



# MEETING WITH A JOURNEY PROJECT LAWYER

---

A Guide For Survivors

*February 2024*

This resource provides information about what to expect when meeting with a Journey Project lawyer. It answers some common questions about the process.

This information is general in nature and does not constitute legal advice.

Through our Journey Project Legal Support Service, the Journey Project connects survivors with lawyers who can offer free legal advice. Meeting with a lawyer can be intimidating and overwhelming, especially for the first time. If you have more questions or would like some support during this process, you are welcome and encouraged to contact us at The Journey Project.

A note on Language: Language is important. It holds a lot of power. You may identify with the word “survivor,” “victim,” both, or neither. Legal systems may refer to you as a “victim,” “complainant,” or “witness,” even though you may not identify with any of these terms. This is the language used by the court and does not mean you or your reaction to the incident is being judged. In this guide, we use the term “survivor.” However, we know that not everyone who has experienced sexual violence will identify this way, and that’s ok.

TEL: 1-709-722-2805

TOLL-FREE/VRS: 1-833-722-2805

TEXT: 709-986-2801

EMAIL: [support@journeyprojectnl.com](mailto:support@journeyprojectnl.com)

[www.journeyproject.ca](http://www.journeyproject.ca)

Twitter: @JOURNEY\_NL

Facebook: @THEJOURNEYPROJECTNL

Instagram: @JOURNEYPROJECTNL

<b>THINGS TO KNOW ABOUT THE JOURNEY PROJECT LAWYERS</b>	<b>4</b>
.....	
<b>WHAT IS THE DIFFERENCE BETWEEN LEGAL ADVICE AND LEGAL INFORMATION?</b>	<b>5</b>
.....	
<b>CONTACTING THE LAWYER'S OFFICE</b>	<b>7</b>
.....	
<b>PREPARING FOR YOUR APPOINTMENT</b>	<b>8</b>
.....	
<b>THE LAWYER MAY WANT TO KNOW</b>	<b>9</b>
.....	
<b>CONSIDER BRINGING</b>	<b>10</b>
.....	
<b>THE LAWYER CAN PROVIDE INFORMATION ON</b>	<b>10</b>

# THINGS TO KNOW ABOUT THE JOURNEY PROJECT LAWYERS

Lawyers who participate in The Journey Project do so voluntarily. They have completed at least three hours of trauma-informed training with The Journey Project team.

If you meet with a lawyer through The Journey Project, you are the client. The lawyer will act in your best interests and answer your questions.

All conversations with the lawyer are confidential, except where there is a legal duty to report.

Within the Journey Project, lawyers cannot represent you. They cannot receive compensation from the Journey Project for actions including, but not necessarily limited to:

- Appearing on behalf of clients in court proceedings, including criminal, civil, or family trials, peace bond or emergency protection order hearings, bail hearings, case management meetings, or other legal proceedings;
- Appearing on behalf of clients at administrative boards or tribunals, including Human Rights Commission hearings, Residential Tenancies Board hearings, or disciplinary hearings at the RNC or RCMP Complaints Commission, the Law Society of Newfoundland and Labrador, or other hearings related to professional regulatory bodies.

Legal Support Navigators can provide you with legal information only, and our lawyers can provide you with legal advice.

# WHAT IS THE DIFFERENCE BETWEEN LEGAL ADVICE AND LEGAL INFORMATION?

**Legal Advice** - Applies the law, including statute and case law and legal principles to a particular situation. It provides recommendations about what course of action would best suit the facts of the case and what the person wants to achieve, it provides guidance on what to say during legal proceedings or what to write when filling out legal documents. Legal advice can only be provided by lawyers.

**Legal Information** - explains the law and the legal system in general terms. The information is not tailored to a specific case and does not offer an opinion or advice about what a client should do in a particular situation or case.

