



# Advocacy at the State House

To Find Your Legislator Go To

[www.legislature.vermont.gov](http://www.legislature.vermont.gov)

In the green box click on  
Legislature and type in the  
name of your town.



## GET READY!

**Send an email to each of your legislators.** Set up an appointment to meet with them at the state house. The legislators do NOT have offices. Suggest a time and place to meet. First thing in the morning or lunch time are often good times for legislators, and the cafeteria is a common meeting place.

**Write down what you want to say.** If you need help contact...

- Others on your Local Standing Committee
- Green Mountain Self-Advocates at 800-564-9990  
or go to [www.gmsavt.org](http://www.gmsavt.org) and click on advocacy
- VT Council at (802) 223-1773 and look for legislative updates at [www.vermontcarepartners.org](http://www.vermontcarepartners.org)

**There is free parking and a free shuttle to the state house at Department of Labor.**

Take Exit 8 off of Interstate 89. Take the second left onto Green Mountain Drive. Turn right into parking lot. Park near the bus stop shelter. The free bus runs every 20 minutes.



# At the Statehouse



**Arriving At The State House:** First thing hang up your coat in the coat room across from Room 11.



**Go to the place you are to meet your legislator.** Be sure to be there at the time you planned with them.



**If you need to find your legislator** you can send them a note. Go to the Sergeant of Arms office, first floor by front of State House. Write a short note to your legislator. Remind them of the time and place of your appointment. Give it to the Sergeant of Arms and a page will deliver your message.

**Share your story with your legislator.** Answer questions they ask. If you do not know the answer tell them you will find out and get back to them with the answer.



let's keep in touch:



**Ask them to keep in touch!** Make up a card with your name, email and phone number on it. Share your card - someone may call!



**Go watch a committee in action.** You have lots of choices. **You can NOT say anything in committee rooms.** You must be silent.

**Consider taking a tour of the state house.** It is free but you have to set it up at least a week before you. Call 802-828-2228.



**Email or send them a thank you note** and include another fact or a copy of your story. Answer any of their questions you could not answer when you were meeting.

**Report back to your group** and tell them about your awesome day at the state house!

