

Sara Arias Garcia

Associate

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Business Immigration
Labour & Employment
Health Law
International Arbitration
Insurance Claim Defence

Sara is a bilingual disputes lawyer, dually qualified in Ontario and Colombia. Sara's practice focuses on insurance claim defense, healthcare, and business immigration. She has appeared before the Ontario Superior Court of Justice and the Small Claims Court.

Sara joined BLG in 2021, where she worked closely with the business immigration team. She later summered and articled at BLG before becoming an associate.

Prior to private practice, Sara served as a legal advisor to the Congress of Colombia, where she developed a strong understanding of the legislative process, public law, and international humanitarian law.

Insights & Events

- Speaker, “Pathways to Success,” NCA Accreditation Journey, Canadian Hispanic Bar Association, May 9, 2024

Beyond Our Walls

Professional Involvement

- Member, County of Carleton Law Association
- Member, Law Society of Ontario

- Member, Canadian Hispanic Bar Association
- Member, The Advocates' Society
- Member, Ontario Bar Association

Bar Admission & Education

- Colombia, 2018
- Ontario, 2024

- LL.M, University of Ottawa, 2021
- PGDIPL, Externado University, 2019
- LL.B, Rosary University, 2018

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