



Quick Resource Guides: Restraining Orders

How to:

- Domestic Violence Restraining Orders: <https://selfhelp.courts.ca.gov/DV-restraining-order>
- Civil Harassment Restraining Orders: <https://selfhelp.courts.ca.gov/CH-restraining-order>
- Elder Abuse Restraining Orders: <https://selfhelp.courts.ca.gov/EA-restraining-order>
- Workplace Violence Restraining Orders: <https://selfhelp.courts.ca.gov/WV-restraining-order>
- Video: Serving Your Civil Harassment Restraining Order Court Forms
<https://www.alameda.courts.ca.gov/self-help-videos>

Forms

- Domestic Violence Restraining Order Forms: <https://selfhelp.courts.ca.gov/DV-restraining-order/forms>
- Civil Harassment Restraining Order Forms: <https://selfhelp.courts.ca.gov/CH-restraining-order/fill-forms>
- Elder Abuse Restraining Order Forms: <https://selfhelp.courts.ca.gov/EA-restraining-order/fill-forms>
- Workplace Violence Restraining Order Forms: <https://selfhelp.courts.ca.gov/WV-restraining-order/fill-forms>
- Alameda County Next Steps after completing a request for a temporary restraining order:
English: https://www.alameda.courts.ca.gov/system/files/general/tro-next-steps_rev-32724.pdf
Spanish: https://www.alameda.courts.ca.gov/system/files/general/tro-next-steps_spanish_rev-32724.pdf
- Interactive Form Builder: Domestic Violence, Civil Harassment & Elder Abuse Restraining Orders:
<https://www.alameda.courts.ca.gov/forms-home>

Library Books

California judges benchguides : civil and special proceedings.

KFC970 .C34, shelf 108B. Included in this volume is Benchguide 20, Orders prohibiting civil harassment and workplace/postsecondary school violence. This title is also available as an eBook:

<http://www2.courtinfo.ca.gov/protem/pubs/bg20.pdf>

Judges guide to restraining orders: domestic violence restraining orders

KFC1121.4 .J83 R47 2023, shelf 108B

Free Legal Help

Alameda County Court Self-Help Center

<https://www.alameda.courts.ca.gov/self-help>

Contact the SHC via phone or chat to ask a questions, make an appointment, or register for a workshop. The Self-Help Center does not take walk-in patrons, but you may make an appointment to talk to someone in person.

LiveChat - Monday-Thursday, 9AM-12PM

- Access via “Need Help” chat widget: <https://www.alameda.courts.ca.gov/self-help>
- Login early. They may stop taking chats before the stated hours once reaching capacity.

Phones

- Call: (510) 272-1393, Mon-Thurs, 2PM-4PM
- Voicemails can only be left during phone hours; Messages are returned within 5 business days

Community Legal Assistance Saturday Program (CLASP)

[CLASP offers a monthly, free clinic open to the public.](#) Volunteer attorneys meet with individuals for 15–20-minute consultations.

Family Violence Law Center: <https://fvlc.org/>

470 27th Street, Oakland, CA 94612 (800) 947-8301

Assists with domestic violence restraining order and family court orders.

Legal Assistance for Seniors: <https://www.lashicap.org/programs/legal/#elder-abuse>

333 Hegenberger Rd #850, Oakland, CA (510) 832-3040

Assist seniors with elder abuse restraining orders.

Hire an Attorney

BALI: Bay Area Legal Incubator

125 12th St. Oakland, CA Mezzanine Level

Affordable legal services. Some attorneys offer sliding scale fees. In-take form available on website, and you can also read the profiles and get contact information for the BALI attorneys.

<https://www.bayarealegalincubator.org/>

ACBA Lawyer Referral Service- (510) 302-2222 x4

\$40.00 for attorney referral and 30-minute consultation. Attorneys charge \$200 – 400/hour for services.

Can also self-book consultations online: <https://www.acbanet.org/need-a-lawyer/>