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Laina A. Dowd, Esq.

Attorney

Services
Family Law

Education

B.A., Suffolk University
J.D., Suffolk University Law School

Admissions

Massachusetts

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Meet Laina

Laina A. Dowd is a family law attorney who brings intellectual curiosity, sound judgment, and a thoughtful, practical approach to each matter she handles. Her practice spans the full range of domestic relations matters, including divorce, child custody, child support, property division, and alimony. Having served as a Judicial Law Clerk in the Massachusetts Probate and Family Court, Laina gained a firsthand understanding of family law matters at every stage from the issues that first bring a case before the court through the procedural, legal, and practical considerations that shape its resolution. She draws on that experience to approach each case with careful attention to detail, an appreciation for the dynamics unique to each family, and a clear understanding of how decisions made along the way can affect the ultimate outcome.

Outside the Office

Outside of her legal practice, Laina enjoys staying connected to the people, places, and traditions that are important to her. She is a Massachusetts native and has resided in the City of Champions (Boston) since 2016. She can often be found taking long walks around the city with her dog, Rocco, or exploring Boston's restaurant scene. Laina also loves international travel and values the opportunity to experience different cultures, perspectives, and traditions around the world.

Background

Before joining Ligris, Laina served as a Judicial Law Clerk in the Massachusetts Probate and Family Court. In this role, Laina researched and drafted judicial orders, judgments, and memoranda, and worked closely with judges and court personnel across the state on a broad range of domestic relations matters. Working on matters involving individuals and families from a wide range of backgrounds and circumstances also exposed Laina to the many ways family law issues can arise and evolve. That experience continues to inform her practical approach to advocacy. Laina has a particular interest in the dynamic intersection of family law with complex financial and tax considerations, including the ways those issues can affect both immediate outcomes and clients' long-term planning.

Why Laina?

Laina brings clients the valuable perspective of understanding how family law matters look from both sides of the bench. Inquisitive by nature, tenacious in her advocacy, and pragmatic in her approach,

she combines her experience within the court system with an approachable, client-focused style. Laina takes the time to understand not only the legal issues at hand, but also the circumstances that make each matter unique, ensuring her clients understand both the process and the strategy behind their case. Whether navigating parenting issues, support, or a complex financial picture, she provides clear-eyed guidance, creative strategies, and determined advocacy from beginning to end.