**Family Law Resources**

*(Note: Most information is intended for family law issues in*

*York Region (Newmarket Courthouse - Central East), but some information also applies in other areas of Ontario.)*

This is not a comprehensive list of all resources available for Family Law issues, and the provision of this list should not be seen as an endorsement of any of the respective content, but rather a starting point for your own research

The following courthouses have Unified Family Court sites in the Superior Court of Justice:

Barrie / Belleville / Bracebridge / Brockville / Cayuga / Cobourg / Cornwall / Hamilton / Kingston / Kitchener / Lindsay / London / L’Orignal / Napanee / Newmarket / Oshawa / Ottawa / Peterborough / Pembroke / Perth / Picton / St. Catharines / St. Thomas / Simcoe / Welland.

The remaining courthouses use the Ontario Court of Justice for family law matters.

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# General Resources

## Online Resources

*Note: Your public library provides free internet access if you do not have it at home.*

[*Find a public library in Ontario*](http://www.mtc.gov.on.ca/en/libraries/oplweb.shtml)*.*

### [Steps to Justice](https://stepstojustice.ca/)

Created by Community Legal Education Ontario (CLEO) – Step-by-step information about legal problems in Ontario including self-help guides, checklists, guides to filling out court forms, referrals, live chat and email support. Covers all legal topics.

### [Family Law Portal](https://www.familylawportal.com/)

Created by the Legal Innovation Zone at Ryerson University - Free guide to understanding your rights, responsibilities, the decisions you need to make, and the documents you will need for your separation or divorce. No personal information is collected.

### [Family Law Education for Women (FLEW)](https://onefamilylaw.ca/)

Family law topics in multiple languages, audio and ASL, brochures, webinars, inclusive resources, safety plans, shelter list, immediate help line. Includes information on how to “cover your tracks” on their website.

[Ontario Women’s Justice Network (OWJN)](https://owjn.org/)

Provides information on education, prevention and understanding women’s legal rights to build safety, justice, & equity. Topics include Family Law, the Criminal Law System, Immigration & Refugee Law System, Workplace Rights, and Discrimination & Human Rights Law. Includes information on how to “cover your tracks” on their website.

## Community Services

### [Family Law Information Centre](https://www.attorneygeneral.jus.gov.on.ca/english/family/infoctr.php) (FLIC)

Currently operating virtually due to Covid-19. Phone 905-853-4816 or email [irc@yorkhills.ca](mailto:irc@yorkhills.ca).

### [Listings at 211.ca](https://211ontario.ca/211-for-help/looking-for-help/)

A website that provides free, confidential 24/7 information and referral to community and social services in Ontario

## Legal Services

### [Legal Aid Ontario (Family)](https://www.legalaid.on.ca/services/family-legal-issues/)

Toll Free: 1-800-668-8258

Legal Aid has created a new line for clients who are seeking to get legal advice (up to 20 min). They can access the service for **Duty Counsel (for your court date)** or **Legal advice (any other time)** by calling **905-967-0921 or 1-888-616-0119, ext. 18.** It is a call back service, so please leave a message and then wait for a call back.

**You will get a quicker response for Duty Counsel and Legal Advice via EMAIL** [**gendcfamnewmascj@lao.on.ca**](mailto:gendcfamnewmascj@lao.on.ca)

During Covid-19, LAO will waive [financial](https://www.legalaid.on.ca/will-legal-aid-pay-for-my-lawyer/) eligibility requirements for summary legal advice. Legal eligibility requirements remain in place. Phone **1-800-668-8258.**

### [York Region Law Association](https://yorklaw.ca/) (YRLA)

Find a lawyer by searching their directory or download legal information sheets from the “Information for the Public” area of the Home page. No phone, email or walk-in services for the pubic; lawyers only.

### [Law Society of Ontario](https://lso.ca/home) (LSO)

[LSO Referral Service](https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service) (Can also email [lsrs@lso.ca](mailto:lsrs@lso.ca) or phone 1-855-947-5255)

[LSO Lawyer and Paralegal Directory](https://lso.ca/public-resources/finding-a-lawyer-or-paralegal)

### [Ontario Bar Association Directory of Lawyers](http://www.oba.org/for-the-public/find-a-lawyer)

### Unbundles Services

Hire a lawyer on an “as needed” basis for certain stages of your family law case (called Ontario’s [Family Law Limited Services Scope](https://www.familylawlss.ca/) Project)

### [Advice & Settlement Counsel](https://ascfamily.com/) (ASC)

Operating 9-5 on weekdays, one hour of legal assistance at an affordable rate. Provided virtually.

