BLG offices celebrate International Women's Day

April 19, 2024

For International Women's Day 2024, BLG came together to make a difference through a series of events supporting local women-focused organizations. Spearheaded by BLG's Driven By Women™ initiative, these community involvement events provided firm members and clients with the opportunity to connect and support women in our local communities. From packing care packages to finding our calm through guided meditation, the events organized by Driven By Women™ were all collaborations with community partners designed to amplify women's voices and connect them with the resources necessary for their continued success.

Packed with care

Receiving a package filled with self-care items and words of encouragement can make someone's day, and that was exactly the thought behind the community involvement initiatives that were held in BLG's Ottawa and Toronto offices. Through these events, brought to life with the help of Kits for a Cause, firm members and clients came together to show their support for Elizabeth Fry Society of Ottawa and EmpowHerto.



Each of these organizations received 400 kits filled with toiletries, cozy socks and handwritten notes of encouragement that were packed with care by firm members and clients. In Toronto, many of the heartfelt notes were written by the accomplished attendees of the Extraordinary Women In Tech (EWiT) celebration held in our office in honour of International Women's Day. These small acts of kindness were meant to send a powerful message to the recipients: you are seen, appreciated and valued.



Food for thought

Team members and clients in Montréal rolled up their sleeves and learned some new cooking skills at a culinary workshop hosted by La Tablée des Chefs. Professional chefs led team members through a hands-on demonstration where, together, they made tasty

meals to be donated to people experiencing food insecurity. La Tablée des Chefs aims to feed people in need and provide culinary education to help young people pursue a career in the culinary field.



Bathed in sound

What better way to decompress from your workday than with a gentle guided meditation and sound bath? Team members in our Vancouver office got to do just that with a Workday Wind Down, in partnership with Workout For Women's Day in support of Rise Women's Legal Centre. Attendees were led through a gentle guided meditation, followed by a relaxing and therapeutic sound bath. Throughout Vancouver, local movement instructors volunteered their time with Workout for Women's Day, which aims to support and raise awareness for organizations that uplift women and girls, and to provide a space where all can feel welcomed and empowered to move in their own way.



From putting together care packages to practicing mindfulness for a good cause, BLGers showed up for women in our communities this International Women's Day. We hope that you find ways to get involved and uplift women in your own communities every day so that, together, we can help create a more inclusive world.

BLG is passionate about supporting women in business and leadership, including through our Driven By Women™ initiative, which provides a space for women to connect, share ideas and support each other. Founded in 2016 by an entrepreneurial second-year associate, the program has expanded its focus from local start-ups to provide a national cross-industry platform.

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