

Navigating Tribunals in Ontario

Guide

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Reader Acknowledgement



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What is a tribunal in Ontario?

A tribunal is an administrative body that resolves disputes in the social, property assessment, safety and licensing sectors in Ontario.

Tribunals are less formal than the court system and provide an opportunity to the public to access justice with specific issues such as:

- Landlord and tenant disputes
- Social Benefit eligibility appeals
- Human Rights applications
- Immigration & Refugee claims
- Ontario Parole Board hearings

and more...

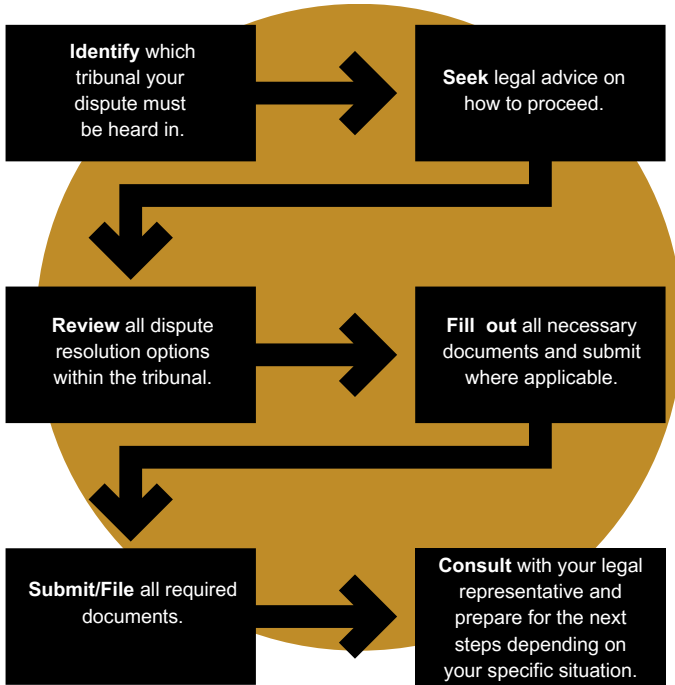
To obtain a full list of tribunals in Ontario, please visit the Tribunal Ontario website [here](#).

The accessibility of tribunals is designed to allow a user-friendly experience as most services are available online. The tribunal process can be similar to the trial of a civil action and typically involve a similar order of evidence and argument as in a civil trial.

Navigating tribunals can be very daunting, however there are supports available, such as hiring a paralegal.



The Typical Tribunal Process



NOTE: Every person has a different situation and not all steps in the process will apply. Each Tribunal process will differ.





How do I hire a Paralegal?

1

Do your research.

Search for the paralegal that supports the type of matter you need legal support with.

2

Call or email the paralegal firm you wish to work with.

Fill out an online form, email or call to book a consultation.

3

Book a consultation.

Once you book a consultation, you can prepare by putting your documents together and identifying what legal support you require.

TIP:- You may confirm the Paralegal is licensed, contact information and whether the paralegal is in good standing with the Law Society of Ontario by doing a search on the LSO directory [here](#).



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A stylized, handwritten signature in gold, consisting of the letters 'K.S.L.' in a cursive font, positioned inside a light gray circle.

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