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Steps you can take

Ensure you have a good solicitor, who is experienced in Family Law.

A solicitor can help you with all the legal issues and processes, such as applying for Custody or Residency Orders and helping you to reach agreement on contact arrangements.

Your local Citizens Advice Bureau can help you find a suitable solicitor.

www.cas.org.uk

If you are worried about the children being at risk, you can ask that contact between them and their dad to be supervised, at least initially. This can be done using a Contact Centre if you don't wish to meet your ex-partner.

If your children are not happy with the contact, or become particularly stressed, it may be worth considering seeking additional support or counselling for them. Speak to your Equally Safe Falkirk Worker – they will be able to put you in touch with someone.

Family Group Decision Making can help you to come together with your family to develop a safe Family Plan that will support you and the children to stay safe. The Plan can include ensuring safe contact with their dad.

Contact us – we can help!