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

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

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

To Whom It May Concern,

I am writing to formally demand that you immediately cease and desist all actions that constitute interference with my legal right to quiet enjoyment of the rental unit located at *{{ address }}*.

This includes, but is not limited to:

- Unlawful entry or threats of entry without proper notice  
- Intimidation, harassment, or verbal abuse  
- Attempts to force eviction through coercion or retaliatory action

Under the **Residential Tenancies Act** applicable in **MB**, I am entitled to peaceful occupancy and protection from harassment or unreasonable interference by my landlord or their agents.

Let this serve as your official notice: if these actions continue, I will have no choice but to pursue remedies through the appropriate housing tribunal or court in accordance with the laws of {{ province }}. This may include filing for compensation, injunctions, or further legal action.

I request that you acknowledge receipt of this letter and confirm that you will comply with this cease and desist demand within 5 business days.

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