



**Anne E. Freed**  
FAMILY LAWYER & MEDIATOR

HOME

ABOUT  
ANNE

FOCUS &  
PRACTICES

LINKS &  
RESOURCES

CONTACT

## Facing separation, divorce? You have choices.

At a time of crisis, facing separation or divorce, you must make a critical decision — the lawyer who will guide you through the process.

Anne Freed, Family Lawyer, Mediator and Arbitrator, is committed to finding a path that doesn't end up in court. She's seen first hand the effects of an adversarial process, particularly on children.

With 30 years of experience in family law and litigation, and advanced education in mediation, collaborative process and arbitration, Anne does whatever it takes to help you avoid a destructive divorce and bring you peace of mind. She explains the process options available to you, depending on the facts, legal issues, and the emotional components.

If you're facing separation or divorce, you need an experienced, trusted advisor. Anne Freed is equipped with a toolbox of creative resources and solutions to move your life forward. She's also a strong, tenacious advocate for you, regardless of the process options you choose.

"I help people  
resolve their disputes  
with their personal  
and economic dignity  
intact."

## Let's talk about your choices.



[Home](#) | [About Anne](#) | [Focus & Practices](#) | [Links & Resources](#) | [Contact](#)

©2011 Anne Freed. All rights reserved.



**Anne E. Freed**  
FAMILY LAWYER & MEDIATOR

HOME

ABOUT ANNE

FOCUS & PRACTICES

LINKS & RESOURCES

CONTACT

## About Anne

*"Dear Anne;*

*I want to thank you for your work in handling my separation.*

*Thank you for helping to create a separation arrangement inside of which our son is properly taken care of, both emotionally and financially, and that his parents can get on creating the next part of their lives.*

*I want you to know that you made a difference in how I get to live my life."*

J.L.

*"Dear Anne;*

*Thank you for the effort you put forth in the mediation process. You were very professional, yet supportive and helpful. You made a life-changing situation a bit more bearable.*

*I enjoyed working with you. You explained everything so well; I felt I knew exactly what we were doing and why we were doing it.*

*Thanks for everything"*

B.H.

*"I help people resolve their disputes with their personal and economic dignity intact."*

*"I assist my clients going through marriage breakdown to move ahead to a healthy and positive future through a process that is positive, respectful and offers solutions."*

Anne Freed is a lawyer and a skilled mediator who believes in solving family law issues without her clients' lives being torn apart. She brings to her work expert knowledge of how divorce laws have evolved in Canada over the years as well as a broad legal mindset. Although she has extensive experience and skill in litigation, Anne is an active proponent of, and has extensive training and experience in non-adversarial legal processes for family law. She offers her clients a menu of divorce and separation processes, including Negotiation, Mediation, and Collaborative Family Law.



*"I firmly believe that, in most cases, court is not the answer for family law," she says. "Whatever process option we choose, I constantly look out to protect the interests of my clients and make sure that they get a proper and fair agreement that stands the test of time even in the most complex and challenging cases."*

Equipped with 30 years experience in Family Law, Anne deeply understands the legal system and the way other lawyers think. She believes in keeping clients informed and educating them about the legal issues they are facing. Most importantly, she works to reach a settlement that is fair, and in the best interests of her clients and their children.

CONTINUE TO ANNE'S EXPERIENCE >>>



Anne E. Freed  
FAMILY LAWYER & MEDIATOR

HOME

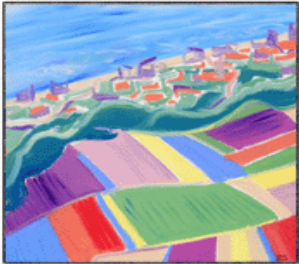
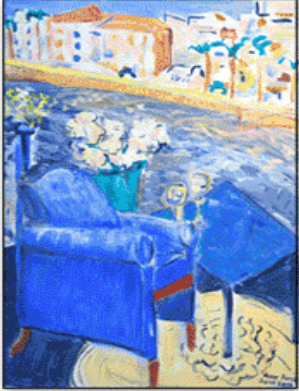
ABOUT  
ANNE

FOCUS &  
PRACTICES

LINKS &  
RESOURCES

CONTACT

## Anne's Experience



Anne is an active member in the legal profession as well as her community. She serves on Council (the governing body) of the Ontario Bar Association (OBA), on the ADR (Alternative Dispute Resolution) Executive of the OBA, and is a former Program Director for the Women's Law Association of Ontario. She's also a member of Collaborative Practice Toronto, the International Association of Collaborative Practitioners (IACP) and a member of its 2011 Practice Group Development Committee.

"In any process  
I use, I bring  
my entire toolbox...  
built up over 30  
years of practice."

Anne has recently formed her own Collaborative Practice Study Group of lawyers, financial professionals and mental health professionals, in order to support the development of Collaborative Practice in Toronto at the highest possible level. Anne is also a member of the Canadian Association of Women Executives & Entrepreneurs.

