



SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO

FAMILY LAW SELF-HELP GENERAL INFORMATION

The information contained in this form is intended to provide self-help guidance on family law cases. San Diego City and County Public Libraries, as well as the San Diego Law Library, have computers with free Internet access available.

STATE SELF-HELP RESOURCES. The California Courts website, maintained by the Judicial Council of California, contains information about resources for self-help. Go to the California Courts Home page (<http://www.courts.ca.gov/home.htm>) and click on the category that best matches your needs from the "Self-Help" drop down menu. The primary categories for family law are: (1) Divorce or Separation (<http://www.courts.ca.gov/selfhelp-divorce.htm>); (2) Families & Children (<http://www.courts.ca.gov/selfhelp-family.htm>); and (3) Abuse & Harassment (<http://www.courts.ca.gov/selfhelp-abuse.htm>). Each category includes basic information with links to subcategories that include FAQs, step-by-step instructions for filing and serving the necessary documents, and links to the required forms with video instructions on how to complete each form. Click on the blue links of each category and subcategories that match your needs and follow the instructions. Parentage cases, also known as paternity cases, can be found as a subcategory under "Families & Children" (<http://www.courts.ca.gov/selfhelp-parentage.htm>).

LOCAL SELF-HELP RESOURCES. Visit the San Diego Superior Court's website at www.sdcourt.ca.gov. On the Home page, click on the "Family" category (drop down menu) for information about various case types and Self-Help Services within family law, including family law rules and forms.

FAMILY LAW FACILITATORS (FLF). Relying solely on information obtained from the Internet is not the only option. FLF provides hands-on help to any Self-Represented Litigant (SRL). FLF offices are located at every division of the court. They offer both one-on-one services and group workshops. The services are free but offered on a first-come, first-served basis. Click on the link to "Self-Help Services" in the "Family" drop down menu on the court's website for detailed information about FLF.

REQUEST FOR ORDER (RFO). An RFO is the process used to get most court orders both before and after a judgment has been entered in a case. The most common temporary orders requested are child custody and visitation, and child and spousal support. As in most family law matters, there are mandatory forms and procedures. Detailed information and instructions are on the California Courts website. Go to the Self-Help drop down menu and click on "Families & Children" (<http://www.courts.ca.gov/selfhelp-family.htm>). Follow the links to the subcategories that best match your needs.

DOMESTIC VIOLENCE (DV). Detailed information, forms, and step-by-step instructions can be found on the California Courts website. Click on the "Domestic Violence" subcategory under "Abuse & Harassment" (<http://www.courts.ca.gov/selfhelp-domesticviolence.htm>). Any person may also get free help at any Domestic Violence Restraining Order Clinic. Detailed information about the clinics can be found on the San Diego Superior Court's website at www.sdcourt.ca.gov by clicking on "Domestic Violence" in the "Family" drop down menu.

Domestic Violence Hotline (800) 799-SAFE (7233) / Domestic Violence Restraining Order Clinics listed below:

Downtown San Diego	Downtown San Diego	East County	North County	South County
Madge Bradley Building 1409 Fourth Avenue San Diego, CA 92101	Family Justice Center 1122 Broadway, Suite 200 San Diego, CA 92101 (619) 533-6000	El Cajon Courthouse 250 E. Main Street El Cajon, CA 92020	Vista Courthouse 325 S. Melrose Drive Vista, CA 92081	South Bay Courthouse 500 Third Avenue Chula Vista, CA 91911
Operated by San Diego Volunteer Lawyer Program (SDVLP) www.sdvlp.org	www.sandiegofjc.org	Operated by San Diego Volunteer Lawyer Program (SDVLP) www.sdvlp.org & Center for Community Solutions www.ccssd.org	Operated by San Diego Volunteer Lawyer Program (SDVLP) www.sdvlp.org	Operated by Legal Aid Society of San Diego www.lasds.org

ALTERNATIVE DISPUTE RESOLUTION (ADR). Mediation, arbitration, collaborative family law, and the use of a privately compensated temporary judge are methods of ADR available to litigants in most family law cases. ADR is offered through private businesses at the parties' own cost. The court does not provide a list of these outside resources, nor does it endorse any private business.

OTHER INFORMATIONAL FORMS. The court's website has other local court forms which provide detailed information on topics not included in this form. Click on "Forms" in the "Family" drop down menu and find the forms listed in alphabetical order.

- Family Centered Case Resolution Process General Information (SDSC Form #D-080)
- One-Day Divorce Program Information (Central Division only) (SDSC Form #D-276)
- Mandatory Settlement Conference General Information (SDSC Form #D-047)

NOTE: This form is intended to provide only general information. It is not legal advice, and should not be used as a substitute for legal advice from an attorney licensed by the State Bar of California. If you have any questions about your legal rights, you should talk to an attorney. Also, the San Diego Superior Court does not control or maintain the websites on this form and cannot be responsible for the accuracy of the information or content they contain. In addition, the content of a website may change, and the court would not necessarily be aware of the change. When you access one of these websites, you are subject to the terms of use and privacy policies of that website.