CBRE

New Haven County Office Market H2 2025

H2 2025

CBRE

Annual leasing fell from 2024

151,646
H2 Leasing Activity

(68,734)
YTD Absorption

20.3%
Availability Rate

19.9%
Vacancy Rate

$22.49
Average Asking Rent

Note: Arrows indicate change from previous half year.

QUICK FACTS

- Leasing activity amounted to 152,000 sq. ft.—up 64% from H1 2025.
- Renewals totaled 41,000 sq. ft. for H1 2025—up 134% from H1 2025.
- Annual Leasing totaled 244,363 sq. ft.—down 40% from 2024.
- The availability rate was 20.3%—up 60 basis points (bps) from H1 2025.
- Net absorption for H2 2025 was negative 69,000 sq. ft.
- Average asking rent was $22.49 per sq. ft., up 2% from H1 2025.

FIGURE 1: Top Lease Transactions for H2 2025

Size (Sq. Ft.)	Deal Type	Direct/ Sublet	Tenant	Address	Submarket
19,023	R	D	Yale New Haven Hospital	195 Church Street	New Haven Central
12,568	L	D	Bexorg	55 Church Street	New Haven Central
11,684	L	D	Barclay Damon	555 Long Wharf Drive	New Haven Central
10,732	L	D	Lumibility	860 North Main Street Extension	New Haven North
10,533	L	D	BerryDunn	2319 Whitney Avenue	New Haven North

Source: CBRE Research, H2 2025. | Lease (L), Renewal (R), Expansion (E), Renewal and Expansion (RE), Direct (D), Sublet (S).

FIGURE 2: New Haven Market Activity

Source: CBRE Research, H2 2025.

New Haven County	H1 2025	H2 2025
Leasing Activity	92,717	151,646
Renewals	17,335	40,604
Absorption	(2,641)	(68,734)
Availability Rate	19.7%	20.3%
Vacancy Rate	19.5%	19.9%
Average Asking Rent	$22.10	$22.49

New Haven Overview

Situated along the Long Island Sound, New Haven has undergone a transformation in the past few decades, from a declining industrial center to an innovation hub. One of the main drivers of this change has been the presence and growth of educational institutions, healthcare organizations, and biotech companies, which have attracted talent, investment, and development to the city.

Market Activity

New Haven County leasing activity improved over the past six months, but still experienced an annual decline in activity. Leasing totaled 152,000 sq. ft. in H2, bringing annual totals to 244,000 sq. ft. of new activity—40% below 2024. Activity in H2 was concentrated in New Haven North, which accounted for 62% of leasing by square footage, led by Lumibility's 11,000 sq. ft. lease at 860 North Main Street in Wallingford.

New Haven County's annual absorption was negative 69,000 sq. ft. in H2 bringing the annual figure to negative 82,000 sq. ft. Consequently, availability rose to 20.3%—the highest level since H1 2024.

Asking rents ticked upward 2% annually to $22.49 per sq. ft.. The increase stemmed from above-average priced space coming available at 115 Munson Street and 555 Long Wharf Drive in New Haven Central.

