

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.

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

BLG Offices**Calgary**

Centennial Place, East Tower
520 3rd Avenue S.W.
Calgary, AB, Canada
T2P 0R3

T 403.232.9500
F 403.266.1395

Ottawa

World Exchange Plaza
100 Queen Street
Ottawa, ON, Canada
K1P 1J9

T 613.237.5160
F 613.230.8842

Vancouver

1200 Waterfront Centre
200 Burrard Street
Vancouver, BC, Canada
V7X 1T2

T 604.687.5744
F 604.687.1415

Montréal

1000 De La Gauchetière Street West
Suite 900
Montréal, QC, Canada
H3B 5H4

T 514.954.2555
F 514.879.9015

Toronto

Bay Adelaide Centre, East Tower
22 Adelaide Street West
Toronto, ON, Canada
M5H 4E3

T 416.367.6000
F 416.367.6749

The information contained herein is of a general nature and is not intended to constitute legal advice, a complete statement of the law, or an opinion on any subject. No one should act upon it or refrain from acting without a thorough examination of the law after the facts of a specific situation are considered. You are urged to consult your legal adviser in cases of specific questions or concerns. BLG does not warrant or guarantee the accuracy, currency or completeness of this publication. No part of this publication may be reproduced without prior written permission of Borden Ladner Gervais LLP. If this publication was sent to you by BLG and you do not wish to receive further publications from BLG, you may ask to remove your contact information from our mailing lists by emailing unsubscribe@blg.com or manage your subscription preferences at blg.com/MyPreferences. If you feel you have received this message in error please contact communications@blg.com. BLG's privacy policy for publications may be found at blg.com/en/privacy.

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