Legal Information	Legal Advice
Can be provided by many different people, including lawyers, court clerks, librarians, government workers, social workers, etc.	Can only be provided by lawyers (or specially trained advocates or paralegals in some provinces or territories).
Showing people how to search for statutes, case law, articles, and forms. - <i>"You can find an EPO form online at..."</i>	Researching a point of law in-depth - <i>"I've researched cases similar to yours and..."</i>
Outlining possible options for dealing with a legal problem or alternatives to court - <i>"Your options are...but you must decide what to do"</i> - <i>"There are other processes that you can look at instead of having to go to court. They are..."</i>	Recommending what steps someone should take and why - <i>"I would recommend that you...because..."</i>
Explaining court processes and procedures - <i>"Usually this is what happens in court..."</i> - <i>"An adjournment means that..."</i>	Guiding someone on what to say - <i>"You should tell the judge about..."</i>
Providing samples of court forms and instructions; telling you if required sections of a form have been filled out - <i>"I have marked the three places on this form where you have not yet filled in the required information...this section is asking..."</i>	Filling out forms or telling you what to put in a form, e.g. specific people against whom to file pleadings or types or amount of damages to seek. - <i>"In this section of the form we will ask for...in this section you should write..."</i>

## References:

<https://www.cplea.ca/wp-content/uploads/LegalInfovsLegalAdvice.pdf>

<https://www.cplea.ca/legal-information-vs-legal-advice-difference/#:~:text=Legal%20information%20explains%20the%20law,principles%20to%20a%20particular%20situation>



**To connect with a lawyer, reach out to  
The Journey Project:**

**TEL 1-709-722-2805**

**TOLL-FREE/VRS 1-833-722-2805**

**TEXT: 709-986-2801**

**EMAIL: [support@journeyprojectnl.com](mailto:support@journeyprojectnl.com)**

**[www.journeyproject.ca](http://www.journeyproject.ca)**

**Twitter: @JOURNEY\_NL**

**Facebook: @THEJOURNEYPROJECTNL**

**Instagram: @JOURNEYPROJECTNL**

---

# CONTACTING THE LAWYER'S OFFICE



You will need to connect with a Legal Support Navigator at The Journey Project to get matched with a lawyer on our roster. You can contact a Legal Support Navigator at [support@journeyprojectnl.com](mailto:support@journeyprojectnl.com) or 1-833-722-2805.

- 1 The Legal Support Navigator will provide you with contact information for a lawyer and a referral certificate number.**
- 2 You can contact the lawyer's office directly to schedule an appointment or ask your Legal Support Navigator to connect you.**
- 3 The lawyer will ask you for your referral certificate number.**
- 4 If you would like to bring along a support person, ask if that is ok.**
- 5 Mention any accessibility or accommodation requests you may have.**
- 6 Make a note of when and where your appointment will take place. If you are calling from outside the province, remember to clarify the time for your time zone.**
- 7 If you need to change or cancel your appointment, let the lawyer know in advance.**

# PREPARING FOR YOUR APPOINTMENT

Write down any questions you have so you do not forget them. Leave some space to write the lawyer's answers to your questions.

The lawyer may have to ask you difficult or invasive questions about what happened. You should answer these questions as completely and truthfully as you can. Remember that the lawyer wants to help you and will not judge what you tell them.

The lawyer may ask you for proof of identity (e.g. a driver's licence, MCP card).







## THE LAWYER MAY WANT TO KNOW

- Information about your personal life and background.
- If you have spoken to any other lawyers about this incident.
- If the accused has spoken to any lawyers.
- If there were any witnesses to the incident(s).
- What your goals are.
- If applicable, whether you have applied for Legal Aid.
- If applicable, whether you have reported to human resources and/or your union.

---

## CONSIDER BRINGING

- The police report number (if you have filed a report).
- Any court documents you have from previous or ongoing legal actions related to the incident(s).
- Any notes you have taken or other documents related to the incident(s). This could include information on doctor or hospital visits, a copy of your report to police, or messages from the accused person(s).

## THE LAWYER CAN PROVIDE INFORMATION ON:

- What your rights are.
- Possible limitation periods to consider.
- Whether or not you have a case and what results you can expect.
- How long things might take.
- Next steps.





**The Journey Project** exists to strengthen justice supports for survivors of sexual violence and intimate partner violence.

The Journey Project was founded in 2017 as a collaborative initiative of Public Legal Information Association of NL and End Sexual Violence NL.

Journey supports survivors of any age and any gender and is provincial in scope. This means people living anywhere in Newfoundland and Labrador can access our services. It also means that anyone who has experienced sexual violence and/or intimate partner violence in Newfoundland and Labrador can access our services – even if they are living in another province, or another country.

The Journey Project team is grateful to every survivor who has informed this project and our work.

**[www.journeyproject.ca](http://www.journeyproject.ca)**

