



Know Your Rights Library

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Plain-language federal workplace, fair-housing, wage, retaliation, safety, complaint-deadline, and evidence-preservation resources.

Everyone Deserves a Home, Hot Meal, Medical Care, Employment, and Peace.

September 2026 Major Changes

September refreshes EEOC, HUD, DOL and OSHA filing-deadline guidance and adds clearer retaliation and whistleblower timing warnings.

Important

Funding, program availability, eligibility rules, and legal filing deadlines can change after publication. Verify every opportunity directly with the official agency before applying or relying on a deadline.

Current Opportunities & Resources

Opportunity / Resource	Who / Purpose	September Status
Employment Discrimination - EEOC	Workers and applicants covered by federal anti-discrimination laws.	Generally 180 days; often 300 days where a state/local agency enforces similar law.
Federal Employee EEO	Federal employees and applicants.	Generally contact an EEO counselor within 45 days.
Fair Housing - HUD	People covered by the Fair Housing Act.	Administrative complaint generally within 1 year; private federal suit generally within 2 years, subject to rules/tolling.
Wage & Hour Retaliation - DOL	Workers asserting rights enforced by WHD.	Retaliation prohibited; complaints may be made to WHD.
OSHA Safety Complaint	Workers reporting unsafe/unhealthy conditions.	Act promptly; OSHA citation timing can be short.
OSHA Whistleblower	Workers punished for protected activity.	Deadline varies by statute, commonly 30-180 days.

Application / Resource Readiness

Confirm applicant eligibility, geographic restrictions, registrations, match requirements, required attachments, and the official submission portal. Prepare a short project summary, work plan, measurable outcomes, budget, budget narrative, governing documents, financial records, and partner letters before the deadline.

Official Source Links

EEOC Filing Deadlines

<https://www.eeoc.gov/time-limits-filing-charge>

EEOC Retaliation

<https://www.eeoc.gov/retaliation>

HUD Fair Housing Complaint Process

https://www.hud.gov/program_offices/fair_housing_equal_opp/complaint-process

DOL Wage & Hour Complaints

<https://www.dol.gov/agencies/whd/contact/complaints>

OSHA File a Complaint

<https://www.osha.gov/workers/file-complaint>

Legal Services Corporation

<https://www.lsc.gov/about-lsc/what-legal-aid/get-legal-help>

Free Community Resource Statement

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