Anne was called to the bar of Ontario in 1981, and has the following credentials:

- *BA (Honours Sociology), McGill University, Montreal*
- *JD (Juris Doctor, Law Degree), University of British Columbia*
- *Master of Laws Degree in Alternative Dispute Resolution, Osgoode Law School, York University, Toronto*
- *Advanced Training in Mediation, Arbitration and Collaborative Practice*

In Anne's leisure time she enjoys painting and is currently taking advanced courses in Abstract Painting.

[Home](#) | [About Anne](#) | [Focus & Practices](#) | [Links & Resources](#) | [Contact](#)

©2011 Anne Freed. All rights reserved.



Anne E. Freed  
FAMILY LAWYER & MEDIATOR



HOME

ABOUT  
ANNE

FOCUS &  
PRACTICES

LINKS &  
RESOURCES

CONTACT

## Focus & Practices

Anne Freed strongly believes that, choosing the right approach and process depending on your circumstances, is a fundamental part of a positive and successful divorce. Anne's practice focuses are on the following:

- Collaborative Process
- Mediation
- Traditional Negotiation, and
- Mediation/Arbitration.

*"In any process I use, I bring my entire toolbox — my litigation experience, training and personal know-how, excellent listening skills, plus access to the resources of other professionals, financial, health, etc. built up over 30 years of practice."*

*"Whatever process option we choose, I constantly look out to protect the interests of my clients..."*

### • Initial Consultation

At your initial consultation, Anne reviews the facts of your case in detail, and first advises on any urgent action that must be taken. This is when we clarify your objectives and Anne explains the various process options for resolving your case. A critical component of this first meeting is to see if you can work well together.

An initial consultation can also be extremely valuable as a one - time meeting if you are ambivalent, undecided or worried about what you don't know about the legal aspects of separation. Anne provides you with the information you need to help you make your decisions going forward, decisions that can even include staying in the marriage, or making a plan to separate over time.

CONTINUE TO THE  
SIX PROCESS OPTIONS >>>

[Home](#) | [About Anne](#) | [Focus & Practices](#) | [Links & Resources](#) | [Contact](#)

©2011 Anne Freed. All rights reserved.



**Anne E. Freed**  
FAMILY LAWYER & MEDIATOR

"Dear Anne;

Words are not enough to express my feelings of gratitude towards you for all the work you did for me. I never would have survived without you..."

A.C.



HOME

ABOUT ANNE

FOCUS & PRACTICES

LINKS & RESOURCES

CONTACT

## The Six Process Options

Once the decision had been made to leave the marriage, there are 6 process options to move you through separation and/or divorce. After Anne has reviewed the facts and your objectives with you, she discusses all your options with you in detail and makes her recommendations; however the decisions you make are always your choice.

*To find out more, select an option below and click to expand.*

### **• Collaborative Process (also known as Collaborative Practice or Collaborative Law)**

*The two parties and their two lawyers work together as a 4-way team to resolve the issues. While the collaborative process involves a team approach, Anne still considers herself her client's advocate. In this process, the decisions remain in the hands of the parties.*

### **• Mediation**

*The two parties sit down with a third party, the mediator, who facilitates the negotiation of an agreement that is fair to both. Decisions are in the hands of the parties. In mediation, each party also needs their own lawyer to provide independent legal advice. When Anne acts as a mediator, Anne provides a great amount of legal information, which can save the parties significant costs to their lawyers.*

### **• Traditional Negotiation**

*Each party retains his/her own lawyer. Negotiations are conducted through the lawyers to reach agreement. Decisions are in the hands of the parties. In this process, Anne works to maximize a negotiation process that is cooperative and constructive. Court is an option if this process fails.*

### **• Mediation/Arbitration (Med/Arb)**

*Both parties agree to go to mediation. If they fail to reach agreement, the mediator becomes the arbitrator (i.e. changes hats), a hearing is held and the arbitrator decides on all the issues. Decisions are no longer in the hands of the parties.*

### **• Arbitration**

*Parties can decide on having their case dealt with through a hearing in front of an arbitrator. This is an adversarial process that employs lawyers from the Bar, such as Anne, rather than a judge. Decisions are in the hands of the arbitrator.*

### **• Court**

*If any or all of the above processes fail, the parties can go to court and a judge decides on the terms of their separation. This is the adversarial process. The decisions are in the hands of a third party: the judge or the arbitrator. NOTE THAT, in all processes outside of Court, CONFIDENTIALITY is preserved. In the court process, the client's information including financial information can be accessed by the public through the court file.*

CONTINUE TO SERVICES PROVIDED >>>



Anne E. Freed  
FAMILY LAWYER & MEDIATOR

HOME

ABOUT  
ANNE

FOCUS &  
PRACTICES

LINKS &  
RESOURCES

CONTACT

## Services Provided by Anne

*(Note: all of the below services can employ any of the processes listed on the previous page.)*

**Separation Agreements:** Once a marriage breaks down, Anne is retained for the negotiation and preparation of a Separation Agreement.

