



Family Law

CALL US - BEFORE
YOUR EX DOES!



Roxanne Shank
LAWYER

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I am feeling completely overwhelmed right now. I am worried about the Novel Coronavirus and my elderly parents and stuck at home with the kids, and on top of that my husband just told me he wants to separate. What can I do about any of this?

A

Take heart- there is a lot you can do.

In addition to social distancing and disinfecting and regular, frequent and thorough hand washing by all (sing the 'Happy Birthday' song out loud or in your head all the way through at least once) you can keep tabs on your parents while safely staying away from them, through telephone, text and email (#dontbeaspreader).

While the children are out of school, go 'old-school'- play football, soccer or catch in the backyard with the family, or take them for a hike in the middle of nowhere and see how many plants and animals you can spot. Fresh air is good and mud washes out. Go for a drive, and see how many red trucks they can spot, or how many different license plates they can identify. Do good- offer to rake a neighbour's yard or shovel snow, or deliver groceries and medications to their door.

You can kill two birds with one stone – set up Skype or FaceTime, and have your parents read the kids a story, or have the kids create a play and act it out for their grandparents.

For yourself, take time to give thanks, walk the dog, take a bath. Focus on moving forward and taking control of your life, where you can make a difference; make an appointment with a family lawyer, to know your rights and responsibilities, and make a plan. Now is a particularly good time to get this done quickly through a separation agreement, as the Courts are closed indefinitely.

Your friends at Shank Law.



Phone: 705-435-5055

Email: lynn@shanklawoffice.com

Web: shanklawoffice.com