



# Contact First Shift Justice Project for Free Legal Assistance!

## First Shift Justice Project provides free legal services for employment-related issues, including:

- Workplace Issues related to Pregnancy, Breastfeeding, or Lactation
- Taking Leave after Childbirth or Adoption
- Time Off for Care for Your Own Health or Your Family
- D.C. Paid Family Leave Benefits
- Sexual Harassment at Work
- Problems at Work because of Domestic Violence

**We serve people who work in the  
District of Columbia, Maryland, and Virginia.**

## Contact us:

- We receive initial inquiries via phone and email.
- Call/Text: (202) 644-9043 (Ext. 1 for English) (Ext. 2 para Español)
- Email: [intake@firstshift.org](mailto:intake@firstshift.org)
- For services in other languages, please text or email to tell us the language you speak and the best way to reach you.

**Call or email us:**

**(202) 644-9043 | [intake@firstshift.org](mailto:intake@firstshift.org)**

**For additional information:**

**[www.firstshift.org](http://www.firstshift.org)**