

Regional Offices

The National Labor Relations Board has 26 regional offices and is headquartered in Washington, DC. Hover over the map above to find a regional office, and click to go to the regional homepage for more information, including news and upcoming events.

Region 01 - Boston

Connecticut,
Massachusetts, Maine,
New Hampshire, Rhode
Island, Vermont

Regional Office 01 - Boston, MA

Thomas P. O'Neill Jr. Federal Building
10 Causeway St, Room 1002
Boston, MA 02222-1001
United States

Tel: [\(617\) 565-6700](tel:(617)565-6700)

Fax: [\(617\) 565-6725](tel:(617)565-6725)

8:30am - 5:00pm ET

Office Status OPEN

Teleworking Status NO

Subregional Office 34 - Hartford, CT

450 Main St, Suite 410
Hartford, CT 06103-3078
United States

Tel: [\(860\) 240-3522](tel:(860)240-3522)

Fax: [\(860\) 240-3564](tel:(860)240-3564)

8:30am - 5:00pm ET

Office Status OPEN

Teleworking Status NO

Region 02 - New York

New York

Regional Office 02 - New York, NY

26 Federal Plaza, Ste 41-120
New York, NY 10278-0104
United States

Tel: [\(212\) 264-0300](tel:(212)264-0300)

Fax: [\(212\) 264-2450](tel:(212)264-2450)

8:45am - 5:15pm ET

Office Status OPEN

Teleworking Status NO

Region 03 - Buffalo

New York, Vermont

Resident Office 03 - Albany, NY

11A Clinton Ave
STE 342
ALBANY, NY 12207-2366
United States

Tel: [\(518\) 816-0909](tel:(518)816-0909)

Fax: [\(518\) 431-4157](tel:(518)431-4157)

8:30am - 5:00pm ET

Office Status OPEN

Teleworking Status NO

Regional Office 03 - Buffalo, NY

130 S Elmwood Ave Ste 630
Buffalo, NY 14202-2465
United States

Tel: [\(716\) 551-4931](tel:(716)551-4931)

Fax: [\(716\) 551-4972](tel:(716)551-4972)

8:00am - 4:30pm ET

Office Status VIRTUAL ONLY

Teleworking Status YES

Region 04 - Philadelphia

Delaware, New Jersey,
Pennsylvania

Regional Office 04 - Philadelphia, PA

100 E Penn Square
Suite 403
Philadelphia, PA 19107
United States

Tel: [\(215\) 597-7601](tel:(215)597-7601)

Fax: [\(215\) 597-7658](tel:(215)597-7658)

8:30am - 5:00pm ET

Office Status OPEN

Teleworking Status NO

Region 05 - Baltimore

District of Columbia,
Delaware, Maryland,
Pennsylvania, Virginia,
West Virginia

Resident Office 05 - Washington, DC

1015 Half Street SE
WASHINGTON, DC 20570-0001
United States

Tel: [\(202\) 208-3000](tel:(202)208-3000)

Fax: [\(202\) 208-3013](tel:(202)208-3013)

8:15am - 4:45pm ET

Office Status OPEN BY APPOINTMENT ONLY

Teleworking Status YES

Regional Office 05 - Baltimore, MD

Edward A. Garmatz U.S. Courthouse
101 W. Lombard Street, Suite 700
BALTIMORE, MD 21201
United States

Tel: [\(410\) 962-2822](tel:(410)962-2822)

Fax: [\(410\) 962-2198](tel:(410)962-2198)

8:15am - 4:45pm ET

Office Status OPEN

Teleworking Status NO

Region 06 - Pittsburgh

Maryland, Pennsylvania,
Virginia, West Virginia

Regional Office 06 - Pittsburgh, PA

1000 Liberty Ave Rm 904
Pittsburgh, PA 15222-4111
United States

Tel: [\(412\) 395-4400](tel:(412)395-4400)

Fax: [\(412\) 395-5986](tel:(412)395-5986)

8:30am - 5:00pm ET

Office Status OPEN

Teleworking Status NO

Region 07 - Detroit

Michigan

Resident Office 07 - Grand Rapids, MI

110 Michigan St NW Ste 299
Grand Rapids, MI 49503-2313
United States

Tel: [\(616\) 456-2679](tel:(616)456-2679)

Fax: [\(616\) 456-2596](tel:(616)456-2596)

8:15am - 4:45pm ET

Office Status OPEN

Teleworking Status NO

Regional Office 07 - Detroit, MI

Patrick V. McNamara Federal Building
477 Michigan Avenue, Room 05-200
Detroit, MI 48226
United States

Tel: [\(313\) 226-3200](tel:(313)226-3200)

Fax: [\(313\) 226-2090](tel:(313)226-2090)