FIGURE 3: New Haven County Quarterly Absorption & Availability Rate

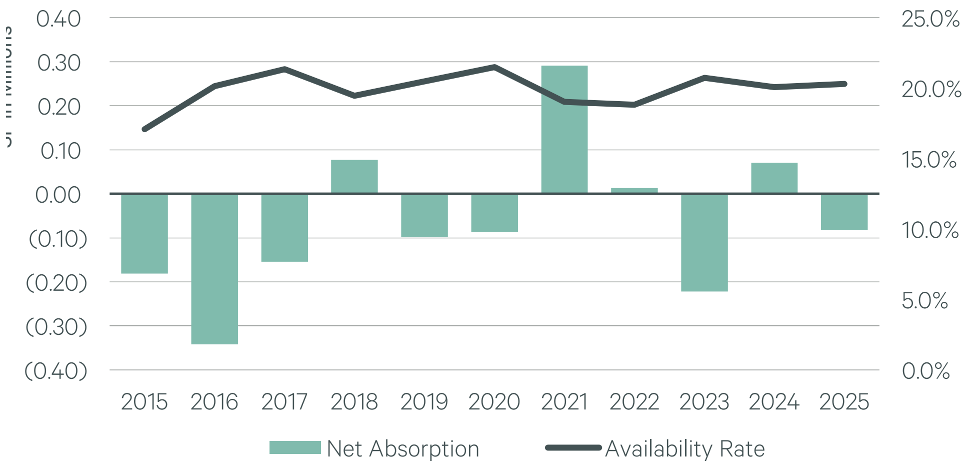


FIGURE 4: New Haven Market Average Asking Rent

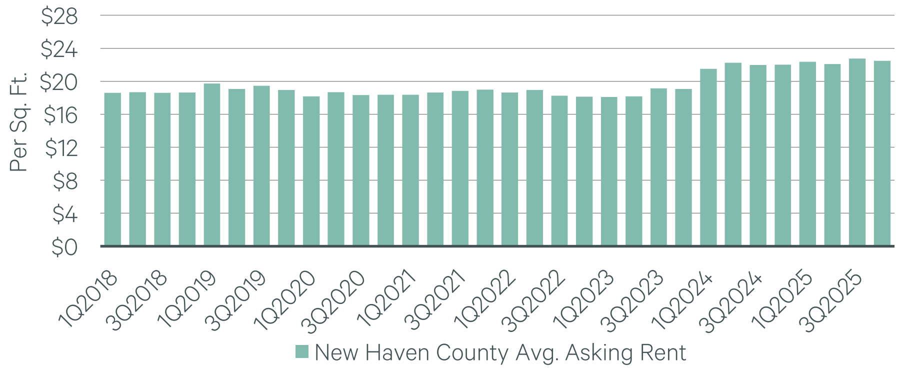
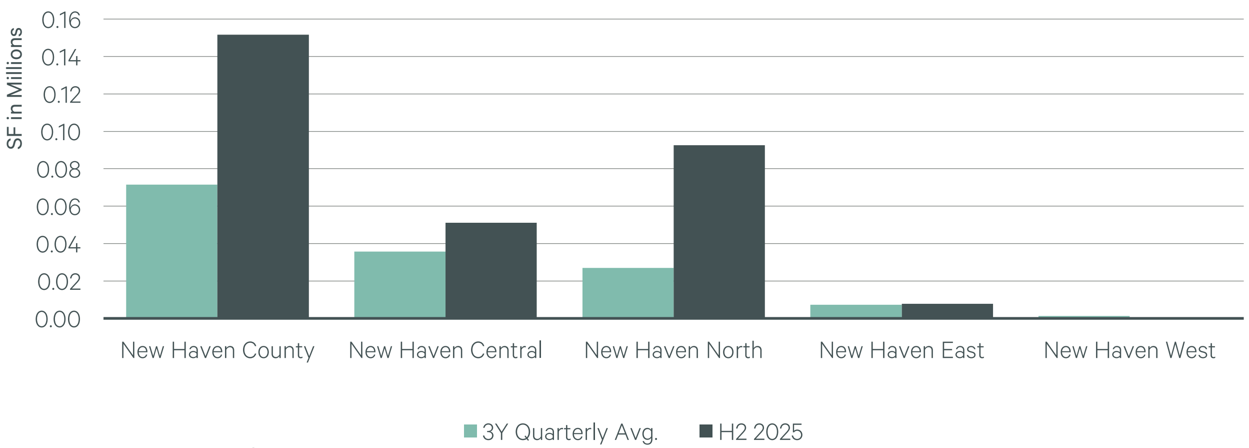


FIGURE 5: Quarterly Leasing Activity by Submarket



Source: CBRE Research, H2 2025.

