



Sonya Arellano

Associate Attorney

Direct Dial: (408) 346-4781

Phone: (408) 286-8801

Fax: (408) 286-1935

Email: sarellano@lflm.com

Physical Address: 1798 Technology Drive, Suite 120, San Jose, CA, 95110

Sonya Arellano is an Associate Attorney in our San Jose office. She joined LFLM in 2019, and represents insurance carriers, third-party administrators and self-insured employers in all areas of state workers' compensation law.

Ms. Arellano is a passionate advocate with a commitment to social justice. While earning a Bachelor of Arts degree with honors from UC Berkeley, she double majored in American Studies, with a concentration in law, race and public policy and Ethnic Studies. Ms. Arellano then received her law degree from UC Hastings College of the Law. She is duly admitted to the California State Bar and the United States District Court for the Northern District of California.

Ms. Arellano was a Notes Editor for the Hastings Women's Law Journal as well as a Judicial Extern for the Honorable Ronald E. Quidachay. Subsequent to her education, Ms. Arellano was an associate for several years for a well-respected law firm where she represented clients before Administrative Law Judges in Social Security and Disability Hearings, independently managing a large caseload in these areas. Ms. Arellano has also been a law clerk at two employment law firms in Northern California, bringing extensive knowledge to our workers' compensation community. In addition to being fluent in Spanish, Ms. Arellano enjoys spending time with her family and friends.

Honors & Awards

- Notes Editor, Hastings Women's Law Journal

Practice Areas

- **Workers' Compensation Defense**

Admitted to Practice

- The State Bar of California, 2013

Education

- University of California, Hastings College of the Law, Juris Doctor, 2011
- University of California, Berkeley, Bachelor of Arts in American Studies with emphasis in Law and Public Policy; Ethnic Studies, 2008