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The Newsletter keeping you up to date on all the fun stuff at the **Brisbane Family Law Centre**

Brief

10 Albion Road
Albion Qld 4010
Ph: 07 3862 1955
Fx: 07 3862 1255

SURVIVING SEPARATION THE 8 STEP ACTION PLAN

In a perfect world no one wants to consider such advice, but should separation occur it is better for everyone to be prepared and have some idea of what steps should be taken to minimize stress and get your life back on track

1. Treat yourself gently.
2. Find a good counsellor, quickly! It will help.
3. If you are leaving the home, take important paperwork with you and perhaps some sentimental items that you can easily carry.
4. Get legal advice to understand your options. Make a list of questions and take a support person and a notepad to any legal appointments.
5. Let your boss know what is happening.
6. If you have children together, find a way to communicate with the other parent that minimizes friction – sometimes email is best. In most cases, parenting decisions still need to be made together. Jointly consider finding the children a counsellor.
7. If you have assets and liabilities get some legal and financial advice about what not to do.
8. Consider contacting Centrelink for any benefits to which you may be entitled at this time.



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FINAL DAYS FOR TICKETS!

With the Pantomime Extravaganza fast approaching BFLC's offices are abuzz with nervous anticipation & excitement !

The cut-off date for ticket sales is Monday 5 December so be quick ! Please refer to our website for further information.

We have received a number of generous donations and sponsorships this year, which will all go towards the ultimate donation to be made to SANDBAG's domestic violence and family counselling unit.

BFLC would like to thank everyone involved in the Pantomime to date & hope to see many of you there on the evening.

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