



Matthew Ostrow

Partner

Family Law
Family Office

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Profile

Matt has over 13 years of experience in family law, and a breadth of conflict resolution techniques at his disposal including litigation, mediation and collaborative family law. He understands that family law matters can be both emotionally taxing and legally complex, and that clients need a steadfast advocate who can offer objective, high-quality legal advice during some of the most challenging times of their lives.

Matt operates on the firm belief that every problem can be resolved. He has substantial courtroom experience, having appeared in the Supreme Court of British Columbia and the BC Court of Appeal. Matt regularly manages high-stakes cases involving separation agreements, property division, and custody disputes, with a strategic focus and a reassuring presence.

While he is a tenacious advocate in court, Matt also recognizes the value of alternative dispute resolution methods. Skilled in mediation and collaborative family law, he often explores these avenues to foster amicable resolutions that prioritize his clients' well-being.

Matt's passion for family law stems from its diverse nature. His knowledge of related areas such as tax, immigration, estates, and criminal law, allows him to provide comprehensive guidance on the intricate issues that arise in family law cases. He thrives on this variety, which not only keeps him on his toes but also enhances his ability to provide well-rounded legal advice.

Empathy and patience are the cornerstones of Matt's client-focused approach. By prioritizing pragmatic legal counsel, clear communication, and responsiveness, he ensures that clients feel informed and empowered through every step of the legal process.

Services

- > Divorce
- > Collaborative Family Law
- > Spousal support
- > Child support
- > Mediation
- > Custody/guardianship
- > Parenting arrangements
- > Relocation/mobility
- > Marriage agreements
- > Separation agreements
- > Appellate practice
- > Cohabitation agreements

Credentials

Awards & Distinctions

- > Best Lawyers® in Canada Family Law, 2026
- > University of Alberta, R. Max Gold Bursary in Law
- > University of British Columbia, Alice H. Shelton Prize, German Government Book Prize, NAV Canada Scholarship, BC Hydro Entrance Scholarship and BCGEU Entrance Scholarship

Industry & Community Involvement

- > Editorial Board of the CLEBC Family Law Sourcebook, 2025
- > Canadian Bar Association, member, 2010 - Present
- > The Law Society of British Columbia, 2011- Present
- > Association of Family and Conciliation Courts (AFCC), member, 2021 - Present
- > Collaborative Divorce Vancouver Society, member, 2022 - Present
- > SOGIC Forum CBA subsection, former co-chair, 2015 - 2018

Education & Call to Bar

- > Call to Bar: 2011 (British Columbia)
- > Bachelor of Laws, University of Alberta, 2010
- > Bachelor of Arts, University of British Columbia, 2005

External Presentations & Publications

- > Co-Presenter, "The Devil is in the Details: Cohabitation & Separation Agreements", TLABC "Cash and Kids: Diving Deeper into Challenging Issues in Family Law" Family Law Conference, November 2025
- > Presenter, "Expert Reports", CLEBC Family Law Basics 2025 Conference, April, 2025

- > Co-Author, Simplicity vs. Fairness: Mills v. O'Connor and the Presumption of Pro Rata Ex Post Facto tracing (Vancouver, Family Law Advocates Group, March 26, 2025)
- > Co-Presenter, "Custody Tails: Pets and Family Law", The Advocates Society, March 2025
- > Co-Presenter, "Giving ILA on Cohabitation Agreements", TLABC "Dot Your I's and Cross Your T's" Family Law Conference, June, 2024
- > Co-Presenter, "Tips on Cohabitation Agreements", CBABC Branch Family Law Section (Vancouver) webinar, October, 2023
- > Co-Presenter, "Parenting Issues – Choose Your Own Adventure: Parenting Coordination vs. Coaching vs. s. 211 View of the Child/Voice of the Child Reports", TLABC "You Be The Judge" Family Law Conference, September, 2020
- > Co-Presenter, "Civility in the Practice of Family Law: Perspectives from the Bench & Bar", CBABC Branch Family Law Section (Vancouver), February, 2020
- > Presenter, "Form F8s & Financial Statements: Understanding The Basics - No, You Don't Need To Be An Accountant", Trial Lawyers Association of BC (TLABC) webinar, October, 2018
- > Co-Presenter, "Drafting Perfect Pleadings Under the FLA", CLEBC Advanced Family Law for Paralegals Conference, June, 2016
- > Volunteer reviewer for "Helpful Guides & Common Questions" for JP Boyd on Family Law (print and online Clicklaw Wikibook versions) 2023 - present with Courthouse Libraries BC
- > Past subject editor for JP Boyd on Family Law Clicklaw Wikibook from 2016-2020 with Courthouse Libraries BC