



HOW TO CONTACT CONGRESS



<p>BY TELEPHONE: Call Congress 202-224-3121. Ask for the Office of your Senator or Representative. You must know their name, which you can look up here: Representatives: go to www.house.gov and look for the Find your Representative link in the upper left corner. Senators: go to www.senate.gov and click on Senators To find local phone numbers, use these links or the blue pages in your phone book. Ask for the Aide who handles Disability or Education matters.</p>	<p>EMAIL YOUR REPRESENTATIVE: Go to www.house.gov . Click on Write Your Representative. Or go directly to: https://writerep.house.gov/writerep/welcome.shtml All you need is your zip code.</p> <p>When sending email, it is best to use the links that are on the House of Representatives webpage, www.house.gov, rather than links on private company webpages. The links on house.gov go directly into Congressional offices. Some zip codes span two or more Congressional districts. When you use the links on house.gov, you know that your email is going to the right Congressperson.</p>
<p>MEET IN PERSON: You can also meet with members of Congress and their staff. Forming relationships with staff in Congressional offices is important. You don't have to come all the way to Washington, either. Meeting regularly with staff in local Congressional offices helps keep them abreast of special education issues and legislation of importance to you. You can find local offices in the blue pages of your phone book or through the websites of your Congressional Representatives (go to http://www.house.gov/ and use the Find Your Representative function in the upper left corner) and Senators (go to www.senate.gov and click on Senators).</p>	<p>EMAIL YOUR SENATORS: Go to www.senate.gov Click on Senators and then sort by State. Below each Senator's name is a link to his/her official contact form for email. These go directly to the Senator's office. It is better to use them rather than links on private company webpages.</p>

This information provided courtesy of the Council of Parent Attorneys & Advocates, Inc. (COPAA).