



OVERVIEW

Sophia Caprio focuses her practice on family law and has experience handling matters such as divorce, child custody, child support and parenting plans. Sophia is skilled in negotiating marital settlement agreements, managing contempt actions, and representing clients in disputes involving children.

Sophia views family law as an opportunity to help clients navigate life's transitions in a constructive, forward-thinking way, and she approaches each case with empathy and a practical mindset. Committed to providing compassionate and personalized representation, Sophia focuses on both the legal and the emotional aspects of each matter to ensure clients feel supported during difficult times.

Before Bowditch

Prior to joining the firm, Sophia was an associate at an AmLaw 100 firm in Boston and focused her practice on business litigation and dispute resolution, managing complex litigation disputes in state and federal courts. She also represented clients in arbitrations and mediations, securing multi-million-dollar awards and settlements. During law school, Sophia served as a student criminal defense attorney under Massachusetts Supreme Judicial Court Rule 3:03, as well as a student judicial clerk for the Rhode Island Supreme Court.

Besides work

Sophia grew up in Rhode Island and comes from a large Italian family. An avid traveler, she studied abroad twice, went to Bali on her honeymoon and frequently visits family in Miami. Sophia enjoys walking around Boston with her husband and mini-Australian shepherd, Charlie; spending time at the beaches throughout the Ocean State; attending Pilates classes; watching reality television and reading a good book.

EXPERIENCE

- Represented clients in disputes involving children; matters including custody, parenting plans, school placement, health insurance coverage and parenting time
- Drafted emergency motions for parenting time in a contentious divorce involving a restraining order and the Department of Children and Families (DCF)
- · Accomplished at drafting complaints for contempt; complaints for care, custody and support; and complaints for divorce



- Drafted multiple motions requesting sole custody of children
- Drafted numerous motions for temporary orders relating to parties' finances and children and successfully entered into consent orders or stipulations with opposing counsel/party
- Significant family court experience including arguing a discovery motion and assisting at numerous court hearings regarding complaints for contempt and motions for temporary orders
- · Assisted at multiple depositions in highly contentious divorces; assisted at conciliations and mediations

AFFILIATIONS

- Member, Boston Bar Association
- · Member, Women's Bar Association

HONORS

- · Best Lawyers in America: Ones to Watch, Family Law (2026) and Family Law: Arbitration and Mediation (2026)
- Massachusetts Super Lawyers Rising Stars list (2025)

BAR ADMISSIONS

- Massachusetts
- Rhode Island

EDUCATION

- J.D., cum laude, Boston University School of Law
- B.A., magna cum laude, University of Miami