



Resource Guide for Family Law Litigants

Ontario Superior Court of Justice (September 2024)

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*Note: this is not a comprehensive list of all resources available for family litigants, and it should not be seen as an endorsement of any of the specific content. It is only offered as a starting point for your own research.

Family law Issues

- **Steps to Justice** (Community Legal Education Ontario - CLEO) - Public legal information about family law and the court process.
<https://stepstojustice.ca/legal-topic/family-law>
- **Family Law information Centres** (FLIC) - (Ministry of the Attorney General)
<https://www.ontario.ca/page/family-law-information-centres>
- **What You Should Know About Family Law in Ontario** (Ministry of the Attorney General)
<http://www.attorneygeneral.jus.gov.on.ca/english/family/famlawbro.asp>
- **Family Law Services** (Ministry of the Attorney General)
<https://www.ontario.ca/page/family-law-services>
- **Family Court Services** (Superior Court of Justice)
<https://www.ontariocourts.ca/scj/family/court-services/>

- **Guided Pathways** (CLEO) Free online tool to help prepare many family court documents <https://stepstojustice.ca/guided-pathways/family-law-about/>
- **Family Law Handbook** - Guide for self represented litigants (Canadian Judicial Council, 2021) <https://cjc-ccm.ca/en/what-we-do/initiatives/representing-yourself-court>
- **Corollary Relief Matrimonial Website** - Links to court decisions, practice directions, legislation, useful apps and other services and resources. www.protopage.com/corollaryrelief

Family law court procedures

- **Family Law Rules**
http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_990114_e.htm
- **Ontario Court Family Forms**
<http://ontariocourtforms.on.ca/en/family-law-rules-forms/>
- **Superior Court of Justice Practice Directions and Notices**
<http://www.ontariocourts.ca/scj/practice/>
- **Guide to Procedures at Family Court** (Ministry of the Attorney General)
<http://ontariocourtforms.on.ca/en/family-law-rules-forms/>
- **Questions About Going to Court** (Community Legal Education Ontario)
<https://stepstojustice.ca/legal-topic/family-law/going-family-court>
- **Steps in a Family Law Case** (Community Legal Education Ontario)
<https://familycourt.cleo.on.ca/en/about-flowcharts>
- **Family cases at the Superior Court of Justice** - (Superior Court of Justice)
<https://www.ontariocourts.ca/scj/family/>

Parenting

- **Tools to help create a parenting plan** (Department of Justice Canada)
<http://www.justice.gc.ca/eng/fl-df/parent/plan.html>

- **Parenting Plan Guide and Template** (Association of Family and Conciliatory Courts (AFCC) Ontario) <https://afccontario.ca/parenting-plan-guide-and-template/>
- **Steps to Justice** (CLEO) How to make an agreement the court can enforce. <https://stepstojustice.ca/steps/family-law/2-make-agreement-court-can-enforce>
- **Parenting Scheduling and Communications Tools** (recommended by the Association of Family and Conciliatory Courts (AFCC) Ontario) <https://afccontario.ca/resources/parenting-plan-communication-tools/>
- **Information about supervised access services in Ontario** (Government of Ontario) <https://www.ontario.ca/page/supervised-access-centres>

Child and Spousal Support

- **General information regarding child support and spousal support** (Community Legal Education Ontario). <https://stepstojustice.ca/legal-topic/family-law/child-support/> - <https://stepstojustice.ca/legal-topic/family-law/spousal-support/>
- **How to determine child support** (Government of Canada) <http://www.justice.gc.ca/eng/fl-df/child-enfant/ft-tf.html>
- **Spousal Support Advisory Guidelines (SSAG)** Guidelines for calculating spousal support. www.justice.gc.ca/eng/fl-df/spousal-epoux/ssag-ldfpae.html
- **Information about spousal support** (Ministry of the Attorney General) <https://www.ontario.ca/page/spousal-support>
- **My Support Calculator** - online support calculation tool. www.mysupportcalculator.ca
- **Information about enforcement by the Family Responsibility Office** <http://www.ontario.ca/page/paying-and-receiving-child-and-spousal-support>

Property

- **General information regarding property division** (MAG, includes information about pensions and the matrimonial home).

www.attorneygeneral.jus.gov.on.ca/english/family/divorce/division_of_property/

- **Separation and Divorce: Property Division for Common-law couples and Married couples** (Community Legal Education Ontario). Common law couples: <https://www.cleo.on.ca/en/publications/property-division-common-law-couples> and <https://www.cleo.on.ca/en/publications/property-division-married-couples>
- **Matrimonial Real Property on Reserves** (Indigenous Services Canada) <https://www.sac-isc.gc.ca/eng/1100100032553/1581773144281>

Mediation

- **Court-Connected Family Mediation Programs in Ontario** (Ministry of the Attorney General Ontario) <http://www.attorneygeneral.jus.gov.on.ca/english/family/mediation.asp>
- Locate an accredited private mediator through the **Ontario Association for Family Mediation, Family Dispute Resolution Institute of Ontario (FDRIO)** or the **Alternative Dispute Resolution (ADR) Institute of Ontario**
www.oafm.on.ca/ <http://www.fdr.io.ca> <https://adric.ca/>

