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A New Resource for Families in Transition and Those that Advise Them

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> Closing Statement

Consider Being Antisocial on Social Media

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Posting photographs of your date night, children, and travels may be part of your daily presence on social media, but doing so during a family law case may be more trouble than it's worth. Photographs and postings on social media shed light on your whereabouts, your activities, and your personal interests, all of which have the potential of becoming damaging evidence in a trial. So, be particularly thoughtful when posting on

Steps to Take After Attending an Initial Consultation

After attending an initial consultation with a family law attorney, a client will undoubtedly walk away with a great deal of information and a lot of choices to consider. While some, if not most, decisions in the family law process are best decided with ample time for consideration, some steps are best taken immediately. Although every case presents itself with different issues and facts, here are some things to consider doing right away.

First, think about the kids. Has your child's grades dropped erratically? Is he or she associating with a different group of friends or exhibiting behavior out of the norm? If so, consider whether counseling would be beneficial and begin that process. During a separation, children may become depressed, withdrawn, or unruly. Conduct careful research to select a health care professional with experience in counseling children with families in transition.

Second, think about yourself. Would you benefit from speaking to a mental health professional? Family law matters are grueling on a person's well-being, and it is critical to take care of your own mental health. A health care professional will guide you to manage the wide range of emotions you will encounter throughout a family law matter. The benefits of counseling include not only feeling better, but being able to make well reasoned decisions, rather than rash ones fueled by anger or resentment.

Speaking of decisions, you may no longer trust your spouse to make decisions on your behalf in the event you are unable to do so. To that end, consider preparing a Power of Attorney and Advance Medical Directive, so that you can designate an agent to make financial and medical decisions on your behalf in the event that you become incapacitated. By the same token, now may be a good time to update your Last Will and Testament to reflect your new wishes with regard to beneficiaries of your estate.

Third, think about money. You may be worried about the financial toll a family law matter may take (and rightfully so). To protect your access to money, take one-half of the funds held in jointly held accounts with your spouse. If your pay checks are deposited into a joint account, consider moving your earnings to a bank account titled in your name, alone.

Finally, think about your stuff. If you plan on leaving the house, change your mailing address and set up a post office box, if necessary. Family law matters inevitably require the production of a lot of documents. Before you leave the house, make copies of tax returns, bank statements, loan documents, and other important records that may have a bearing on your case. Prepare