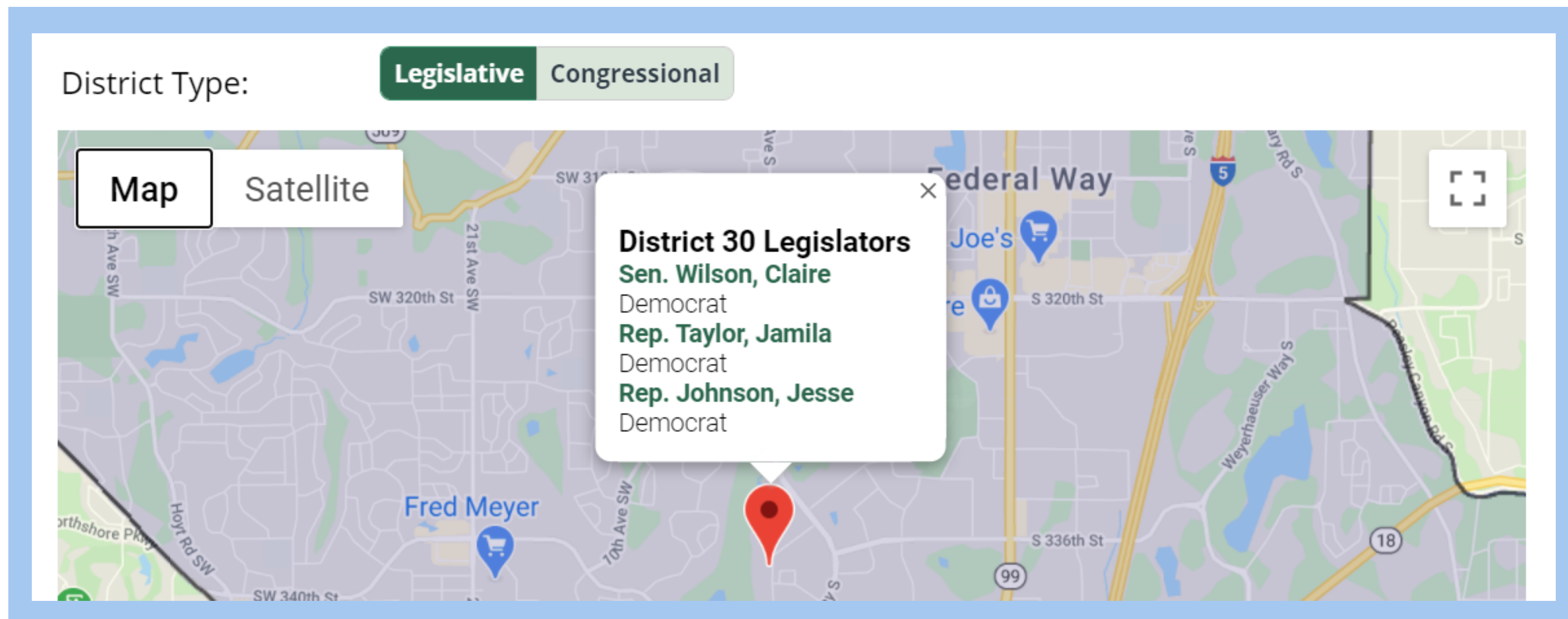


How To Schedule a Meeting with your Lawmaker

1. Identify your legislative [district and legislators](#). Each legislative district has one Senator in the Senate and two Representatives in the House. Follow the link above and enter your address to find your district and legislators.



2. Get the contact information for your legislators and their legislative assistants by going to the [roster of all members](#). Search by district number or legislator's name, or scroll down to see all contact information for each office.

Member	District	Position	Room	Phone	Email	Legislative Assistant (LA)	LA E-mail	Chamber
Johnson, Jesse (D)	30	2	JLOB 369	(360) 786-7830	jesse.johnson@leg.wa.gov	Johnson, Anna	anna.johnson@leg.wa.gov	H
Taylor, Jamila (D)	30	1	JLOB 418	(360) 786-7898	Jamila.Taylor@leg.wa.gov	Laitila, Natasha	Natasha.Laitila@leg.wa.gov	H
Wilson, Claire (D)	30		LEG 407	(360) 786-7658	claire.wilson@leg.wa.gov	Barnecut, Emilia	emilia.barnecut@leg.wa.gov	S

3. Reach out and request a meeting! Send an email to your legislator and their Legislative Assistant or call their office. An email might look something like this:



Dear Senator/Representative _____,
My name is _____ and I am a constituent in the _____ district. I would like to set up a time to talk with you about _____ (i.e. TANF, Senate Bill 5214, Dental Therapy, etc.). Please let me know when you are available. Thank you and I look forward to hearing from you!

Remember:

- Your voice is important! Your legislators represent you and it's their job to make time and listen.
- Lawmaker meetings are typically scheduled for short 15-minute time slots.
- Every office has a different scheduling process. Some may send a link to schedule a time and others may call or email you back.
- To prepare for your meeting you can review our [lawmaker meeting guide](#).