



Virginia K. Flores
Associate

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Practice Groups
Labor & Employment

Bar Number
361658

Education
Thomas Jefferson School of Law,
JD, 2024

Brigham Young University - Idaho,
BS, 2018

Practicing Since: 2025

Virginia K. Flores is an Associate in Meyers Nave's Labor and Employment Practice Group. Virginia provides a client-centered approach by listening to what is important for her clients and bringing an efficient resolution for them. With empathy, she seeks to help employers with their legal challenges with care and understanding.

Virginia earned her J.D., *cum laude*, from Thomas Jefferson School of Law. During law school, Virginia interned with the San Diego District Attorney's Office and the San Diego Public Defender's Office. This allowed her to gain valuable experience on how to navigate through the courtroom by undertaking preliminary hearings, legal research, drafting motions, and case preparation.

While interning, Virginia gained experience in dealing with delicate and sensitive information, which taught her to be both empathic and logical in finding the proper resolution for everyone. Though she has primarily worked within the criminal sector, this background has sharpened her ability to analyze legal issues, communicate clearly, and advocate effectively.

Virginia brings efficient resolution and passion to Meyers Nave by being committed to helping clients navigate the complexities of the employer-employee relationship with clarity and practical solutions while continuing to build her knowledge and experience in this dynamic area of law.

Professional and Community Affiliations

- The State Bar of California, Member (2025-Present)
- San Diego La Raza Lawyers Association, Member (2021-Present)
- Latinas in the Law, Member
- Latina Lawyers Bar Association, Member
- San Diego County Bar Association, Member

Honors and Awards

- Bar Stipend Award - *San Diego La Raza Lawyers Association* (2024)
- Wiley W. Manuel Certificate for Pro-Bono Legal Services - *California Lawyers Association* (2024)
- Outstanding Service Award - *Legal Aid Society of San Diego* (2024)
- CALI Excellence for the Future Award in California Civil Procedure, *The Center for Computer-Assisted Legal Instruction* (2023)
- Patricia Garcia Scholarship - *San Diego La Raza Lawyers Association* (2023)
- General Scholarship - *Earl B. Gilliam Association* (2023)

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