



Guide to Filing a Restraining Order in Ontario

What is a Restraining Order?

A restraining order is a legal court order that prevents someone—often an abusive partner or ex—from contacting or coming near you or your children. It's meant to protect your safety.

Who Can Apply?

You can apply for a restraining order if:

- You are or were in a romantic, spousal, or intimate relationship with the person.
- You fear for your safety or your children's safety.
- You live in Ontario.

Step-by-Step: Filing a Restraining Order

1. Gather Evidence:

- Collect texts, photos, police reports, or anything that supports your need for protection.

2. Go to a Family Court Location:

- Use your local courthouse or begin online at: www.ontariocourtforms.on.ca

3. Fill Out the Forms:

- Form 8 or 8B: Application for Restraining Order
- Form 35.1: Affidavit
- Form 6B: Proof of Service

4. Submit & Attend the Hearing:

- judge may grant a temporary order. You'll attend a hearing to explain why you need protection.

5. Serve the Order:

- The abuser must be served the papers legally—by someone other than you.

6. Keep a Copy & Enforce It:

- Carry a copy, give one to police, and report violations immediately. Breaches are a criminal offence.

Helpful Contacts

- Legal Aid Ontario: 1-800-668-8258
- Ontario Court Forms:
www.ontariocourtforms.on.ca
- Talk4Healing (Indigenous): 1-855-554-4325
- Sudbury Geneva House Shelter: 1-800-461-0133
- In emergency: Call 911

Willow's Note

You don't have to do this alone. If you're scared, that's okay. This guide is here to help you take back your power, one step at a time.

— With love and strength, Willow Rae