Sophie Ménard

Paralegal

T 514.954.2555 x26362
F 514.954.1905
Montréal
SMenard@blg.com

Business Immigration

As part of BLG's Business Immigration Group, Sophie:

- Prepares applications for foreign nationals to work or study in Canada (along with family members, if applicable), as well as for temporary resident visa applications, changes, extensions and restoring temporary resident status to submit to Immigration, Refugees and Citizenship Canada, the Canada Border Services Agency, and Canadian visa offices abroad;
- Prepares and files Labour Market Impact Assessment applications with Service Canada;
- Prepares and files applications for Certificat d'acceptation du Québec with the Ministère de l'Immigration, de la Francisaton et de l'Intégration du Québec
- Prepares permanent residence applications through spousal sponsorship and for Certificat de sélection du Québec (CSQ) holders; and
- Prepares CSQ applications with the Ministère de l'Immigration, de la Francisation et de l'Intégration du Québec).

She assists clients in all aspects of the Canadian immigration process, specializing in temporary foreign worker applications.

Prior to joining BLG, Sophie worked as an immigration officer at the border in Lacolle, Québec.

Insights & Events

- Author, "Québec rolls out new immigration plan and increases French language requirements", BLG Article, January 2024

Education

- LLB, Université de Montréal, 2006

BLG | Canada's Law Firm

As the largest, truly full-service Canadian law firm, Borden Ladner Gervais LLP (BLG) delivers practical legal advice for domestic and international clients across more practices and industries than any Canadian firm. With over 800 lawyers, intellectual property agents and other professionals, BLG serves the legal needs of businesses and institutions across Canada and beyond – from M&A and capital markets, to disputes, financing, and trademark & patent registration.

blg.com

© 2026 Borden Ladner Gervais LLP. Borden Ladner Gervais LLP is an Ontario Limited Liability Partnership.