



When Meeting Your Legislator

- **Schedule an appointment ahead of time. ****
- **Bring with you any resources** (fact sheets, data, etc.) that support your message.
- **Plan your message ahead of time.** Prepare key notes that will help keep your thoughts organized once you are in the meeting.
- **Remember to let them know how the legislation affects your municipality and citizens.**
- **Following your visit, take time to write a thank you letter or e-mail** expressing your gratitude.
- **Contact Greg Cochran or Kayla Farnon to report the outcome of your call.**
 - ▶ Greg Cochran: (334) 546-9092 or gregc@alalm.org
 - ▶ Kayla Bass: (334) 318-8925 or kaylab@alalm.org

To reach members of the House: **(334) 242-7600**

To reach members of the Senate: **(334) 242-7800**

Specific contact information for your Representative or Senator can be found here:
<http://capwiz.com/state-al/home/>

**** Understand that schedules may change at the last minute when legislators are in session, be flexible.**