**How to Contact your State and Federal Representatives**

With CSDA’s Virtual Legislative Days comes a new approach to advocating for special districts. Rather than walking across the street into California’s Capitol, special districts will be picking up the phone and emailing their members of their California and federal legislators. Below are tips on how to connect with your legislators from your office or the comfort of your home.

*To find your California Assembly and Senate representatives,* [***click here***](http://findyourrep.legislature.ca.gov/)*.*

1. Enter your district’s physical address in the fields provided, then click locate.
2. Your Assembly and Senate representatives will appear. Click on their names to access their website.
3. Each website should have a “contact” or “contact me” button near the top of the webpage.
4. Call your legislators at the phone numbers provided or complete the email forms. Complete the contact fields then enter your message into the comments box. Click submit.

An interactive map of special districts is available on CSDA’s website. Users can toggle layers of the map to include Assembly and Senate districts. [**Click here to access the map’s CSDA webpage.**](https://www.csda.net/special-districts/map)

*To find your representative in the U.S. House of Representatives,* [***click here***](https://ziplook.house.gov/htbin/findrep_house?ZIP=)*.*

1. Enter your district’s ZIP code. If your office is located in a ZIP code with more than one representative, a new page will appear with each House member listed. It would be beneficial to contact each one.
2. Click on your representative(s) name, and the page will redirect to the member’s website.
3. The website should have a “contact” or “contact me” button near the top of the webpage.
4. Call your legislators at the phone numbers provided or complete the email forms. Complete the contact fields then enter your message into the comments box. Request a response from your representative at the end of the message. Click submit.

An interactive map of California’s congressional districts is available [**here on govtrack.us**](https://www.govtrack.us/congress/members/CA#map).

*To contact Senator Dianne Feinstein*

* Call her Washington, DC, office at (202) 224-3841.
* [**Click here to email her office**](https://www.feinstein.senate.gov/public/index.cfm/e-mail-me).
  + Complete your contact information
  + Enter your message into the email textbox, then click submit.
* [**Click here for full contact information**](https://www.feinstein.senate.gov/public/index.cfm/contact) for Senator Feinstein’s offices.

*To contact Senator Kamala Harris*

* Call her Washington, DC, office at (202) 224-3553.
* [**Click here to email her office**](https://www.harris.senate.gov/contact/email).
  + Complete your contact information.
  + Enter your message in the comments section, then click submit.
* [**Click here for full contact information**](https://www.harris.senate.gov/contact) for Senator Harris’ offices.

*Contact your CSDA Public Affairs Field Coordinator for help contacting your representatives.*

If you need assistance contacting your representatives or have any other questions about legislative activities, please contact your network’s public affairs field coordinator.

[**Click here to find which network your district is located.**](https://www.csda.net/about-csda/chapters-networks)

**Northern Network –** Chris Norden – [chrisn@csda.net](mailto:chrisn@csda.net)

**Sierra Network –** Dane Wadle – [danew@csda.net](mailto:danew@csda.net)

**Bay Areas Network –** Colleen Haley – [colleenh@csda.net](mailto:colleenh@csda.net)

**Central Network –** Cole Karr – [colek@csda.net](mailto:colek@csda.net)

**Coastal Network –** Charlotte Holifield – [charlotteh@csda.net](mailto:charlotteh@csda.net)

**Southern Network –** Chris Palmer – [chrisp@csda.net](mailto:chrisp@csda.net)