

## THE PANDEMIC AND ITS IMPACT ON DIVORCE

High Profile Divorce Attorney Sees Unprecedented Increase in Divorce Filings

**Washington, D.C. July 30** –The pandemic has hit close to home for most people. They have felt its impact in various ways. Many believe there will be a baby boom as a result of the coronavirus. For some married couples, the pandemic was the straw that broke the camel's back. According to reports, the pandemic has the potential to send the divorce rate, already at nearly 50%, even higher as divorce courts reopen.

Michelle C. Thomas, prominent Washington, D.C. based divorce lawyer, has received a 71% increase in calls about divorce from April (the month courts closed, except for emergencies) to July. "The pandemic created a perfect storm for couples already dealing with marital discord and made people realize that life is too short to spend it with this person, and they want out - for many that out is divorce."

More time spent together in quarantine can put an added strain on relationships, especially when there were already problems. "Being stuck together for months without reprieve brought a lot of issues to the surface that were previously swept under the table. Before the pandemic, unhappy couples could escape by going to work, to the gym or other locations. Now, they cannot do that as often, or at all. There are ways couples can navigate the stress of the pandemic and come together as a couple.

"Although the tension can be constant, it is still important for couples to communicate effectively, be courteous and express gratitude always. Showing appreciation even for the little things goes a long way. Marriage is hard enough. With COVID-19, it's even harder. I encourage parties to try to work things out amicably and seek professional help to avoid the stress of divorce court proceedings.

"If divorce is the only option, couples should also try to work out co-parenting, visitation and child support plans. Each person should start gathering financial records and work on a post-divorce budget. Be prepared to take that final step to end the marriage."

Thomas focuses on providing strategic divorce and family law services ranging from helping "displaced dads" win custody to protecting clients' assets from being taken by a spouse to preparing prenuptial agreements to preserve wealth.

### **About M. C. Thomas & Associates, PC – Where Your Family Comes First®**

M.C. Thomas & Associates, PC is a premier divorce and family law firm serving Washington, D.C., Maryland and Northern Virginia. The firm's founder, Michelle C. Thomas has been advising clients through one of life's most difficult transitions – divorce - for nearly 17 years. Thomas and her team's core values of integrity, consistency and excellence guide their practice and representation of more than a thousand clients in the DMV. Thomas was named a 2019 Top Divorce Attorney by *Bethesda Magazine* and to the prestigious 2019 *SuperLawyers* list as a Top-Rated D.C. Family Lawyer.

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