We the Resistance Guide to:

Meeting With Your Member of Congress in Person

**How long is it going to take?** 5 to 10 hours total.
**How difficult is it?** Fairly easy, though it'll take some time and persistence!
**What's the impact I'll have?** Extremely high impact!

You’ve taken action online, you’ve called your members of Congress, and now you’re wondering: what else can I do? One of the most effective ways constituents can have an impact on the legislative process is to actually *show up in person* at the local office of your member of Congress.

Here’s a step-by-step guide to an awesome in-person visit:

1. **Get your people together.** Going to a Congressional office on your own can be intimidating -- and there's power in numbers! Show your member of Congress that this is an issue that's deeply felt by bringing as many people as possible with you to either their D.C. or local district office. If that's not possible, go on your own!
2. You can call the member’s office or email the staff to request a meeting, and some offices even allow you to request a meeting on their website. Let them know how many people will be coming with you, and if the lawmaker is unavailable to meet with your group, ask for a meeting with the staffer in charge of the issue(s) you want to discuss. Don't be discouraged if there isn't an issue expert at your local office. Some offices are staffed by only two to three people, so you shouldn't expect to get an expert for every appointment. The important thing here is to FOLLOW UP until you get on the calendar. Be respectful, but don’t let them forget about you.
3. Think about what you’re going to say in the meeting, and practice a few times with your group. You can even assign speaking roles, but don’t get too caught up in trying to say the *perfect* thing. The people you’re meeting with know you’re not an expert, so you don’t have to pretend to be one. If you have a personal story to share, be ready to do so. Know what your Congressperson’s position is on your issue and be prepared to ASK something of him or her at the end of your meeting -- to support or oppose a specific piece of legislation or to champion your cause.
4. **Print background materials.** You can find reports and fact sheets at nwlc.org on a range of issues -- find some materials that back you up, and print some out to leave behind after your meeting.

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*We the Resistance are committed to working together to halt the dangerous agenda advanced by the Trump administration and the leaders in Congress – to protect our rights and freedoms and to defend the most vulnerable among us.*
5. **Show up.** Deep breath, you got this. Be on time, conduct your meeting, let things go with the flow, but get your ask in. Leave behind your materials and get the contact information for the folks you met with so you can follow-up. Thank your Congressperson and their staff, and hey, why not ask for a photo op? (They love that.)

6. **Follow Up!** A few days after your meeting (or sooner if it’s urgent!), send a quick thank-you note by email or mail. If you have more materials to bolster your case, send them along with this message. And use this opportunity to reiterate your ask -- thank them if they’ve committed to take action or ask them to reconsider if they haven’t. If you’re not getting an answer on your ask, don’t be afraid to be persistent. Get a timeline for when an answer will be available, and follow up again!

**Now what?**

That’s it, for now! But if you’re ready to roll up your sleeves and do a little more, check out our guides on writing a letter-to-the-editor or calling your Member of Congress.