UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported): April 20, 2022 (April 18, 2022)

Amalgamated Financial Corp.

(Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation)

following provisions (see General Instruction A.2. below):

☐ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

001-40136 (Commission File Number) 85-2757101 (I.R.S. Employer Identification No.)

275 Seventh Avenue, New York, New York 10001 (Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area code: (212) 895-8988

Not Applicable (Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the

Title of each class	Trading	Name of each exchange on which registered			
Securities registered pursuant to Section 12(b) of the Act:					
□ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))					
☐ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))					
5011citting material pursuant to Rule 14a-12 under the Ex	Change Act (17 CTR 240.14a-12)				
☐ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)					

litte of each class	Trading	Name of each exchange on which registered
	Symbol(s)	
Common Stock, par value \$0.01 per share	AMAL	The Nasdaq Global Market

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (17 CFR § 230.405) or Rule 12b-2 of the Securities Exchange Act of 1934 (17 CFR § 240.12b-2).

Emerging growth company x

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \Box

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Directors.

On April 18, 2022, Martin Murrell, the Senior Executive Vice President and Chief Operating Officer of Amalgamated Financial Corp. (the "Company") and its wholly-owned subsidiary, Amalgamated Bank (the "Bank"), notified the Boards of Directors of the Company and the Bank that he will resign from the Company and the Bank, effective as of May 17, 2022. Mr. Murrell will be pursuing new opportunities and his departure is not due to any disagreement with the Company or the Bank regarding their respective operations, policies or practices.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

104 Cover Page Interactive Data File (embedded within the Inline XBRL document)

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

AMALGAMATED FINANCIAL CORP.

By: /s/ Priscilla Sims Brown

Name: Priscilla Sims Brown

Title: President and Chief Executive Officer

Date: April 20, 2022