergency child or dependent care, cell phones and emergency home safety expenses. **There are specific eligibility guidelines for the program.** To find out whether this program is right for you, contact the VSND at 705-472-2649

IMPORTANT: VQRP+ does not provide money

FAMILY LAW WORKSHOPS & INFORMATION SESSIONS

Virtual Legal Clinic for Women

Free summary legal advice to women in Ontario on family law issues who have been subjected to intimate partner violence. Luke's Place uses web-based video conferencing or the telephone to connect women to lawyers.

905-728-0978 ext: 235

Toll Free: 1-866-516-3116 ext: 235

Email: intake@lukesplace.ca

Website: <https://lukesplace.ca>

Legal Information Sessions

Luke's Place offers opportunities for women to learn about family law. Currently these sessions are being offered by video conference.

Website: <https://lukesplace.ca/for-women/group-sessions/>

Early Information Sessions

Timing

- One two-hour session

For women who

- Are in the early stages of their family law process
- May or may not have a lawyer
- Are dealing with violence in their relationships or former relationships



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What these sessions provide

- Answers to common questions about the family law process
- Tips on navigating the family law system
- Safety planning
- An information package
- Information about other services offered by Luke's Place and in the community

Family Law Information Workshops

Timing

- Workshops run every other week

For women who

- Are involved in a family court case
- Want to become "family law literate"
- May or may not have a lawyer

What these sessions provide

- Delivered by a family law lawyer and a legal support worker
- Information on the family court process
- Tips on positive relationships with lawyers
- Tips on completing family court forms
- An information package

RESOURCE AGENCIES

Amelia Rising Sexual Violence Support Centre

101 Worthington Street East, Suite 215
North Bay, ON P1B 1G5
705-840-2403 (office)
705-476-3355 (24/7 crisis line)
ameliarising.ca

Community Counselling Centre of Nipissing

361 McIntyre street. East
North Bay, ON P1B 1C9
705-472-6515
www.cccnip.com

Nipissing Transition House

547 John Street
North Bay ON P1B 2M9
705-476-2429 (shelter)
705-476-2429 (24/7 crisis line)
705-494-9589 (Women's Outreach_
nipissingtransitionhouse.com

Ojibway Women's Lodge

131 Commanda Crescent
North Bay, ON P1B 8G5
705-472-3321 (shelter & crisis)
705-472-0233 (crisis support & counselling)
705-472-0233 (Transitional & Housing Support Program)
ojibwaywomenslodge.ca

Crisis Centre

1651 Cassells Street
North Bay, ON P1B 4C6
705-474-1031 (Shelter)
705-474-1031 (24/7 Crisis line)
705-474-8853 (Outreach)
705-358-9117 (Family court support worker-Cara Leblond)
705-499-7809 (Priority housing-Kelly)

Horizon Women's Shelter

P.O Box 6228
Sturgeon Falls, ON P2B 3K6
705-753-1154 (shelter)
705-753-5571 (Transitional Housing Program)
705-753-5571 (Outreach program)
705-753-1154 (Women's Counselling Program)

Mattawa Women's Resource Centre

385 Pine Street
P.O Box 538
Mattawa ON P0H 1V0
705-744-5567 (shelter) 705-744-5567 (24/7 crisis line)
mwrc.ca

Crisis Intervention

-North Bay Regional Health Centre
1-800-352-1141
-West Nipissing General Hospital
Alliance Centre
Open 7 days a week
3:30 pm – 11:00 pm
705-753-3110 ext.288
-Mattawa Hospital
Nipissing Mental Health Housing Support Services
Open Monday to Friday
9:00 am – 4:00 pm
705-744-6014

Assaulted Women's Hotline

1-866-863-0511
#SAFE (#7233) on your mobile phone
awhl.org

Human Trafficking Hotline

1-833-900-1010

Male Survivor Support Line

1-866-887-0015



NIPISSING DISTRICT

vsnd.ca



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HANDS The Family Help Network

