

JacksonLewis Benjamin A. Mains

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Practices

- National Compliance and Multi-State Solutions
- Employment Litigation
- Workplace Training
- Trials and Appeals

Education

- University of California College of the Law, San Francisco, J.D. 2010
- Princeton University, A.B. 2006

Admitted to Practice

- California - S.D. Cal. 2025
- California - E.D. Cal. 2021
- California - C.D. Cal. 2020
- California - N.D. Cal. 2019
- California 2010

Benjamin A. Mains is of counsel in the San Francisco, California, office of Jackson Lewis P.C. Ben is an employment litigator and represents both private and public entities primarily in employment discrimination, wrongful termination, retaliation, failure to accommodate claims, and whistleblower actions.

A former prosecutor and veteran trial attorney, prior to joining Jackson Lewis, Ben served as an assistant district attorney for eight years. He has taken 65 jury trials to verdict in jurisdictions across California, conducted hundreds of evidentiary hearings, and negotiated thousands of settlement agreements.

Ben represents a wide range of clients ranging from burgeoning start-ups to Fortune 500 companies, focusing a large portion of his practice on universities and hospitals. In addition to his litigation practice, Ben also provides advice and counseling to employers with a litigator's eye, including advising employers about the risks associated with discipline and terminations, and educating clients about the duty to engage in the interactive process and the provision of reasonable disability-related accommodations.

Ben is also an adjunct professor at Golden Gate University and has written and lectured on both criminal law reform and social justice policy. Ben is an enthusiastic backpacker, a requisite for a San Francisco native, and, above all, an extremely proud father and husband.