

SENT VIA [INSERT METHOD: E.G., REGISTERED MAIL / EMAIL]

[Law Firm Name]
[Address Line 1]
[Address Line 2]
[City, State, Zip Code]
[Phone Number]
[Email Address]

[Date]

[Recipient Name]
[Recipient Address]
[City, State, Zip Code]

RE: CEASE AND DESIST - UNWANTED CONTACT WITH [CLIENT NAME]

Dear [Recipient Name],

This law firm represents [Client Name]. We have been retained to address your ongoing and unsolicited contact with our client.

It has come to our attention that you have engaged in the following conduct: [Describe specific behavior, e.g., repeated phone calls, emails, social media messages, or physical presence]. Such contact is unwelcome, harassing, and has caused our client significant distress.

DEMAND TO CEASE AND DESIST

On behalf of our client, we hereby demand that you immediately cease and desist from any and all contact with [Client Name]. This includes, but is not limited to, communication via:

- Telephone calls or text messages;
- Email or postal mail;
- Social media platforms or third-party messaging apps;
- Third-party intermediaries; and
- Physical proximity to our client's residence or place of employment.

Our client does not wish to have any further interaction with you. Do not attempt to explain your actions or apologize, as any further communication will be considered a violation of this demand.

LEGAL CONSEQUENCES

If you fail to comply with this demand, we have been instructed to pursue all available legal remedies to protect our client. This may include, but is not limited to, filing for a Civil

Harassment Restraining Order (or Order of Protection) and reporting your conduct to law enforcement authorities for investigation of stalking or harassment charges.

Please govern yourself accordingly.

Sincerely,

[Attorney Name]
[Law Firm Name]