



# Family Law

CALL US - BEFORE  
YOUR EX DOES!

## A

First of all, trust your gut – if you feel scared, you have good reason to feel that way. The risk of spousal assault is very real, especially around the time of separation. Don't be a statistic!

One thing you can do, is save and print any threatening text or email messages from your Ex, as they are all admissible in court. Save and forward any threatening phone messages from your Ex. You can go to the nearest women's shelter and share your concerns for free. They are very helpful, friendly, confidential -and will help you with a safety plan. Alliston has a great shelter in My Sister's Place, Tel. 705-435-3993.

If you are ready, go to the police and show them the texts/emails/phone messages; They will assist you with the next step, which may be a Restraining Order [which requires him to stay away from you, your home, where you work and frequent, and not to communicate directly with you].

You can talk with a local family lawyer whenever you are ready, but remember that even with a restraining order, you need to take precautions to remain safe.

Your friends at Shank Law. Next time – when your spouse uses the children as messengers.



Roxanne C. Shank  
LAWYER

## Q

My Ex is leaving me threatening phone messages and texts. He says things like "when you are gone I will have everything" and "accidents can happen." I feel silly going to the police, but I am scared. Now what?



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