### [Family Justice Centre at Pro Bono Students Canada (PBSC)](https://www.probonostudents.ca/family-justice-centre)

Helping with family law issues for Ontarians who cannot afford a lawyer but do not qualify for legal aid. Offering public legal education, summary legal advice, and help filling out court forms.

## Self-Represented Litigants (SRLs)

### [National Self-Represented Litigants Project](https://representingyourselfcanada.com/) (NSRLP)

### Canadian Judicial Council Self-Represented Litigants Handbook

[Civil Law](https://cjc-ccm.ca/sites/default/files/documents/2021/Civil%20handbook%20-%20English%20MASTER%20FINAL%202021-03-30.pdf)

[Criminal Law](https://cjc-ccm.ca/sites/default/files/documents/2021/Criminal%20%20handbook%20-%20English%20MASTER%20FINAL%202021-03-30.pdf)

[Family Law](https://cjc-ccm.ca/sites/default/files/documents/2021/Family%20Handbook%20-%20ENGLISH%20MASTER%20FINAL%202021-03-30.pdf)

### Urgent/Emergency Family Law Referral Telephone Line: <1-800-268-7568> or <416-947-3310>

* to provide assistance to people who are self-represented (SRLs)
* to determine if their family court matter meets the criteria to be heard by the Court on an “urgent” basis
* if so, how to proceed in making their request

This emergency service by the LSO will connect SRLs with a family lawyer, working on a pro bono basis, who **will provide 30 minutes of legal advice** specific to determining whether or not their family court matter is **urgent** and will provide referrals to other available legal services.

# Family Law Mediation Services

## [Mediation Services via York Hills Family Mediation & Information Services](https://www.yorkhills.ca/services/mediation/)

If you would like to try to settle your family matter outside of court, mediation may be appropriate for you.

To start the mediation process, call the Information and Referral Coordinators at **905-853-4816**.  It is a callback service; please leave a message and wait for a call back. Or email them at [irc@yorkhills.ca](mailto:irc@yorkhills.ca).

## Court-Connected Family Mediation

Family mediation is an alternative to going to court. Find out if family mediation is right for you and find a mediator. Mediation is a negotiation between two individuals, with someone’s help. If you and the other person cannot agree on separation or divorce issues, you can try to reach an agreement out of court through family mediation. Mediation can be faster, cheaper, and more private than going to court. [Programs in Ontario from the Ministry of the Attorney General](https://www.ontario.ca/page/family-mediation)

### Accredited Family Mediators

* [Ontario Association for Family Mediation](https://www.oafm.on.ca/)
* [Family Dispute Resolution Institute of Ontario](https://www.fdrio.ca/members/)
* [ADR Institute of Ontario](https://adr-ontario.ca/)

# Family Law - Court Procedures and Forms

## [Divorce and Separation: Where to Start](https://www.justice.gc.ca/eng/fl-df/divorce/wts-poc.html)

## [Publications from the Government of Canada](https://canada.justice.gc.ca/eng/fl-df/pub.html)

## [Guide to Process, Superior Court of Justice](https://www.ontariocourts.ca/scj/news/publications/guide-family/)

## [Family Court Forms, Ministry of the Attorney General](http://ontariocourtforms.on.ca/en/)

## [Assistance Completing Your Court Forms, Community Legal Education Ontario (Guided Pathways)](https://stepstojustice.ca/guided-pathways-home/)

## [Guide to Procedures at Family Court, Ministry of the Attorney General (court filings)](http://www.attorneygeneral.jus.gov.on.ca/english/family/guides/fc/)

## [Family Law Rules](https://www.ontario.ca/laws/regulation/990114)

## [Family law flowchart (CLEO)](https://familycourt.cleo.on.ca/en/about-flowcharts)

## Procedures in the Superior Court of Justice

See front page for courthouses with Unified Family Court in the Superior Court of Justice. In other regions, such as Toronto, the Ontario Court of Justice deals with family law issues.