Legal services

- **Law Society Referral Service** (Law Society of Ontario) - referrals to lawyers and a 30- minute free consultation. www.findlegalhelp.ca or 1-855-947-5255
- **Law Society Lawyer and Paralegal Directory:** <https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/lawyer-and-paralegal-directory>
- **Ontario Bar Association Directory of Lawyers** <https://www.oba.org/For-the-Public/Find-a-Lawyer>
- **Legal Aid Ontario** - free advice, duty counsel and counsel for low income parties. www.legalaid.on.ca/services/family-legal-issues/ toll free 1-800-668-8258
- **Limited Scope Services Project** - family lawyers who provide unbundled (pay per service) legal services. www.familylawlss.ca/

- **Ontario Legal Information Centre** - bilingual legal information and referral services to anyone in Ontario with a legal problem. 1 (844) 343-7462 - info@centreinfojuridique.ca - <https://centreinfojuridique.ca/>
- **Advice and Settlement Counsel project** - summary legal advice and assistance at court for fee. <https://ascfamily.com/>
- **Justice Net** - sliding scale legal rates based on income. <https://www.justicenet.ca/>
- **Family Justice Centre** (Pro Bono Students Canada) - free, supervised student drafting assistance for those who qualify financially. <https://www.probonostudents.ca/family-justice-centre> - 647-952-3354
- **Urgent/Emergency Family Law Referral Telephone Line** (Law Society of Ontario) - free advice for people who do not have a lawyer and who believe they have an urgent or emergency family law matter. 1-800-268-7568 or 416-947-3310

Information and services for children

- **Talking to children about divorce and separation** - (Ministry of the Attorney General Ontario) <https://www.ontario.ca/page/talking-children-about-divorce-and-separation>
- **What Happens Next?** Information for Kids about Separation and Divorce (Department of Justice Canada). www.justice.gc.ca/eng/rp-pr/fl-lf/famil/book-livre/index.html
- **Families Change** - A Kid's Guide to Separation and Divorce (Justice Education, Society British Columbia) <https://on.familieschange.ca/>
- **Little Children, Big Challenges - Divorce** (Sesame Street) <https://sesamestreetincommunities.org/topics/divorce/>

Family violence

- **Self-Help Guide to Applying for a Restraining Order** (Ministry of the Attorney General)

http://www.attorneygeneral.jus.gov.on.ca/english/family/guides/restraining_order/

- **Violence in the family** - What to do if you or a child is being abused by someone in your family. (Government of Ontario)
<https://www.ontario.ca/page/violence-family>
- **Assaulted Women's Helpline** provides free, confidential and anonymous crisis counselling, emotional support, information and referrals via telephone in up to 200+ languages www.awhl.org 1-888-795-5993
- **Family Court Support Worker Program** - assistance for victims of domestic violence and going through the family court process (Ministry of the Attorney General Ontario) www.ontario.ca/page/family-court-support-workers
- **Luke's Place** - Legal Information Sessions <https://lukesplace.ca/for-women/group-sessions/> 905.728.0978 ext. 221
- **Luke's Place** - The family court survival workbook for women leaving abusive relationships. <https://familycourtandbeyond.ca/>
- **Barbra Schlifer Commemorative Clinic** - support for women who have survived violence <https://www.schliferclinic.com/> email - intake@schliferclinic.com 416-323-9149 (press 1 and then 1 again when prompted)
- **Services for Women Experiencing Domestic Violence** (Office of Women's Social and Economic Opportunity)
<https://www.ontario.ca/page/womens-social-and-economic-opportunity>
- **Oasis Centre Des Femmes** counselling and support services to French-speaking women survivors of violence living in the Greater Toronto and the region of Halton-Peel. services@oasisfemmes.org - 416-591-6565 - <https://www.oasisfemmes.org/english>
- **Changing Ways** - group sessions to learn non-abusive ways of resolving conflict. <https://www.changingways.on.ca/mens-programs>
- **Canadian Centre for Men and Families** - services for men have experienced Abuse or Violence in an intimate relationship <https://menandfamilies.org/> 1-844-900- 2263

Emotional and mental health

- **eMentalHealth.ca** - Finding mental health services in your community, separation and divorce. <https://www.ementalhealth.ca/Ontario/Separation-and-Divorce/index.php?m=heading&ID=42>
- **Canadian Mental Health Association** - Services that aid in long-term wellness including housing, employment, community connections and more. <https://cmhato.org/understanding-mental-health/>
- **Child and Youth Mental Health** (Canadian Mental Health Association) <https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/>
- **Children’s Mental Health - the Basics** (Children’s Mental Health Ontario) http://www.kidsmentalhealth.ca/children_youth/introduction.php

E-filing, Case Center and videoconferencing

- **File family court documents online** (Government of Ontario) Learn how to file family court documents online - without having to go to court. You can file for a divorce, parenting orders, support, division of property and other family court orders. <https://www.ontario.ca/page/file-family-court-documents-online>
- **Filing Materials Electronically, Provincial Family Practice Direction, Part 1A** (Superior Court of Justice) Information about how filing online, the Standard Document Naming rules, filing fees and technical support. <https://www.ontariocourts.ca/scj/practice/consolidated-provincial-practice-direction-for-family-proceedings-at-the-superior-court-of-justice/>
- **Family Submissions Online Portal - Terms of Use** (Government of Ontario)
- **Case Center in the Superior Court of Justice: Guide and Technical Supports** (Ontario Superior Court of Justice) <https://www.ontariocourts.ca/scj/casecenter/cl-guide/>

- **Zoom Troubleshooting and Frequently Asked Questions** https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0063407