

## CIARRA J. LOFSTROM

**Associate** / Hartford

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### **Ciarra helps employers navigate the complexities of employment law through both skilled defense and practical counsel.**

Ciarra represents management clients in both state and federal court, as well as before administrative agencies such as the Connecticut Commission on Human Rights and Opportunities (CHRO) and the Massachusetts Commission Against Discrimination (MCAD). Her practice focuses on defending employers against claims involving discrimination, harassment, retaliation, and wage and hour issues, including class action claims.

In addition to her litigation work, Ciarra assists employers across a wide range of industries with day-to-day counsel on the many challenges that can arise in the workplace. She regularly assists clients with drafting employee handbooks, implementing compliant sick leave and time-off policies, and navigating hiring and termination decisions. Her proactive, compliance-focused approach helps clients mitigate risk and maintain best practices in line with the ever-evolving state and federal employment laws and regulations.

Prior to joining FordHarrison, Ciarra was an associate at a general practice firm where she gained valuable litigation experience in both state and federal court. She played an active role in mediations and focused primarily on representing municipal clients throughout Connecticut, providing legal support on a broad range of matters.

While earning her J.D., Ciarra served as a Law Student Intern for the Connecticut Office of the Attorney General, gaining hands on experience in public service and litigation. She also participated in the William H. Hastie Moot Court Competition where she was recognized with the Best Brief award for outstanding legal writing.

## News & Insights

- » August 18, 2025 - Connecticut Court Says Employers Don't Have to Permit Remote Work if It Would Eliminate an Essential Job Function

## EDUCATION

- » University of Connecticut School of Law (J.D., 2022)
- » California State University, Long Beach (B.A., 2016)

## BAR ADMISSIONS

- » Connecticut

## COURT ADMISSIONS

- » U.S. District Court for the District of Connecticut

## Offices

- » *Hartford:*  
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Hartford, Connecticut 06103