

PRESS RELEASE

THE 8 STEP ACTION PLAN TO SURVIVING SEPARATION

The media has been abuzz with stories of Kim Kardashian's marriage breakup. Obviously this is a traumatic time for her as it is for anyone going through a relationship breakdown.

As such, Ms Clarissa Rayward of the Brisbane Family Law Centre (BFLC) considers it timely to pass on a few tips that might make people's lives just that little bit easier should they find themselves in this situation. Often, at times like this, it is overwhelming and difficult to know where to begin.

"When our relationships do fail, it is important that we look after ourselves first and then look at getting on with our everyday lives throughout what can be a very trying time", Ms Rayward says.

The team at BFLC are happy to offer the following "action plan" to people going through a relationship breakdown:

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.



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a SPECIALIST FAMILY LAW FIRM focusing on collaborative law, mediation and out of Court dispute resolution

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.

“In a perfect world no-one wants to consider such advice, but should a 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”.

For family law and relationship advice, including access to a financial planner and separation counsellor, please contact Brisbane Family Law Centre on (07) 3862 1955 or see our website www.brisbanefamilylawcentre.com.au.

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