



Your hearing, with someone beside you

A take-home sheet. Read it calmly before the day of your hearing.

Going to court is frightening, and that's normal. A volunteer will go with you so you don't have to face this alone. Here is what they will and won't do, and how to get ready.

Your companion

Arrives early and stays until the end.

Goes with you: security, waiting room, the courtroom.

Sits beside you and supports you calmly.

With your permission, writes down what was said, so you and your attorney can review it.

Stays with you and your family afterward.

What they don't do

Speak for you to the judge or to officers.

Tell you what to do in your case or how it will go. Your attorney explains that.

Hold your original documents.

Take photos or record inside the court.

You decide

What to share and with whom. It's your story.

Whether you want your companion to take notes.

Tell them if you need a pause or something doesn't feel right.

Before the day

- ☐ Confirm the date, time and court with your attorney and on your notice.
- ☐ Ask for an interpreter in your language, in advance.
- ☐ Gather your ID, your hearing notice and your folder of documents.
- ☐ Make the plan below with your attorney and companion.
- ☐ Rest and eat something.

The day of the hearing

- ☐ Arrive early. Security and waiting take time.
- ☐ Dress comfortably and simply. Phone on silent.
- ☐ Don't speak in the courtroom unless the judge asks you to.
- ☐ Ask the interpreter to repeat what you don't understand.
- ☐ Don't sign anything you don't understand.

Afterward

- ☐ Ask for the paper with the next date, time and room.
- ☐ Write it down together and read it aloud.
- ☐ Talk with your attorney: they will explain what happened.
- ☐ Eat, drink water and rest. It's heavy, even when it goes well.

A word you will hear: "Respondent." In court and in the papers, this is what the person whose case it is is called. It is only the name of your role. It does not mean you did something wrong.

My hearing

Date and time

Court and room

My attorney (name and phone)

My companion (name and phone)

My plan, in case something happens

Who takes care of my children

Where my documents are

Who to call first

Who else can help