



## RESOURCES for the SELF-REPRESENTED LITIGANT



### FAMILY LAW

**OJD Family Law Website:** (<http://www.ojd.state.or.us/familylaw>) Provides statewide optional domestic relations forms and printable family law resources including, at “[Information and Resources](#)” link:

- *How to Prepare for your Divorce, Legal Separation, Custody or Support Trial* (12 page booklet prepared by SFLAC)
- *Confidentiality Protections for Survivors of Sexual Assault, Domestic Violence and Stalking* (8 ½ x 14 brochure prepared by SFLAC)
- *Family Law in Oregon - English* (45 page booklet prepared by LASO)
- *Family Law: Guidelines and Services* (Brochure prepared by OJD)
- *How to Prepare for Your Contested Restraining Order Hearing* (24 page booklet prepared by LASO)

**Oregon Law Help.** Free legal information for low-income Oregonians, including information on family law and protection from abuse. Available at: [www.oregonlawhelp.org/OR/index.cfm](http://www.oregonlawhelp.org/OR/index.cfm)

**Family Law Resource Lists** (prepared by Division of Child Support-DCS).

- County-by-county resource lists that contain information about local family law advisory committees, local legal aid offices, mediation services, local courts, OSB services
- Located on the DCS website: [www.dcs.state.or.us/familylaw/](http://www.dcs.state.or.us/familylaw/)

**Oregon State Bar** ([www.osbar.org](http://www.osbar.org))

- Telephone: (503) 620-0222, Toll-free in Oregon (800) 452-8260;
- *Legal Links: Legal Information for the Public:* [www.osbar.org/public/legallinks.html](http://www.osbar.org/public/legallinks.html)
- *Family Law Resource webpage:* [www.osbar.org/public/legalinfo/family.html](http://www.osbar.org/public/legalinfo/family.html)
- *Cable TV Shows* on the following topics: Divorce Overview, Child Custody, Kids and the Courts. Available at [www.osbar.org/public/cable/cable.html](http://www.osbar.org/public/cable/cable.html)
- *Information re: Lawyer Referral Service and Modest Means Programs.* Available at: [www.osbar.org/public/ris/ris.html#referral](http://www.osbar.org/public/ris/ris.html#referral); 503-684-3763 or toll-free in Oregon at 800-452-7636.
- *Tel-Law:* A collection of recorded legal information messages prepared by the lawyers of Oregon available on line and by telephone at 503.620.3000 or toll-free in Oregon only: 1.800.452.4776, with access 24 hours a day, 7 days a week.

### PARENTING PLANS

**Parenting Plan Guide for Parents** (57 page handbook developed by the SFLAC Parenting Plan Workgroup). This is a tool for parents to use to help them create parenting time plans that are age-appropriate for their children. Available on the OJD Family Law Website (at “[Parenting Plan Information](#)” link).

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*Parenting Plans (continued)*

**Safety Focused Parenting Plan Guide for Parents** (31 page handbook developed by the SFLAC Safety Focused Parenting Plan Workgroup). This is a tool for parents to use to create parenting time plans when there are safety concerns due to domestic violence, substance abuse or mental health concerns. Available on the OJD Family Law Website (at "[Parenting Plan Information](#)" link).

**Developing and Enforcing Your Parenting Plan** (7 page handbook prepared by Legal Aid Services of Oregon). Available on the OJD Family Law Website (at "[Information and Resources](#)" link).

**Parenting Time Enforcement in Oregon** This website has county-by-county lists including "Parenting Time Enforcement Forms and Information," and "Parenting Time Guidelines." Available on the OJD Family Law Website (at "[Parenting Plan Enforcement](#)" link).

## CHILD SUPPORT

**The Department of Justice (DOJ) Division of Child Support (DCS).**

- Home page: [www.dcs.state.or.us](http://www.dcs.state.or.us).
- Child Support Calculator: [www.dcs.state.or.us/calculator/](http://www.dcs.state.or.us/calculator/)
- Guidelines Directory and Information: [www.dcs.state.or.us/oregon\\_admin\\_rules/guidelines.htm](http://www.dcs.state.or.us/oregon_admin_rules/guidelines.htm)
- Division of Child Support Branch Offices: [www.dcs.state.or.us/offices.htm](http://www.dcs.state.or.us/offices.htm)
- District Attorneys' Offices: [www.dcs.state.or.us/das.htm](http://www.dcs.state.or.us/das.htm)

## DOMESTIC VIOLENCE

**Oregon Coalition Against Domestic and Sexual Violence** (This site also links to information about shelters and women's resource centers throughout the state.)

- [www.ocadsv.com/](http://www.ocadsv.com/)
- (503) 365-9644. Toll-free Crisis Line: 1-888-235-5333

**Womenspace, Eugene OR.** (Will help connect women with shelters and services in other cities.)

- [www.enddomesticviolence.com/](http://www.enddomesticviolence.com/)
- Crisis Line (541) 485-6513; Toll-free in Oregon: (800) 281-2800

## LEGAL AID OFFICES

**LEGAL SERVICES and PROGRAMS IN OREGON** List of offices and contact information. English and Spanish.

- Available at: [www.lawhelp.org/program/1173/index.cfm](http://www.lawhelp.org/program/1173/index.cfm)
- 921 SW Washington, Suite 500, Portland, OR 97205700
- Telephone: 503.224.4094