8:15am - 4:45pm ET

Office Status OPEN

Teleworking Status NO

Region 08 - Cleveland

Ohio

Regional Office 08 - Cleveland, OH

1240 E 9TH ST
STE 1695
CLEVELAND, OH 44199-2086
United States

Tel: [\(216\) 522-3715](tel:(216)522-3715)

Fax: [\(216\) 522-2418](tel:(216)522-2418)

8:15am - 4:45pm ET

Office Status OPEN

Teleworking Status NO

Region 09 - Cincinnati

Indiana, Kentucky, Ohio,
West Virginia

Regional Office 09 - Cincinnati, OH

550 MAIN ST

RM 3-111

CINCINNATI, OH 45202-3271

United States

Tel: [\(513\) 684-3686](tel:(513)684-3686)

Fax: [\(513\) 684-3946](tel:(513)684-3946)

8:30am - 5:00pm ET

Office Status OPEN

Teleworking Status NO

[Region 10 - Atlanta](#)

Alabama, Georgia,
Kentucky, North Carolina,
South Carolina,
Tennessee, Virginia,
West Virginia

Resident Office 10 - Birmingham, AL

1130 22ND ST S
RIDGE PARK PLACE STE 3400
BIRMINGHAM, AL 35205-2885
United States

Tel: [\(205\) 933-3018](tel:(205)933-3018)

Fax: [\(205\) 933-3017](tel:(205)933-3017)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Resident Office 10 - Nashville, TN

810 Broadway Ste 302
Nashville, TN 37203-3859
United States

Tel: [\(615\) 736-5921](tel:(615)736-5921)

Fax: [\(615\) 736-7761](tel:(615)736-7761)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Regional Office 10 - Atlanta, GA

401 W. Peachtree Street, NW
Suite 2201
Atlanta, GA 30308
United States

Tel: [\(404\) 331-2896](tel:(404)331-2896)

Fax: [\(404\) 331-2858](tel:(404)331-2858)

8:00am - 4:30pm ET

Office Status OPEN

Teleworking Status NO

Subregional Office 11 - Winston-Salem, NC

One West Fourth Street
Suite 710
Winston-Salem, NC 27101
United States

Tel: [\(336\) 631-5201](tel:(336)631-5201)

Fax: [\(336\) 631-5210](tel:(336)631-5210)

8:00am - 4:30pm ET

Office Status OPEN

Teleworking Status NO

Region 12 - Tampa

Florida, Georgia, Puerto
Rico, U.S. Virgin Islands

Resident Office 12 - Miami, FL

51 SW 1st Ave Ste 1320
Miami, FL 33130-1623
United States

Tel: [\(305\) 536-5391](tel:(305)536-5391)

Fax: [\(305\) 536-5320](tel:(305)536-5320)

8:00am - 4:30pm ET

Office Status OPEN

Teleworking Status NO

Regional Office 12 - Tampa, FL

201 E Kennedy Blvd Ste 530
Tampa, FL 33602-5824
United States

Tel: [\(813\) 228-2641](tel:(813)228-2641)

Fax: [\(813\) 228-2874](tel:(813)228-2874)

8:00am - 4:30pm ET

Office Status OPEN

Teleworking Status NO

Subregional Office 24 - San Juan, PR

525 F. D. Roosevelt Avenue
Suite 1002
San Juan, PR 00918-8001
United States

Tel: [\(787\) 523-8100](tel:(787)523-8100)

Fax: [\(787\) 766-5478](tel:(787)766-5478)

8:30am - 5:00pm AT

Office Status OPEN

Teleworking Status NO

Region 13 - Chicago

Illinois, Indiana

Regional Office 13 - Chicago, IL

Dirksen Federal Building
219 South Dearborn Street, Suite 808
Chicago, IL 60604-2027
United States

Tel: [\(312\) 353-7570](tel:(312)353-7570)

Fax: [\(312\) 886-1341](tel:(312)886-1341)

8:30am - 5:00pm CT

Office Status OPEN

Teleworking Status NO

Region 14 - St. Louis

Iowa, Illinois, Kansas,
Missouri, Nebraska,
Oklahoma

Resident Office 14 - Tulsa, OK

224 S Boulder Ave Ste 322
Tulsa, OK 74103-3006
United States

Tel: [\(918\) 581-7951](tel:(918)581-7951)

Fax: [\(918\) 581-7970](tel:(918)581-7970)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Regional Office 14 - St. Louis, MO

1222 Spruce Street
Room 8.302
St. Louis, MO 63103-2829
United States

Tel: [\(314\) 539-7770](tel:(314)539-7770)

Fax: [\(314\) 539-7794](tel:(314)539-7794)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Subregional Office 17 - Overland Park, KS