**Obtaining A Divorce:** Anne usually obtains a divorce for you after the completion and signing of the Separation Agreement. Divorce usually is based on 1 year separate and apart. When a common law marriage breaks down, Anne is retained for the negotiation and preparation of a Separation Agreement.

"I assist my clients going through marriage breakdown to move ahead to a healthy and positive future..."

**Marriage Contracts ("pre-nups"):** Anne is retained for the negotiation and preparation of a marriage contract for those getting married for the first time, and for second, third, or more! marriages.

**Cohabitation Agreements:** When parties wish to live common law without getting married, Anne is retained for the negotiation and preparation of Cohabitation Agreements.

**Estate Mediation:** When there is a conflict, e.g. by family members over the distribution of an estate, Anne is retained as the mediator to help resolve the issues.

**Commercial Mediation:** Anne is retained by solicitors as a Mediator in Civil Disputes, derived from her experience Mediating Pretrials in the Superior Court.



[Home](#) | [About Anne](#) | [Focus & Practices](#) | [Links & Resources](#) | [Contact](#)

©2011 Anne Freed. All rights reserved.



**Anne E. Freed**  
FAMILY LAWYER & MEDIATOR

HOME

ABOUT  
ANNE

FOCUS &  
PRACTICES

LINKS &  
RESOURCES

CONTACT

## Links & Resources

*"Anne was absolutely instrumental in insuring that the agreement between my ex-husband and I was fair and equitable to us both. In her role as mediator, Anne has to balance the needs and wants of both parties and she did this while maintaining objectivity and without showing deference to either party. She was professional and courteous, always ensuring that we knew exactly what we were entitled to under the law.*

*At the end of the mediation process, we had an agreement that required very little individual counsel time and that we were both happy with. It was a pleasure working with her."*

S.T.

Keep up to date with new developments in Family Law, Mediation and Collaborative Practice by checking Anne's Links & Resources page.

You can also [download](#) the entire web site in a printable PDF [HERE](#) or by selecting the proceeding icon.

### Articles/Reports by Anne

[Collaborative Practice, a Holistic Approach](#)

[Creative Solutions](#)

[Positive Alternatives to Divorce Court: Mediation](#)

### Events/Dates

[Anne's Mediator Dates](#)

### Legal Resources

[Alternative Dispute Resolution Institute of Ontario \(ADRIO\)](#)

[Collaborative Practice Toronto \(CPT\)](#)

[International Academy of Collaborative Professionals \(IACP\) - Anne's Profile](#)

[International Academy of Collaborative Professionals \(IACP\)](#)

DOWNLOAD  
ANNE'S FULL  
SITE HERE!  
(PDF FORMAT)





**Anne E. Freed**  
FAMILY LAWYER & MEDIATOR



HOME

ABOUT  
ANNE

FOCUS &  
PRACTICES

LINKS &  
RESOURCES

CONTACT

## Contact

**Facing separation, divorce?  
You have choices.**

**Talk with Anne Freed.**

Anne's office is located in downtown Toronto at:

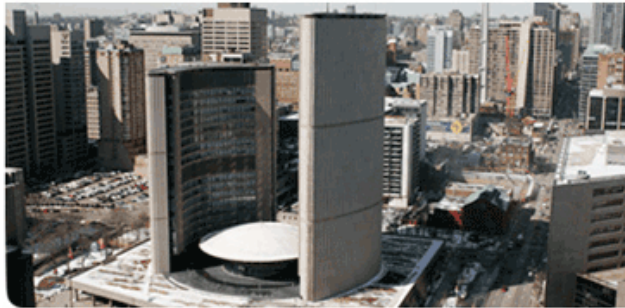
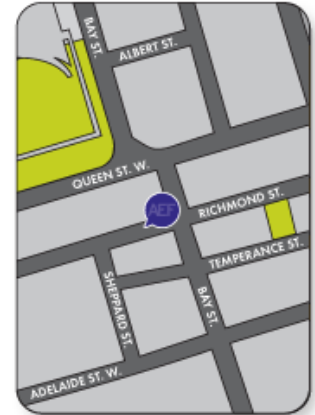
390 Bay Street, Suite 2929  
Toronto, ON, M5H 2Y2

**T** 416.368.0700

**F** 416.368.3700

**E** [afreed@sympatico.ca](mailto:afreed@sympatico.ca)

Northwest corner of Bay & Richmond just beside  
the Bay store and just south of Queen & Bay and  
City Hall.



[Home](#) | [About Anne](#) | [Focus & Practices](#) | [Links & Resources](#) | [Contact](#)

©2011 Anne Freed. All rights reserved.