



CHRO Search:

Advanced Search

- >> THE COMMISSION
- >> DISCRIMINATION COMPLAINTS
- >> PUBLIC HEARINGS
- >> AFFIRMATIVE ACTION
- >> CONTRACT COMPLIANCE
- >> WHISTLEBLOWER RETALIATION
- >> LEGAL ISSUES
- >> MARTIN LUTHER KING, JR. HOLIDAY COMMISSION

**Commission on
Human Rights and
Opportunities**

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How to File a Discrimination Complaint

Connecticut law prohibits illegal discrimination in the areas of employment, housing, public accommodations, and credit transactions. To understand what illegal discrimination is, go to the [Who's Protected](#) page. If you believe you have experienced illegal discrimination, the Connecticut Commission on Human Rights and Opportunities will investigate your allegation without cost to you. To understand what will happen after you file a complaint, go to [complaint process](#).

Complaints must generally be filed within 180 days of the date of the alleged act of discrimination or within 180 days of the date that you became aware of the act. Complaints must be in writing and under oath. Your reasonably written complaint must be filed in a Commission office and entered into the Commission records before the 180-day time frame expires.

A person wishing to file a complaint should contact an intake officer at one of the Commission's regional offices. The intake worker will discuss your concerns, explain our complaint process and advise you about what help CHRO may be able to provide to you. If a complaint can be taken, you will be given an appointment to come to a regional office to file a complaint.

If you are interested in **filing an employment discrimination complaint**, go to the [contacting us](#) page now to find the town in which the alleged discriminatory act took place and the phone number of the Regional Office that serves that town.

Housing Complaints Only

If you are interested in **filing a housing complaint**, contact the Commission's Fair Housing Unit located at the Commission's administrative offices at 21 Grand Street, Hartford, CT 06106, (860) 541-3403. [More about filing a housing complaint](#). For general information on housing discrimination and your rights to fair housing, go to the [housing index page](#).

Whistleblower Retaliation Complaints

If you are an employee of a state agency, a quasi-public agency, or a large state contractor, and if you are interested in **filing a whistleblower retaliation complaint**, contact the Commission's Office of Public Hearing at the Commission's administrative offices at 21 Grand Street, Hartford, CT 06106, (860) 541-3452. [More about filing a whistleblower retaliation complaint](#).

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