



## MATTHEW SHEENA

### Contact Information

5464 Grossmont Center Dr.  
Ste. 300  
La Mesa, CA 91942  
Phone: 619-441-2500 ext. 140  
Fax: (619) 631-6444  
[matt@garmolaw.com](mailto:matt@garmolaw.com)

### Practice Areas

- Civil Litigation
- Criminal Defense
- Personal Injury
- Real Estate

### Professional Summary

Matthew M. Sheena joined Garmo & Garmo, LLP as an associate in 2014. Mr. Sheena is experienced in handling litigation matters, personal injury matters and criminal defense. Mr. Sheena is also an experienced Real Estate Agent and negotiator.

Mr. Sheena obtained his Bachelor of Science degree in Business Management and minor in English from San Diego State University. He earned his Juris Doctorate from California Western School of Law, where he was a member of Middle Eastern Law Student Association. Mr. Sheena is also a licensed real estate salesperson in California. At Garmo & Garmo, LLP, Mr. Sheena is involved in personal injury, civil litigation, business and real estate transactions and criminal defense.

Mr. Sheena comes from a hard working family that has taught him to live with respect and integrity. His family allowed him to pursue his goals to attend school. Throughout his education, Mr. Sheena helped his parents operate their small business, teaching him the value and importance of hard work and dedication.

Living in San Diego, Mr. Sheena enjoys spending time with his family and friends. He also appreciates the outdoors, where he enjoys playing basketball, hiking, golfing, and kayaking.