

# Surviving Divorce

## Seeley Family Law Practice

**With experience, strength, and support, Seeley Family Law sees clients through the toughest of times.**

As anyone who has ever gone through it knows all too well, divorce is one of life's most painful and disruptive life experiences. Many sources list it second only to the death of a spouse or child in terms of stress. Now imagine having to navigate complex business and child custody issues at the same time. Most people need a cool, calm listener, someone who has seen it all before and knows just what to do. Most people need a strong, seasoned ally.

"We're here to support you, inform you, and advocate for you," says H. Yvonne Seeley, founder of Seeley Family Law Practice, located in San Mateo. "Client service and client attention are high priorities for us. Above all, when children are

experience in this community matters. We know the best therapists. We know the judges. We know the attorneys. We use this knowledge to our clients' advantage every day."

### The Importance of Education

Seeley grew up debating with her siblings around the dining table of their Seattle home. Those debates sparked a love for advocacy that led Seeley to earn her law degree from San Francisco Law School in 1980 and dive immediately into a successful career as a bench and jury trial



*The Seeley team turned a very complicated, overwhelming, and over-litigated case into a relatively simple one. Yvonne walked the extra miles for me; this good lawyer made a huge difference in my life.*

*Former Seeley Family Law client*

involved, we're here to ensure the very best outcome for them. That's what parents want, and it's what we strive for every day."

The firm excels in all aspects of family law, including marital dissolutions, complex asset division, child custody, cohabitation, litigating prenuptial and postnuptial agreements, paternity cases, and more. Seeley and the five associate attorneys on her team bring decades of experience, a deep and nuanced understanding of family law, and a passion for helping families in crisis. While an amicable settlement is everyone's best-case scenario, sometimes a trial is inevitable. The Seeley team adeptly advises clients to help deliver equitable results.

"Experience matters," says Seeley. "And

attorney for some of the San Francisco area's most notable firms. In 1999, she returned to school for a master's degree in business. This education led Seeley to better serve clients needing help with the division of equity compensation including stock options and restricted stock units, retirement plans, and businesses.

Indeed, for Seeley—and her entire team—it's critical that learning never stops. She regularly attends local seminars

and national conferences presented by the Association of Family and Conciliation Courts to stay up to date on the latest research on the long-term effects of divorce, family conflicts, and other traumatic children experience. This year, she brought her entire team with her.

"The work we do is so important; the advice we offer our clients can have lifelong repercussions on a family," says Seeley. "We make sure that advice is backed up by findings from some of the top psychologists and social scientists, nationally and internationally."

At the heart of the attorney-client relationship, says Seeley, is a connection, a trust. During a client's often-emotional first appointment, Seeley and her team listen—closely and well—to find a path through the pain. This caring, supportive approach continues until the final papers are signed. "Our job is helping our clients get their lives back while protecting their interests," says Seeley.

**SEELEY**  
**FAMILY LAW**  
**PRACTICE**