



Women's Law Project

Legal Navigator Program

For Pregnant and Lactating Workers and Students

Are you pregnant, thinking about becoming pregnant, or currently breastfeeding or producing breast milk?

Are you currently employed or a student?

THEN, IN MANY CASES, YOU HAVE THE RIGHT TO...

- Stay in school.
- Equal treatment.
- Reasonable accommodations.
- Paid or unpaid leave from work or excused absence from class.
- Break time to express milk and a private space that is not a bathroom.
- Be free from harassment or discrimination.

WOMEN'S LAW PROJECT CAN HELP YOU WITH

- Preparations to disclose pregnancy at work or school.
- Requests for accommodations at work or school.
- Navigation of leave policies.
- Preparations for return to work or school.
- Requests for lactation accommodations.
- Legal advice if harassment or discrimination has already occurred.

LEARN MORE

- Check out the attached Know Your Rights flyers.
- Call us: **412-281-2892 (Western PA) or 215-928-5761 (Philadelphia area)**.
- Email us: infopitt@womenslawproject.org
- Check out our website for more information:
<https://www.womenslawproject.org/workplace-equality/>.

**THESE RIGHTS DO NOT APPLY TO EVERY EMPLOYEE OR STUDENT.
CONTACT THE WOMEN'S LAW PROJECT FOR MORE INFORMATION
AND ADVICE ABOUT WHAT YOU CAN DO.**