[Practice and Procedure in the Superior Court of Justice (General)](https://www.ontariocourts.ca/scj/practice/)

[Family Proceedings in the Superior Court of Justice](https://www.ontariocourts.ca/scj/family/)

[File Family Court Documents Online](https://www.ontario.ca/page/file-family-court-documents-online)

[List of Often Cited Family Law Cases](https://www.ontariocourts.ca/scj/practice/practice-directions/list/)

## Domestic Violence

[Assaulted Women’s Helpline](https://www.awhl.org/home)

[Services for Women Experiencing Domestic Violence, www.settlement.org](https://settlement.org/ontario/health/family-health/domestic-abuse/where-can-i-get-help-for-domestic-abuse/)

[Information about Violence in the Family, Ministry of the Attorney General](https://www.ontario.ca/page/violence-family)

[Family Court Support Worker Program, Ministry of the Attorney General](http://www.attorneygeneral.jus.gov.on.ca/english/ovss/family_court_support_worker_program/service_providers.php)

[Legal Aid Ontario Domestic Violence Legal Advice Certificates](https://www.legalaid.on.ca/services/domestic-abuse/)

Court Support with Yellow Brick House

**Urgent** matters such as accessing our shelter or having any safety concerns, please call or text the **24-hour crisis-line at 1-800-263-3247**.  A crisis counsellor will be able to provide immediate assistance.

For other non-emergency inquiries, please call our outreach intake screening at **1-877-222-8438 Ext. 5004**

A worker will triage and direct caller to receive appropriate services.  Messages will be checked during business hours on a daily basis except holidays and weekends.

If need be (especially for domestic violence cases) individuals can contact Florence via email at [**florencet@yellowbrickhouse.org**](mailto:florencet@yellowbrickhouse.org)OR IF YOU ARE IN DANGER CALL **911**

## Parenting Issues

[Steps to Justice – Community Legal Education Ontario](https://stepstojustice.ca/legal-topic/family-law)

[Guidelines, Checklists and Tools to Help Create a Parenting Plan – from the Association of Family and Conciliation Courts (AFCC-Ontario)](https://afccontario.ca/parenting-plan-guide-and-template/)

[Department of Justice Canada](https://www.justice.gc.ca/eng/fl-df/parent/index.html)

[Steps to Justice, Community Legal Education Ontario](https://stepstojustice.ca/steps/family-law/2-make-agreement-court-can-enforce)

Parenting Scheduling and Communications Tools

[Our Family Wizard](https://www.ourfamilywizard.com/) (subsidies may be available)

[Coparently](http://coparently.com/)

[Coparenter](https://coparenter.com/)

[Talking Parents](https://talkingparents.com/home)

[2Houses](https://www.2houses.com/en/)

[Truece](https://truece.com/)

[AppClose](https://appclose.com/)

[Custody Junction](https://www.custodyjunction.com/)

[Parenting Time](http://www.parentingtime.net/)

Information about child custody assessments, including hiring a private assessor and services that are available through the Office of the Children’s Lawyer (OCL):

[What is an Assessment and why would I want one?](https://stepstojustice.ca/questions/family-law/what-child-custody-and-access-assessment-why-would-i-want-one)

[The Office of the Children's Lawyer in Family Law](http://www.attorneygeneral.jus.gov.on.ca/english/family/ocl/custody.php)

[The Office of the Children's Lawyer](http://www.attorneygeneral.jus.gov.on.ca/english/family/ocl/)

[Intake materials for the Office of the Children’s Lawyer](http://ontariocourtforms.on.ca/en/office-of-the-childrens-lawyer-forms/)

[Information about supervised access services in Ontario](https://www.ontario.ca/page/parenting-time-decision-making-responsibility-and-contact)

## Child Protection Issues

[Information about child protection cases, Ministry of the Attorney General](http://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/child_protection/)

[Steps to Justice – Community Legal Education Ontario](https://stepstojustice.ca/legal-topic/family-law/child-protection)

Let’s Talk Child Witness Program

(Run by Yellow Brick House & Sandgate Women’s Shelter)  
To help children 4-18 years old) throughout York Region understand the cycle of abuse and deal with their feelings as witnesses or victims of domestic violence. The program aims to provide children with a safe and supportive environment where they can talk about their experiences and participate in a variety of activities aimed at assisting them in working through their feelings.

[Yellow Brick House](https://www.yellowbrickhouse.org/) 1-877-222-8438

[Sandgate](https://www.sandgate.ca/) 1-800-661-8294

## Support Issues

[Steps to Justice, Community Legal Education Ontario](https://stepstojustice.ca/legal-topic/family-law)

General information regarding child support and spousal support from CLEO:

[Separation and Divorce: Child Support](https://cleoconnect.ca/resource/yourlegalrights/separation-and-divorce-child-support-1-1/)

[Separation and Divorce: Spousal Support](https://yourlegalrights.on.ca/resource/separation-and-divorce-spousal-support)

[How to determine child support](https://www.justice.gc.ca/eng/fl-df/child-enfant/index.html)

