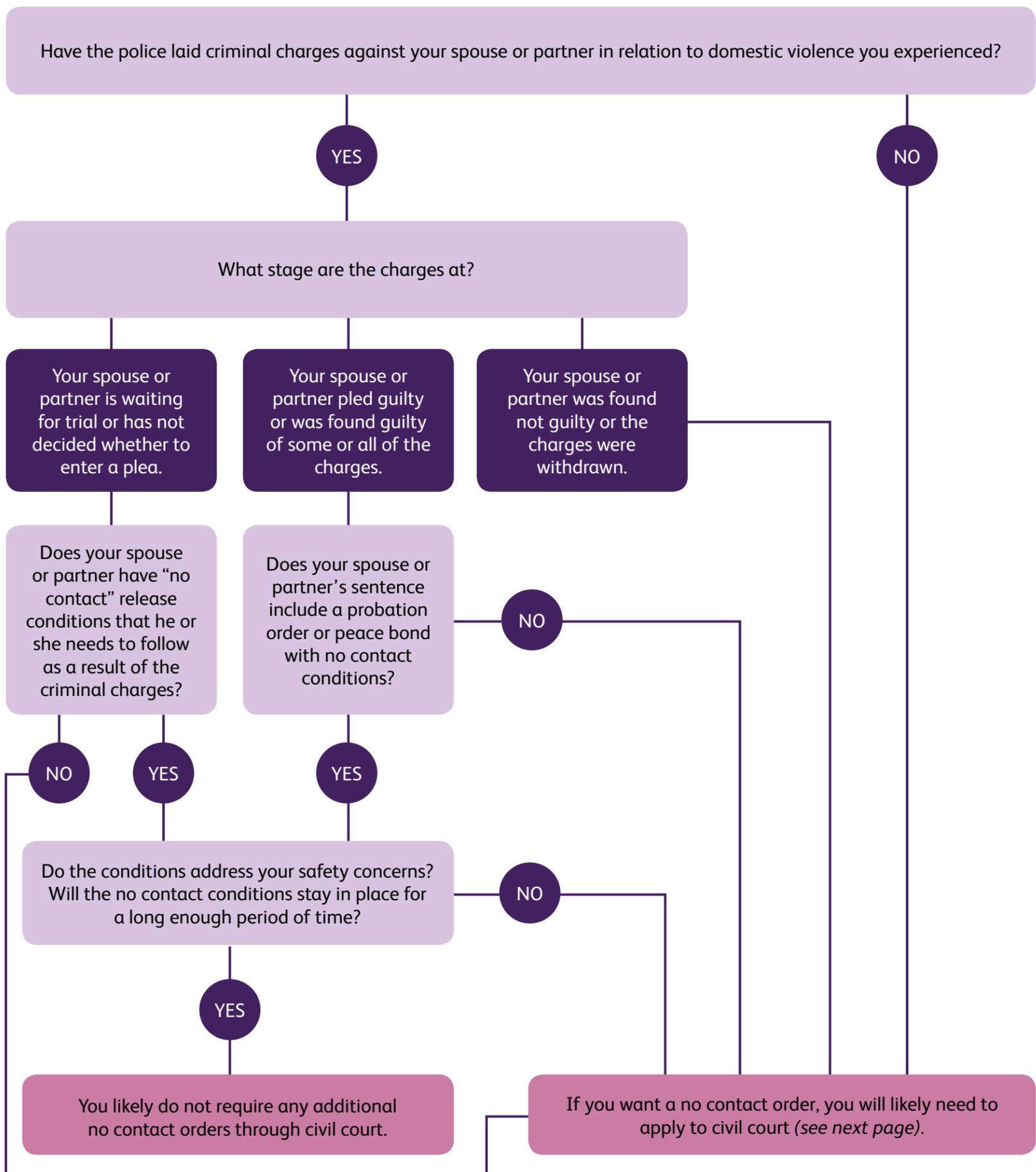


No Contact Orders

If you are experiencing any form of domestic violence (physical, mental, social, emotional, sexual), you may be able to get a no contact order to help prevent the abusive party from seeing or communicating with you. In Alberta, there are different types of no contact orders. Answer the questions below to help determine which orders may apply to your situation.

Please be advised that this information sheet does not constitute legal advice. For further information and to discuss which option is best for you, call the Family Violence Info Line at 310-1818, visit your local family violence information centre or shelter, or call Legal Aid Alberta’s Emergency Protection Order Program at 1-866-845-3425. If you are in immediate danger, call 911 for help.



Special thanks to Sarah Dargatz of Legal Aid Alberta’s Family Law Office Edmonton for her assistance in creating this resource.

Have you experienced one of the following forms of domestic violence?

- Actions that cause personal injury or property damage, and are intimidating or cause harm. This can include punching, kicking, breaking furniture or personal items, damaging doors or walls, among other things.
- Failure to provide food, shelter, or medical attention that causes injury and is for the purpose of intimidation.
- Threats that cause reasonable fear of injury or property damage and intimidation. This can include emotional and mental abuse in certain cases, particularly if there is a history of threats being carried out.
- Forced confinement (for example, being locked in a room with no way out).
- Sexual contact that is the result of force or threat of force.
- Stalking, which includes repeated, harassing, contact.

YES

NO

Is the person who committed the domestic violence a family member under the *Protection Against Family Violence Act*? A family member is someone who:

- Is related to you by blood, marriage, or adoption, including adult children and in-laws.
- You are (or were) married to.
- You are (or were) in a common law (adult interdependent) relationship with.
- You live with (or lived with) in an intimate relationship.
- You have children with, regardless of whether you lived together or were married.
- You have care and custody of or legal guardianship over.

YES

NO

You may be able to apply for a Restraining Order or Peace Bond. There are two different kinds of restraining orders – family and non-family. If your situation is urgent or serious, you may be able to get a Restraining Order without giving notice to the abusive party. For more information on restraining orders, see **What you need to know about... Restraining Orders**. A Peace Bond is a no contact order available through the criminal court system. For more information, read **What you need to know about... Peace Bonds** for more information. Download these publications from www.cplea.ca/publications or www.willownet.ca.

Is your situation urgent or serious enough that you require a no contact order right away? If you told the abusive family member that you wanted a no contact order, would your safety be at risk?

YES

NO

You can likely apply for a Queen's Bench Protection Order (QBPO) or a Restraining Order with Notice.

A QBPO can require an abusive family member to move out of the family home, stop communicating with you, give you temporary possession of personal items like the family pet or car, and pay for any expenses that resulted from the family violence. For more information, read **What you need to know about... Queen's Bench Protection Orders**.

You can also apply for a Restraining Order, but courts have fewer powers. For example, they cannot require an abusive family member to pay for any expenses you incurred because of the violence. For more information, read **What you need to know about... Restraining Orders**.

Both information sheets are available for free at www.cplea.ca/publications or www.willownet.ca.

You can likely apply for an Emergency Protection Order (EPO) or a Restraining Order without Notice.

You can apply for an EPO anytime day or night by contacting your local victim services unit, police, or Legal Aid Alberta's Emergency Protection Order Program (1-866-845-3425). For more information about EPOs, see our information sheet **What you need to know about... Emergency Protection Orders**.

You can also apply for a Restraining Order if your situation is urgent, but you can only apply during courthouse business hours and it is a good idea to seek legal assistance. For more information, read **What you need to know about... Restraining Orders**.

Both information sheets are available for free at www.cplea.ca/publications or www.willownet.ca.