8600 Farley St Ste 100
Overland Park, KS 66212-4677
United States

Tel: [\(913\) 967-3000](tel:(913)967-3000)

Fax: [\(913\) 967-3010](tel:(913)967-3010)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Region 15 - New Orleans

Alabama, Arkansas,
Florida, Louisiana,
Mississippi, Tennessee

Resident Office 15 - Little Rock, AR

700 West Capitol Ave.
Suite 4429
Little Rock, AR 72201
United States

Tel: [\(501\) 324-6311](tel:(501)324-6311)

Fax: [\(501\) 324-5009](tel:(501)324-5009)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Regional Office 15 - New Orleans, LA

600 South Maestri Place – 7th Floor
New Orleans, LA 70130-3413
United States

Tel: [\(504\) 589-6362](tel:(504)589-6362)

Fax: [\(504\) 589-4069](tel:(504)589-4069)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Subregional Office 26 - Memphis, TN

80 Monroe Avenue, Ste 935
Memphis, TN 38103-2400
United States

Tel: [\(901\) 544-0019](tel:(901)544-0019)

Fax: [\(901\) 544-0008](tel:(901)544-0008)

8:00am - 4:30pm CT

Office Status OPEN BY APPOINTMENT ONLY

Teleworking Status NO

Region 16 - Fort Worth

Arkansas, Texas

Resident Office 16 - Houston, TX

1919 Smith St Ste 1545
Houston, TX 77002-8051
United States

Tel: [\(281\) 228-5600](tel:(281)228-5600)

Fax: [\(281\) 228-5619](tel:(281)228-5619)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Resident Office 16 - San Antonio, TX

615 E Houston St Ste 559
San Antonio, TX 78205-2039
United States

Tel: [\(210\) 472-6140](tel:(210)472-6140)

Fax: [\(210\) 472-6143](tel:(210)472-6143)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Regional Office 16 - Fort Worth, TX

819 Taylor St Rm 8A24
Fort Worth, TX 76102-6107
United States

Tel: [\(817\) 978-2921](tel:(817)978-2921)

Fax: [\(817\) 978-2928](tel:(817)978-2928)

8:15am - 4:45pm CT

Office Status VIRTUAL ONLY

Teleworking Status YES

Region 18 - Minneapolis

Iowa, Michigan,
Minnesota, North Dakota,
South Dakota, Wisconsin

Regional Office 18 - Minneapolis, MN

Paul D. Wellstone Federal Building
212 Third Avenue South, Suite 200
Minneapolis, MN 55401-2657
United States

Tel: [\(612\) 348-1757](tel:(612)348-1757)

Fax: [\(612\) 348-1785](tel:(612)348-1785)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Subregional Office 30 - Milwaukee, WI

310 West Wisconsin Avenue, Suite 450W
Milwaukee, WI 53203-2246
United States

Tel: [\(414\) 297-3861](tel:(414)297-3861)

Fax: [\(414\) 297-3880](tel:(414)297-3880)

8:00am - 4:30pm CT

Office Status OPEN

Teleworking Status NO

Region 19 - Seattle

Alaska, Idaho, Montana,
Oregon, Washington

Regional Office 19 - Seattle, WA

915 2nd Ave Ste 2948
Seattle, WA 98174-1006
United States

Tel: [\(206\) 220-6300](tel:(206)220-6300)

Fax: [\(206\) 220-6305](tel:(206)220-6305)

8:15am - 4:45pm PT

Office Status OPEN

Teleworking Status NO

Subregional Office 36 - Portland, OR

Green-Wyatt Federal Building
1220 SW 3rd Avenue, Suite 605
Portland, OR 97204-2170
United States

Tel: [\(503\) 326-3085](tel:(503)326-3085)

Fax: [\(503\) 326-5387](tel:(503)326-5387)

8:00am - 4:30pm PT

Office Status OPEN

Teleworking Status NO

Region 20 - San Francisco

California, Guam, Hawaii

Regional Office 20 - San Francisco, CA

450 Golden Gate Ave.
3rd Floor, Suite 3112
San Francisco, CA 94102
United States

Tel: [\(415\) 356-5130](tel:(415)356-5130)

Fax: [\(415\) 356-5156](tel:(415)356-5156)

8:30am - 5:00pm PT

Office Status OPEN

Teleworking Status NO

Subregional Office 37 - Honolulu, HI

300 Ala Moana Blvd Rm 7-245
Honolulu, HI 96850-7245
United States

Tel: [\(808\) 541-2814](tel:(808)541-2814)

Fax: [\(808\) 541-2818](tel:(808)541-2818)

8:00am - 4:30pm HAT

Office Status OPEN

Teleworking Status NO

Region 21 - Los Angeles

California

Resident Office 21 - San Diego, CA

550 West C Street
Suite 790
San Diego, CA 92101-3516
United States

Tel: [\(619\) 557-6184](tel:(619)557-6184)

