



May 6, 2026

Contact:

Press@legal-aid.org

*****FOR IMMEDIATE RELEASE*****

Ahead of Tomorrow’s Rent Guidelines Board’s Preliminary Vote, Legal Aid Calls for a Rent Freeze for New Yorkers Living in Rent-Stabilized Dwellings

(NEW YORK, NY) — The Legal Aid Society released the following statement ahead of tomorrow night’s preliminary vote by the New York City Rent Guidelines Board, calling on the Board to approve a rent freeze for all residents of rent-stabilized dwellings:

“The data released by the Board this year makes it abundantly clear that New Yorkers residing in rent-stabilized apartments, lofts, and hotels are in dire need of a rent freeze. After shouldering [four consecutive years](#) of rent increases under the previous administration, these tenants – the majority of whom are working-class or low-income New Yorkers – are reaching a breaking point.

“According to the Board’s reports, landlords of stabilized units and buildings continue to see [steady or increasing profits](#) while unemployment levels and the total number of evictions citywide have both [increased](#). Raising rents for stabilized tenants this year – particularly at a moment of growing economic instability – would serve only to exacerbate this divide.

“No individual or family should be forced to choose between paying rent or buying groceries, medicine, or other essentials. The clear path forward, and the only way to ensure that these vulnerable tenants are not priced out of their longtime homes and communities, is an outright freeze on rents for all tenants of stabilized units.

“Ahead of the preliminary vote tomorrow night, we call on the Board to recognize that voting for an increase in rents is simply not supported by the data, and anything short of a full rent freeze will undoubtedly lead to increases in housing insecurity, displacement, and homelessness across the five boroughs.”

###

The Legal Aid Society is a nonprofit law firm that exists for one simple yet powerful reason: to ensure that New Yorkers are not denied their right to equal justice because of poverty. For 150 years, we have protected, defended, and advocated for those who have struggled in silence for far too long. Every day, in every borough, The Legal Aid Society changes the lives of the people we serve and helps improve our communities.

www.legalaidnyc.org