



Cain, Cain and Janik, PLLC, Estate Planners for Life™ in Norman, helps Oklahoma families protect what matters most. Founded by three graduates of the University of Oklahoma College of Law, the firm has guided thousands by focusing first on people before building a plan.

“It’s about everything you’ve worked for and the people you love,” Tamara Cain says. “Your legacy is too important to leave to chance.”

Marty Cain earned his law degree from OU in 1991 after completing a degree in Public Administration. A natural leader, he’s been active in community and nonprofit roles throughout his career. He and Tamara, who also graduated from OU Law in 1991, were recognized as the top trial team in their class before marrying the following year. Today, they have two sons, Stephen and Brooks.

Tamara, originally from Okeene, holds a degree in Family Relations and Child Development from Oklahoma State University. She brings a strong focus on the human side of estate planning, helping families communicate their values, care for future generations, and support the causes they care about.

Mitch Janik joined the firm after starting as a runner for then-Cain and Cain while in law school. A graduate of Oklahoma City University and OU Law, he has been practicing since 2010 and is licensed in both Oklahoma and Texas. He lives in Oklahoma City with his wife and son.

The firm operates out of a former family home on West Main Street in Norman. An intentional choice that reflects the comfortable, personal

nature of their work. Conversations there range from meaningful to difficult, and often raise uncomfortable topics like death, taxes, and probate, but the team works alongside clients, combining legal expertise with each family’s unique knowledge of its situation to create effective plans that always center around family.

The firm emphasizes long-term relationships, not one-time transactions. Plans are reviewed regularly to keep up with life’s changes, and the team often works with multiple generations of the same family.

“An estate plan isn’t one-and-done,” Tamara says. “It’s about having someone who will be there for your family when it matters most.”

Cain, Cain and Janik, PLLC, Estate Planners for Life™ is located at 1770 West Main Street in Norman and on the web at www.estateplannersforlife.com. They can be reached by phone at 405-364-2246.

Or scan the QR code.