Fax: [\(619\) 557-6358](tel:(619)557-6358)

8:30am - 5:00pm PT

Office Status OPEN

Teleworking Status NO

Regional Office 21 - Los Angeles, CA

US Court House, Spring Street
312 N Spring Street, 10th Floor
Los Angeles, CA 90012
United States

Tel: [\(213\) 894-5200](tel:(213)894-5200)

Fax: [\(213\) 894-2778](tel:(213)894-2778)

8:30am - 5:00pm PT

Office Status OPEN

Teleworking Status NO

Region 22 - Newark

New Jersey

Regional Office 22 - Newark, NJ

20 Washington Place

FL 5

NEWARK, NJ 07102-3127

United States

Tel: [\(973\) 645-2100](tel:(973)645-2100)Fax: [\(973\) 645-3852](tel:(973)645-3852)

8:30am - 5:00pm ET

Office Status OPEN**Teleworking Status NO**

Region 25 - Indianapolis

Iowa, Illinois, Indiana,

Kentucky

Regional Office 25 - Indianapolis, IN

575 N Pennsylvania St Ste 238

Indianapolis, IN 46204-1520

United States

Tel: [\(317\) 226-7381](tel:(317)226-7381)Fax: [\(317\) 226-5103](tel:(317)226-5103)

8:30am - 5:00pm ET

Office Status OPEN**Teleworking Status NO****Subregional Office 33 - Peoria, IL**

101 SW Adams Street

Suite 400

Peoria, IL 61602-1335

United States

Tel: [\(309\) 671-7080](tel:(309)671-7080)Fax: [\(309\) 671-7095](tel:(309)671-7095)

8:00am - 4:30pm CT

Office Status OPEN**Teleworking Status NO**

Region 27 - Denver

Colorado, Idaho,

Montana, Nebraska,

Utah, Wyoming

Regional Office 27 - Denver, CO

Byron Rogers Federal Office Building

1961 Stout Street, Suite 13-103

Denver, CO 80294

United States

Tel: [\(303\) 844-3551](tel:(303)844-3551)Fax: [\(303\) 844-6249](tel:(303)844-6249)

8:30am - 5:00pm MT

Office Status OPEN**Teleworking Status NO**

Region 28 - Phoenix

Arizona, New Mexico,

Nevada, Texas

Resident Office 28 - Albuquerque, NM

PO Box 244

Albuquerque, NM 87103-0244

United States

Tel: [\(505\) 248-5125](tel:(505)248-5125)Fax: [\(505\) 206-5695](tel:(505)206-5695)

8:15am - 4:45pm MT

Office Status OPEN**Teleworking Status NO****Resident Office 28 - Las Vegas, NV**

300 Las Vegas Boulevard South

Suite 2-901

Las Vegas, NV 89101

United States

Tel: [\(702\) 388-6416](tel:(702)388-6416)Fax: [\(702\) 388-6248](tel:(702)388-6248)

8:30am - 5:00pm PT

Office Status OPEN**Teleworking Status NO****Regional Office 28 - Phoenix, AZ**

2600 North Central Avenue -Suite 1400

Phoenix, AZ 85004-3099

United States

Tel: [\(602\) 640-2160](tel:(602)640-2160)Fax: [\(602\) 640-2178](tel:(602)640-2178)

8:15am - 4:45pm MT

Office Status OPEN**Teleworking Status NO**

Region 29 - Brooklyn

New York

Regional Office 29 - Brooklyn, NY

One Metrotech Center, 20th Floor

Suite 2000

Brooklyn, NY 11201-3948

United States

Tel: [\(718\) 330-7713](tel:(718)330-7713)

Fax: [\(718\) 330-7579](tel:(718)330-7579)

9:00am - 5:30pm ET

Office Status OPEN

Teleworking Status NO

[Region 31 - Los Angeles](#)

California

Regional Office 31 - Los Angeles, CA

11500 W OLYMPIC BLVD

SUITE 600

Los Angeles, CA 90064-1753

United States

Tel: [\(310\) 235-7351](tel:(310)235-7351)

Fax: [\(310\) 235-7420](tel:(310)235-7420)

8:30am - 5:00pm PT

Office Status OPEN

Teleworking Status NO

[Region 32 - Oakland](#)

California, Nevada

Regional Office 32 - Oakland, CA

1301 Clay St Ste 1510N

Oakland, CA 94612-5224

United States

Tel: [\(510\) 637-3300](tel:(510)637-3300)

Fax: [\(510\) 637-3315](tel:(510)637-3315)

8:30am - 5:00pm PT

Office Status OPEN

Teleworking Status NO