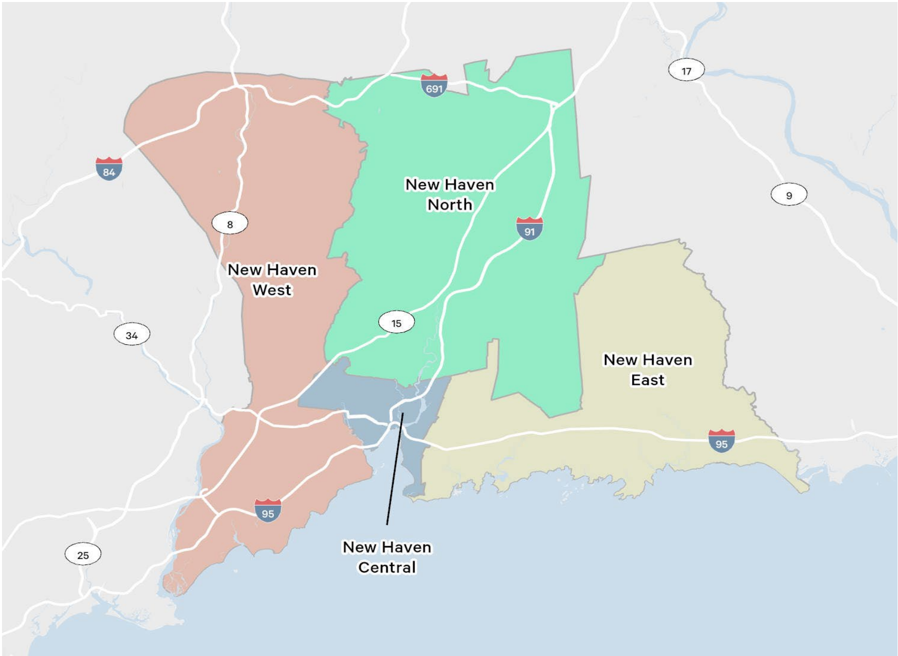


FIGURE 6: H2 2025 | Market Statistics

Submarket	Market Rentable Area (MSF)	Total Available (MSF)	Availability Rate (%)	Vacancy Rate (%)	2025 Absorption (SF)	2025 Leasing Activity (SF)	Average Asking Rent ($/SF/Year)
New Haven Central	6.12	1.10	16.9%	16.7%	(155,861)	79,153	$26.45
New Haven North	3.56	0.70	20.7%	19.9%	66,363	111,034	$20.81
New Haven East	0.53	0.06	10.0%	9.4%	13,953	49,176	$21.97
New Haven West	1.56	0.59	37.2%	37.2%	(6,700)	5,000	$16.75
NEW HAVEN COUNTY	**11.86**	**2.45**	**20.3%**	**19.9%**	**(82,245)**	**144,363**	**$22.49**

Source: CBRE Research, H2 2025

Definitions

Availability: Space that is being actively marketed and is available for tenant build-out within 12 months. Includes space available for sublease as well as space in buildings under construction.

Asking Rent: Weighted average asking rent.

Concession Values: The combination of rent abatement and T.I. allowance. The graph is for new leases for raw space of 25,000 sq. ft. or greater consummated year-to-date, this excludes expansion and renewal deals.

Leasing Activity: Total amount of sq. ft. leased within a specified period of time, including new deals, expansions, and pre-leasing, but excluding renewals.

Leasing Velocity: Total amount of sq. ft. leased within a specified period of time, including new deals, expansions, and pre-leasing and renewals.

Net Absorption: The change in the amount of committed sq. ft. within a specified period of time, as measured by the change in available sq. ft.

Rent Abatement: The time between lease commencement and rent commencement.

Taking Rent: Actual, initial base rent in a lease agreement.

Taking Rent Index: Initial taking rents as a percentage of asking rents.

Definitions

T.I.: Tenant improvements.

Vacancy: Unoccupied space available for lease.

Percentage of Leasing by Industry: The percentage of sq. ft. leased by an industry based on transactions where a tenant and industry have been confirmed.

Survey Criteria

CBRE's market report analyzes fully modernized office buildings that total 20,000+ sq. ft. in New Haven County, including owner-occupied buildings (except those owned and occupied by a government or government agency). New construction must be available for tenant build-out within 12 months. CBRE assembles all information through telephone canvassing and listings received from owners, tenants and members of the commercial real estate brokerage community.

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