How to determine spousal support

[Spousal Support](https://www.ontario.ca/page/spousal-support) - Ontario

[Spousal Support](https://www.justice.gc.ca/eng/fl-df/spousal-epoux/index.html) - Canada

Set up or Update child or spousal support online and support calculation tools

[Set up or update child support online | Ontario.ca](https://www.ontario.ca/page/set-up-or-update-child-support-online)

[My Support Calculator](https://www.mysupportcalculator.ca/)

Enforcing support orders

[How does the FRO enforce child support?](https://stepstojustice.ca/questions/family-law/how-does-family-responsibility-office-enforce-child-support)

[Paying and receiving child and spousal support](https://www.ontario.ca/page/paying-and-receiving-child-and-spousal-support)

[Enforcing Support](https://www.justice.gc.ca/eng/fl-df/enforce-execution/index.html)

## Property Issues

[General information regarding division of property for married spouses (includes information about pensions and the matrimonial home)](https://www.ontario.ca/page/dividing-property-when-marriage-or-common-law-relationship-ends)

[Steps to Justice – Property and debts – married couples](https://stepstojustice.ca/legal-topic/family-law/property-and-debts-married-couples/)

[Steps to Justice – Property and debts – common-law couples](https://stepstojustice.ca/legal-topic/family-law/property-and-debts-common-law-couples/)

[Property Division, Community Legal Education Ontario](https://www.cleo.on.ca/en/publications/propertydiv)

[Matrimonial Real Property on Reserves](https://www.sac-isc.gc.ca/eng/1100100032553/1581773144281)

## Restraining Orders

[Getting a restraining order in Ontario](https://www.ontario.ca/page/getting-restraining-order) - Learn how to apply for a restraining order against a former partner or spouse

# Participating in Virtual Court

## Zoom

[Download Zoom](https://zoom.us/)

[Video tutorials](https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials)

## CaseLines

[CaseLines Hearings – Tips for Counsel and Self-represented Parties](https://www.ontariocourts.ca/scj/notices-and-orders-covid-19/supplementary-notice-september-2-2020/caseline-tips/)

[Introduction to Using CaseLines](https://thomsonreuters.hubs.vidyard.com/watch/b1YdY2PTyvAGvEHGHK19CN)

[CaseLines demo](https://vimeo.com/448576991) by the SCJ

# Current Directions for Attendance, Materials & Filing

[Guidelines to Determine Mode of Proceeding in Family – Effective April 19, 2022](https://www.ontariocourts.ca/scj/guidelines-mode-of-proceedings/guidelines-family/)

## Conferences

**Conferences and Motions are scheduled for one hour** and are set by the trial coordinator. **Cross-motions** that are not scheduled by the trial coordinator will not proceed. **Page limitations must be followed.**

**Case Conference and Settlement Conference Briefs**

**Case Conference Briefs should be limited to the four-page form set out in the** Family Law Rules **with a maximum of two additional pages of narrative and proposals**, other than supporting material such as lists of outstanding disclosure or professional reports. Case conference briefs that exceed the six-page maximum may be returned to the parties, and the matter may be placed at the bottom of the list. Lengthy or unduly adversarial case or settlement conference briefs may not be read. The matter may also be placed at the bottom of the list and costs may be awarded. For additional information please review the Practice Direction issued on July 1st, 2018 <https://www.ontariocourts.ca/scj/practice/practice-directions/central-east/family/#Part_4_Conferences>

## Motions

**There shall be a strict page limit for affidavits in support of motions**. For current information, please review the [Notice to Profession issued June 1, 2022](https://www.ontariocourts.ca/scj/notices-and-orders-covid-19/ce-family-proceedings/#2_CaseLines).

**Court materials should be filed in accordance with the *Family Law Rules* and the Central East Practice Directions through the** [**Family Submissions Online portal**](https://www.ontario.ca/page/file-family-court-documents-online)**.**  Also see Section 3 of the [Provincial Notice to the Profession, Parties, Public and the Media - Effective August 2, 2022](https://www.ontariocourts.ca/scj/notices-and-orders-covid-19/notice-profession-parties-public-media/#3_Electronically_filing_materials_for_Court_Court_Fee_Payments)

**Court materials filed late (even with the consent of the other party) may not be available to the judge on the hearing date. Early filing is recommended.**

**If at any time you need to contact the family section of the Newmarket filing office, the best way to reach them is via email at:** [newmarketscjfamily@ontario.ca](mailto:newmarketscjfamily@ontario.ca)