

Updated August, 2016

If you are struggling with a breakdown in your relationship with your spouse, you may be confused about your legal rights and obligations or frustrated about the way our legal system works. There are a number of reliable and easy to understand online resources available to help you. You should be very careful when you read legal information on the internet. You must make sure the information is correct, up-to-date, and applicable to your jurisdiction (i.e. to make sure that you are looking at information that applies to Ontario). Legal information online is not a substitute for legal advice, consult a lawyer if you have a legal problem.

Legal Aid Ontario's (LAO's) website also has special legal information videos called the "Family Law Information Program" ([www.legalaid.on.ca/en/getting/flip.asp](http://www.legalaid.on.ca/en/getting/flip.asp)), which provides a lot of information and explains the family law process from start to finish.

Community legal clinics in Ontario do not practice family law, but the Community Advocacy & Legal Centre's website has a special section full of family law information and referrals at [www.communitylegalcentre.ca/referrals/Family\\_Law.htm](http://www.communitylegalcentre.ca/referrals/Family_Law.htm).

Community Legal Education Ontario (CLEO) has resources that are designed to take the mystery out of this system and help you understand what needs to be done to protect your rights at [www.yourlegalrights.on.ca](http://www.yourlegalrights.on.ca). CLEO's information is also available in pamphlets that can be picked up at your local community legal clinic.

The Law Society of Upper Canada hosts [www.lsuc.on.ca/yourlaw/](http://www.lsuc.on.ca/yourlaw/), containing links to videos on both family and other areas of law.

Another excellent online resource is Family Law Education for Women (FLEW), which is available at [www.onefamilylaw.ca](http://www.onefamilylaw.ca). Here you will find more detailed legal information available in 14 languages, including American Sign Language. This website also allows you to listen to the information through your speakers or headphones.

Ontario's Ministry of the Attorney General's website, has a great section about family law ([www.attorneygeneral.jus.gov.on.ca/english/family/](http://www.attorneygeneral.jus.gov.on.ca/english/family/)). This website can help you if you are wondering what to expect when you have to go to court. It also has a section with links to websites and books for children, which can help them understand what is happening.

If you are looking for Family Court forms, you can find them here: [www.ontariocourtforms.on.ca/english/](http://www.ontariocourtforms.on.ca/english/). This website also has a "Forms Assistant" that will guide you through filling out the most common court forms.

If you are wondering about monthly payments for child support, you can check out the Department of Justice's "Child Support Online Lookup" tool at [www.justice.gc.ca/eng/fl-df/child-enfant/look-rech.asp](http://www.justice.gc.ca/eng/fl-df/child-enfant/look-rech.asp).

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This column is not intended to provide legal advice; it is just general legal information provided by volunteer local lawyers and the staff of community legal clinics and Legal Aid Ontario. The law can change. You must contact a lawyer to determine your legal rights and obligations. If you are living on a low income, you may be eligible for free legal help from Legal Aid Ontario (criminal, family or immigration) or your local community legal clinic (income security programs, employment law, tenants' rights, or human rights). You can reach Legal Aid Ontario at 1-800-668-8258 or visit them online at [www.legalaid.on.ca](http://www.legalaid.on.ca). Contact the Community Advocacy &

www.communitylegalcentre.ca

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*Your community legal clinic*