

Attending court can be difficult

Here are some tips and tricks
to help you **after court**

- Congratulate yourself on doing a great job. Being a witness and telling your story is a difficult task. You are a brave and strong person!
- Take some time out for you. The court process might have been long so have some fun and do activities you enjoy.
- Sometimes it can take anywhere from a few hours to a few months for the judge to come back with the decision.
- If you have any questions or concerns, or don't understand what the outcome was in court, ask the crown or other support workers to explain the decision the judge made.
- You may want to talk to someone about the crime that happened to you. If you require further support, you can reach out to your support workers or local agencies where people will listen and help.

THIS PROJECT WAS FUNDED BY:



Department of Justice
Canada

Ministère de la Justice
Canada