

Guide to Meeting With Elected Officials

Meeting with your elected officials and sharing personal stories is critically important to help them understand how decisions about policy and funding affect our community.

It may seem scary and overwhelming to connect with your elected officials, but it is so important because YOU are the expert on issues affecting your life and your story needs to be heard!

How to Schedule a Meeting

First you'll want to find out who represents you - in Congress in Washington D.C. or at the Minnesota State Capitol in St. Paul. Google "Who Represents Me MN" and use the District Finder tool. Just enter your address, and it will show information about your elected officials.

There, you'll find phone numbers and email addresses for your state Representative and Senator, as well as your U.S. Representative and Senator.

When you reach out by phone or email, specifically ask for a meeting in-district or at their office - whichever is more convenient.

You could offer some dates and times that work for you, but be flexible and work with their schedule, too.

How to Prepare

Elected officials are very busy, so you may not have much time to meet with them – especially if your meeting is at the Minnesota State Capitol during the legislative session! That is why it's important to be prepared ahead of time with any information or a personal story you want to share.

It is always a good idea to practice your story before the meeting, so you feel prepared and can share your story clearly and confidently.

