



**Information and resources to help you be heard!**

## **Locate and Contact your Representatives:**

**Informr:** Find/learn your federal and state legislators, by zip code or address: <https://www.informr.us/>

**Put your legislators in your phone::** text your zip code to (520) 200-2223

**Official Find your Representative Page:** <http://www.house.gov/representatives/find/>

**Official Find your Senator Page:** <https://www.senate.gov/senators/contact/>

## **Government:**

### **Legislative Agendas:**

**Virginia:** <http://viriniageneralassembly.gov>

**Maryland:** <http://mgaleg.maryland.gov/webmga/frm1st.aspx?tab=home>

**DC:** <http://dccouncil.us/legislation>

**GovTrac:** <https://www.govtrack.us>

Use GovTrack to track bills for updates on the status of federal legislation and information about your representative and senators in Congress.

**Federal Committee Map:** <http://committeemaps.org/>

**Summaries of Bills going through Congress:** <https://www.countable.us/>

**Discover Flippable Congressional districts near you:** <https://www.flippable.org>

### **Learn More About Virginia:**

<http://viriniageneralassembly.gov/>

<http://redistricting.dls.virginia.gov/2010/DistrictMaps.aspx>

<http://statisticalatlas.com/state/Virginia/Overview>

[www.vacode.org](http://www.vacode.org)

[www.richmondsunlight.com](http://www.richmondsunlight.com)

<https://transparencyvirginia.wordpress.com/>

**Virginia Public Access Project:** <http://www.vpap.org/>

The nonprofit Virginia Public Access Project connects Virginians to nonpartisan information about Virginia politics in easily understood ways.

**Blue Virginia:** <http://bluevirginia.us>

A progressive blog for Virginia politics.

## **Gerrymandering:**

**Understand Gerrymandering:** [OneVirginia2021](http://OneVirginia2021); Watch their video: <http://tinyurl.com/gerryrigged>

**Key Facts:** [http://www.fairvote.org/gerrymandering#gerrymandering\\_key\\_facts](http://www.fairvote.org/gerrymandering#gerrymandering_key_facts)

**Redistricting info:** [http://www.fairvote.org/redistricting#research\\_redistrictingoverview](http://www.fairvote.org/redistricting#research_redistrictingoverview)

**Senate Fact Sheet:** <http://redistricting.dls.virginia.gov/2010/Data/Publications/Senate%20fact%20sheet.pdf>

## Individual Action:

### Daily Action (so simple!): [dailyaction.org](http://dailyaction.org)

Receive one text message every workday about an issue that they have determined to be urgent based on where you live. You tap on the phone number in your message, listen to a short recording about that day's issue, and from there you'll be automatically routed to your Senator, member of Congress, or other relevant elected official. In 90 seconds, you can conscientiously object and be done with it.

### Help with how to call:

**Call the Halls** - <https://gumroad.com//callthehallsguide> An easy-to-read guidebook of best practices.

**How to Overcome Social Anxiety when making those calls:** [Through the Fog](#)

A humorous yet helpful take on how to make a difference in spite of being anxious.

**The Sixty Five:** <http://thesixtyfive.org/theissues> Scripts for over a dozen issues in the progressive agenda.

**5Calls.org:** <https://5calls.org/> 5Calls provides phone numbers and scripts based on your zip code.

## Group Action:

### **Moveon.org, Democracy in Action:** [MoveOn.org](http://MoveOn.org)

MoveOn.org Civic Action is a 501(c)(4) organization which primarily focuses on nonpartisan education and advocacy on important national issues.

### **Rise Stronger:** <https://www.facebook.com/RISEStronger.org>

Rise Stronger, formerly Rise When We Fall, emerged after the 2016 elections is a citizen watchdog organization of over 30,000 Americans who are ready to ensure elected officials are both responsible and accountable.

### **MomsRising:** <https://www.momsrising.org/>

An on-the-ground and online news outlet and multicultural organization working to increase family economic security, to end discrimination against women, and to build a nation where businesses and families thrive.

### **Progress Virginia:** <http://www.progressva.org/index.php/news-and-releases/>

Channels progressive voices and values, create compelling narratives, and make complex information accessible.

### **Together We Will:** <https://www.togetherwewillnova.org/>

An inclusive network of everyday activists, united in a sustained commitment to secure equity and social justice for all through action, education, advocacy, and amplification to champion historically underrepresented voices.

### **American Civil Liberties Union of Virginia:** <https://acluva.org/>

A private, non-profit organization that promotes civil liberties and civil rights for everyone in Virginia through public education, litigation and advocacy with the goal of securing freedom and equality for all.

### **NoVaGrassRoots:** <http://novagrassroots.org/>

Northern Virginia moving forward together. A valuable resource of local events and issues.

### **Sister District Project** <https://www.sisterdistrict.com/>

Harnesses the energy of volunteers and channels it to where it can make a real impact. We are a network of local teams that support strategically important, winnable races across the country

## Health Care:

**HealthOverProfit:** <http://healthoverprofit.org/>

A group of Individuals, members and current or past leaders of organizations that are working to achieve a national improved Medicare for All health care system.

**Trapped In The Gap:** <http://trappedinthegap.com/blog/>

One of its important missions is to support and speak out for the tens of millions of Americans whose health coverage purchased through the Affordable Care Act (ACA) may now be in jeopardy. Please share this video: <https://vimeo.com/202988473>

## Women's Groups:

**League of Women voters:** <http://lww.org/>

A nonpartisan political organization encouraging informed and active participation in government, increasing understanding of major public policy issues, and influencing public policy through education and advocacy.

**American Association of University Women:** <http://www.aauw.org/>

Advancing equity for women and girls through advocacy, education, philanthropy, and research. Promotes equity and education for women and girls.

**Democratic Women of Clifton and Northern Virginia (DWCNV):**

<http://www.democraticwomenofclifton.org/>

Dedicated to providing a friendly forum in which Democratic women educate themselves, discuss and take action on important issues, and work together to help elect Democrats to local, state, and national offices.

## Candidate Development:

**Activate Virginia:** <https://www.activatevirginia.org/>

Activate Virginia was established to support Democratic candidates in the 2017 Virginia elections and is committed to educating, organizing, and mobilizing the citizenry of the Commonwealth.

**EmergeVA.org** <http://www.emergeva.org/>

Emerge Virginia is changing the face of Virginia politics by encouraging women to run for office.

**Assist young people under 35 to run for local offices:** <https://www.runforsomething.net>

Run for Something will recruit/ support talented, passionate young people who will advocate for progressive values now and for the next 30 years, with the ultimate goal of building a progressive bench.

## Guides/Resources:

**Indivisible:** <https://www.indivisibleguide.com/resources-2/2017/2/6/scripts>

Former congressional staffers reveal best practices for making Congress listen. (Also available in Spanish)

**Congressional Cheat Sheets:**

<https://www.indivisibleguide.com/resources-2/2017/1/20/congressional-cheat-sheet>

**Group Leader Toolkit:** <https://www.indivisibleguide.com/group-toolkit>

**Resistance Manual and Calendar:** [https://www.resistancemanual.org/Resistance\\_Manual\\_Home](https://www.resistancemanual.org/Resistance_Manual_Home)

<https://resistancetoolkit.herokuapp.com/> <https://www.resistancecalendar.org/>

An open-source platform to harness the collective power of the people.

**Together We Will:** <http://www.twwusa.org/resources>

Their mission is to provide resources and guidance to empower everyday people