



# Family Law

CALL US - BEFORE  
YOUR EX DOES!



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LAWYER

## Q

Six weeks in the apartment 24/7 with my husband off work. He watches me use the phone and computer and he does all the shopping and controls the money. I'm not supposed to leave the apartment. Everything sets him off and I am scared. I feel so trapped. What can I do?

## A

Everyone says, stay home, stay safe, during the Covid 19 pandemic; but for you, home is not a safe place. You are not alone; Stats Canada reports that 10% of women are very or extremely concerned about violence in the home during the Covid pandemic. Worries about health and employment and lack of money combined with too much time together, can result in an explosive situation with a tripling of domestic violence cases, if Canada follows other countries.

You can – **have a safety plan.** Find a way, through family, friends or a neighbour, to reach out to your local shelter, which can provide both in-shelter and outreach services. My Sister's Place is still open, and the crisis line is 705-435-3835, or by email: [outreach@mysistersplace.ca](mailto:outreach@mysistersplace.ca). Legal Aid offers advice over the phone at 1-800-668-8258. Luke's Place can be reached at 1-866-516-3116, or [www.lukesplace.ca](http://www.lukesplace.ca).

You can – **call 911.** Trust your gut, be safe. Don't worry, everyone will take your safety seriously.

You can- **be prepared.** Keep your cell phone tucked away on your person; have a bag packed with your ID [birth certificate, passport, SIN and health cards], phone charger, medication and clothes. Include your family, friends, and neighbours in your planning; have ways to check in with them [a social-media account for example] and have a secret signal or safety word if you need help.

At Shank Law, we are trained in domestic violence issues and we take Legal Aid Certificates, and we are open and reachable.

Your friends at Shank Law.



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