391 Oak Street West
North Bay, ON P1B 1A3
705-476-2293
1-844-287-9072 (24/7 Crisis line)
HandsTheFamilyHelpNetwork.ca

Children's Aid Society

433 McIntyre Street West
North Bay, ON P1B 2Z3
705-472-0910
www.parnipcas.org

Boost CYAC

Internet Child Exploitation (ICE)

Counselling Program
1-855-424-1100
boostforkids.org

Kids Help Phone

1-800-668-6868
kidshelpphone.ca

LGBT Youth Line

1-800-268-9688
youthline.ca

Egale Canada Human Rights Trust

1-888-204-7777
1-888-44-Egale (youth Outreach)
egale.ca

Elder Abuse Ontario

416-906-7887
1-866-299-1011 (24/7 senior's safety line)
elderabuseontario.com

Fem'aide – Francophone helpline

1-866-863-0511
femaide.ca

**NBRHC Sexual Assault/Domestic
Violence Treatment Centre**

50 College Drive
North Bay, Ontario P1B 5A4
705-474-8600 Ext: 4478
nbrhc.ca

North Bay Regional Health Centre

50 College Drive
P.O Box 2500
North Bay, ON P1B 5A4
705-474-8600
nbrhc.on.ca

West Nipissing General Hospital

725 Coursol Road,
Sturgeon Falls, ON P2B 2Y6
705-753-3110
wngh.ca

Mattawa Hospital

217 Turcotte Park Road
P.O Box 70
Mattawa, ON P0H 1V0
705-744-5511
mattawahealth.ca

North Bay Indigenous Friendship Centre

980 Cassells Street
North Bay, ON P1B 4A6
705-472-2811
249-358-3347 (Family court worker-Laurie)
nbifc.org

North Bay Multicultural Centre

100 Main Street East
North Bay ON, P1B 1A8
705-495-8931
nbdmc.ca

True Self

Suite 201-239 Main Street, East
North Bay ON, P1B 1B2
705-474-4058

**Talk 4 Healing – Helpline for Aboriginal
Women**

1-855-554-HEAL (call or text)
talk4healing.com

North Bay Police Service

135 Princess Street West
North Bay, ON P1B 6C2
705-497-5555 (General inquiries)
705-472-1234 (Non-emergency police response)
northbaypolice.ca

Ontario Provincial Police

-North Bay Detachment
867 Gormanville Road
North Bay, ON P1B 8G3
705-495-3878
-Nipissing West
880 Levac Road
Cache Bay, ON P2B 3K9
1-888-310-1122
opp.ca

Anishinabek Police

469 Couchie Memorial Drive
North Bay, ON P1B 8G5
705-472-0270

Victim Services of Nipissing District

135 Princess Street West
P.O Box 1532
North Bay, ON P1B 8K6
705-472-2649
vsnd.ca

Victim/Witness Assistance Program

360 Plouffe Street
North Bay, ON P1B 9L5
705-495-8339
attorneygeneral.jus.gov.on.ca

Courthouse

360 Plouffe Street
North Bay, ON P1B 9L5
705-495-8307

Duty Counsel

360 Plouffe Street, North Bay
Family Court 2nd Floor
705-497-1184

Crown Attorney's Office

360 Plouffe Street
North Bay, ON P1B 9L5
705-495-8313

Victim Support Line

1-888-579-2888



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MY CONTACTS:

Officer in Charge

Name:

Position:

Business Phone:

Cell Phone:

Email:

Office Location:

Incident Number:

VSND Worker

Name:

Business Phone:

705-472-2649

Office Location:

135 Princess Street West
North Bay, ON P1B 8K6

Notes:

REMINDER: Have you provided your updated contact information to the Officer in Charge and your VSND worker?

For more information, please contact:
Victim Services of Nipissing District
135 Princess Street West
North Bay, ON P1B 8K6
Telephone 705-472-+2649
Website: www.vsnd.ca

MY NOTES



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vsnd.ca

For more information, please contact: Victim Services Nipissing District
135 Princess Street West, North Bay, ON P1B 8K6 • Telephone: 705-472-2649



TM/MD

Victim Services of Nipissing District
135 Princess St. West, PO Box 1532
North Bay, ON P1B 8K6

Phone: 705-472-2649 • VSND.ca