



Sonia Kainth

Partner

Family Law

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Profile

When individuals go through significant changes to their family, be it the joys of marriage and new family members or uncoupling their lives through separation and divorce, the stakes are invariably high. These situations can be emotionally, mentally, and financially draining, and can have long-lasting effects on their lives and those of their loved ones.

For over a decade, clients have trusted Sonia's compassionate and sensible guidance to help untangle the legal aspects of their evolving family dynamics. Appreciating these matters' deeply personal and emotional nature, Sonia is skilled at helping to de-escalate situations while still advocating for our clients' best interests.

Court should always be saved as a last resort for feuding families. As an experienced family litigator and collaborative family law professional, Sonia's ability to anticipate and adapt to rapidly evolving situations helps our clients achieve their best possible outcomes. She provides a calm, practical, and strategic approach to resolving complex issues while ensuring the well-being of our clients and their families is always at the forefront.

Before becoming a lawyer, Sonia enjoyed a successful academic career while earning two other degrees. Sonia developed her meticulous research abilities and sharp analytical mind while completing her Bachelor of Science. In pursuing her Bachelor of Education degree, Sonia worked closely with families and children to expand her understanding of family dynamics and hone her abilities to distill complex concepts to a variety of audiences.

Services

- > Cohabitation agreements
- > Marriage agreements
- > Adoptions
- > Separation agreements
- > Divorce
- > Financial disputes
- > Property division
- > Spousal support
- > Child custody
- > Child support
- > Collaborative divorce

Credentials

Industry Involvement

- > Canadian Bar Association, member, 2010 - present
- > Canadian Bar Association BC Branch, member, 2010 - present
- > Collaborative Divorce Vancouver, member, 2012 - present
- > International Academy of Collaborative Professionals, member, 2012 - present
- > Law Society of British Columbia, member, 2010 - present
- > Law Society of British Columbia's Professional Legal Training Course, guest instructor, 2023 - present
- > South Asian Bar Association of British Columbia, past member
- > Thomson Rivers University's Faculty of Law, volunteer moot judge, 2023 - present
- > University of British Columbia's Allard School of Law, past volunteer moot judge

Education

- > Continuing Legal Education Society of British Columbia, Mediator Certificate, 2017
- > Continuing Legal Education Society of British Columbia, Collaborative Professional Certificate, 2012
- > Call to Bar: British Columbia, 2010
- > University of Victoria, Juris Doctor, 2009
- > University of British Columbia, Bachelor of Education, 2001
- > University of British Columbia, Bachelor of Science, 2000

External Publications & Presentations

- > Everyone Law Clinic, Drafting Family Law Agreements and Affidavits, presenter, 2023
- > South Asian Bar Association of British Columbia, Family Law Update: Fall Conference, 2022
- > Continuing Legal Education Society of British Columbia, Drafting Family Law Affidavits That Work, author, 2018
- > Continuing Legal Education Society of British Columbia, Family Law Drafting Basics,

co-presenter, 2018

- > Continuing Legal Education Society of British Columbia, Drafting Family Law Affidavits That Work, author, 2015
- > Continuing Legal Education Society of British Columbia, Family Law Drafting Basics, co-presenter, 2015

Additional Languages

- > Punjabi (conversational)