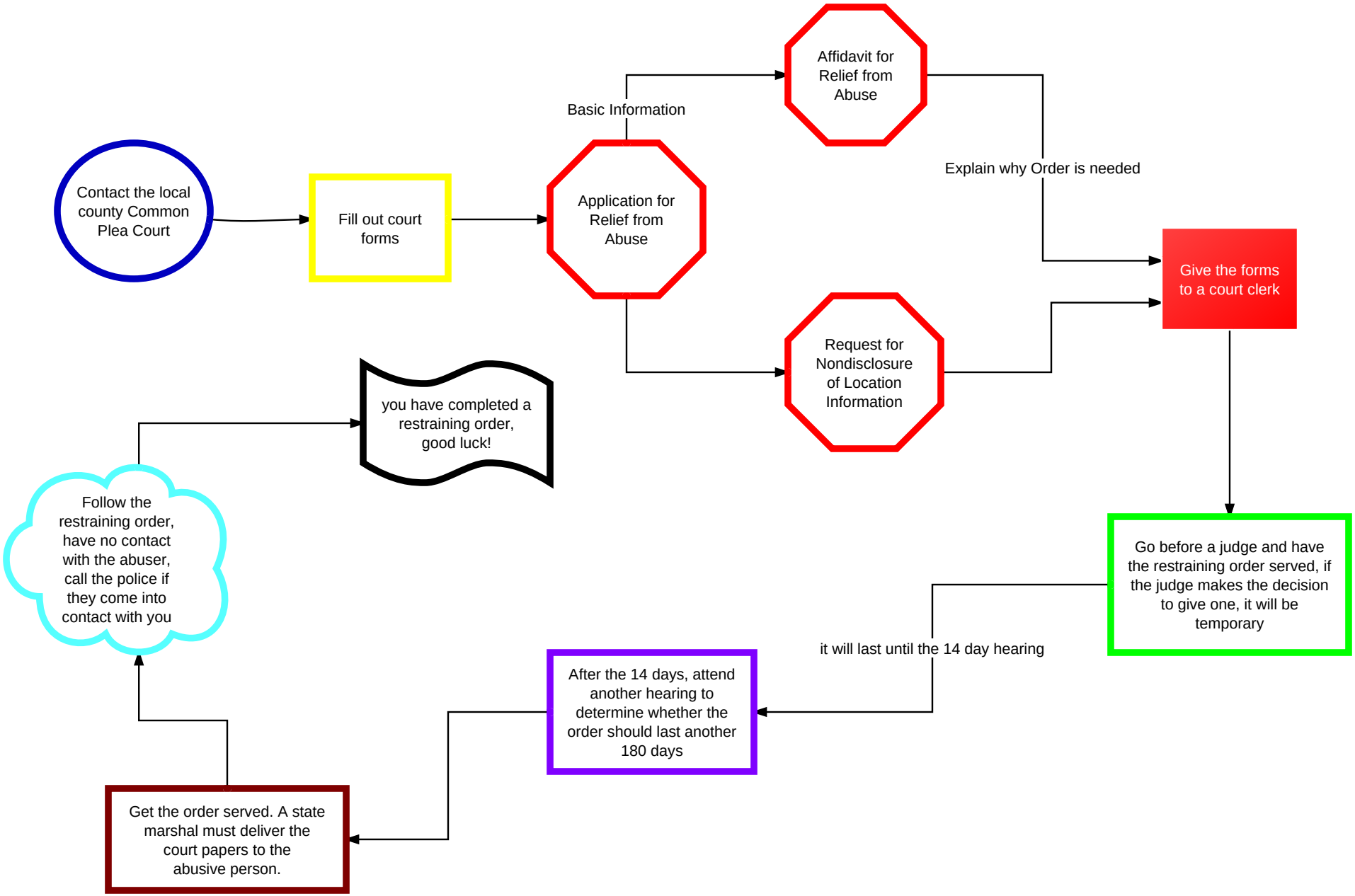How to File a Restraining Order (or Protection From Abuse Order)