

Hearing Week One-Page Guide

A short organizing sheet for the week of a family-court event, clinic visit, or official call.

JT for ME - Maine children and families public-use guide

Three things to confirm first

- The date, time, and location or call-in details for the event.
- What the event is called: hearing, conference, mediation, magistrate review, clinic visit, or something else.
- Whether you already have an order, notice, or deadline that should be in the folder you bring.

What to keep together

- The notice for the event.
- Any current order, parenting plan, support order, or exchange terms that apply.
- The shortest accurate timeline you can make with dates, missed exchanges, notices, calls, or safety concerns.
- A list of questions you do not want to forget under stress.

What to do the day before

- Check transportation, parking, child-care logistics, or phone battery and internet if the event is remote.
- Put the folder, ID, and written questions in one place.
- Stop expanding the file at the last minute unless something truly urgent changes.

What to write down after

- What happened.
- What the next date or deadline is.
- What you were told to file, send, or gather next.
- Which question is still unanswered.

This guide is for orientation and organization. It is not legal advice and should not replace urgent safety planning or case-specific legal counsel.