

How To Contact Your Representative or Senator

Log On to

<http://www.contactingthecongress.org> and there are two options.

1st Option On the home page to find your Representative, Fill out your Address, City, State and Zip Code in the boxes on the left-hand bottom of the page. Click on the Submit Button and the information of your representative will show up.

2nd Option to find Your State Congressional Delegation, Click on the State you reside in on the map on the right-hand side of the home page.

The list will pull up for all of the congressional representatives in your state.