

## Working Families

Working Families: Changing the way we live and work.

Working Families is the UK's leading work-life balance organisation. The charity helps working parents and carers and their employers find a better balance between responsibilities at home and work.

Our free Legal Helpline gives parents and carers advice on employment rights such as maternity and paternity leave, rights to time off in an emergency, and parental leave, as well as helping them to negotiate the flexible hours they want. We can also give basic advice on the benefits and tax credits that working parents can claim. We also give advice on maternity discrimination and pregnancy discrimination. Our ground breaking research and campaigns seek to change the way we live and work. To that end, we also work with employers to support them in creating workplaces which encourage work-life balance for everyone.



### Who to contact

**Telephone** 0300 012 0312  
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**Website** [www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

### Where to go

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