



Ten Easy Ways to Connect With Legislators

1. Find out who your legislator is
2. Save the contact info for easy access
3. Email, call or write to your legislator
4. If you are going to be at the Capitol, let them know
5. If you can't make it to the Capitol, you can request a meeting in the district
6. If you make an appointment at the Capitol, map out where you are going and be prepared
7. Check their schedule for time in their district, Spring Break and after the session are good
8. Prepare your story and talking points to share with them
9. After you meet with them, thank them
10. Keep contacting them all session and all year

For assistance, please contact:

By phone: 951 404 4261

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