Ivria G. Fried

PARTNER

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MEMBER OF THE BAR

Massachusetts
United States District Court for Massachusetts
United States Court of Appeals, First Circuit
United States Court of Appeals, District of Columbia

Ivria Glass Fried graduated magna cum laude from the University of Vermont with a degree in a Political Science and Sociology and summa cum laude from Vermont Law School with a Master of Environmental Law and Policy. She received her law degree from Northeastern University School of Law, where she was a semifinalist in the Pace National Environmental Law Moot Court Competition.

Ms. Fried was selected to the Super Lawyers® list of Massachusetts Rising Stars for Environmental Law for seven years between 2017 and 2023, and to the Super Lawyers® list for 2025. In 2020, she was named an "Up & Coming Lawyer" by Massachusetts Lawyers Weekly®.

Ms. Fried concentrates her practice on general municipal governance, environmental, land use, and energy law, licensing matters, and implementation of open government requirements. Ms. Fried has litigated in Massachusetts and federal courts, as well as in administrative proceedings before the Department of Environmental Protection, the Energy Facilities Siting Board, and the Department of Public Utilities.

ACADEMIC BACKGROUND

Juris Doctor — Northeastern University

Master of Environmental Law and Policy — Vermont Law School *(summa cum laude)*

Bachelor of Arts — University of Vermont *(magna cum laude)*

PROFESSIONAL EXPERIENCE

Partner — 2014-present
Harrington Heep, LLP
(formerly Miyares and Harrington LLP)

Associate — 2013-2014
Law Office of Stuart J. Farkas

Law Clerk — 2013
Anderson & Kreiger, LLP

COMMUNITY SERVICE

Immediate Past President — 2025-present
President — 2024-2025
Vice President — 2023-2024
Executive Board Member — 2018-present
Massachusetts Municipal Lawyers Association

Member — 2025-present
YMCA Charles River Advisory Board

Legal Food Hub Advisory Council Member — 2023-2024
Conservation Law Foundation

Co-Chair — 2019-2021
Wetlands, Waterways and Water Quality Committee, Boston Bar Association

Conservation Committee Member — 2014-2015
City of Cambridge

HONORS

New England SuperLawers®
Super Lawyer — 2025
Rising Star — 2017-2023