



BENEFITS AVAILABLE STARTING **MAY 2026.**

Paid time off when you need it the most.

Eligible Maine workers can apply for up to 12 weeks of paid time off through the Paid Family & Medical Leave program – giving you time to care for yourself or the people who matter most, while helping protect your job and income.



What Can You Use Leave For?

- **Parental Leave** – Bond with a new child (birth, adoption, or foster care)
- **Family Care Leave** – Care for a family member with a serious health condition
- **Medical Leave** – Unable to work due to a serious health condition
- **Military Family Leave** – Prepare for a loved one's military service
- **Safe Leave** – Find safety for yourself or a family member from abuse, violence, or assault

What This Means for You

- **Paid time off** when you need it most
- **Partial wage replacement** so your income stays protected
- **Job protection** if you've worked for your employer at least 120 consecutive days
- **Flexible Leave Options** – Take time all at once or in smaller amounts
- **Portable Benefit** – Stays with you even if you change jobs

Let your employer know as soon as possible that you plan to take leave (typically a 30-day notice)

Ready to apply or learn more? Visit maine.gov/paidleave.