{{ name }}  
{{ address }}  
{{ email }}  
NS  
{{ now() }}

{{ recipient\_name }}  
{{ recipient\_address }}

**Re: Formal Cease and Desist Demand – Harassment and Unlawful Interference**

To Whom It May Concern,

This letter serves as a formal demand to **cease and desist all unwarranted, excessive, or unlawful interference** with my family and household by you or any representatives of Department of Community Services.

While I recognize the mandate of your agency under the **Children and Family Services Act** in **NS**, your recent actions appear to exceed the scope of lawful authority. This includes, but is not limited to:

- Unannounced or repetitive visits without justification  
- Intimidating communication  
- Actions that amount to harassment, defamation, or abuse of power  
- Attempts to undermine my parental authority or rights without legal basis

I demand that you immediately cease these actions. Continued overreach or harassment may result in a formal complaint being filed with your provincial oversight body, as well as legal action for damages, discrimination, or violation of civil and parental rights.

Let this letter serve as notice that I expect all further communications to be conducted in writing, unless an emergency justifies otherwise. You are also advised to preserve all internal notes, records, and correspondence related to this matter as potential evidence.

Sincerely,  
{{ name }}  
{{ email }}