Every Member of Congress has at least one district office, and many have several spread through their district or state. These are public offices, open for anybody to visit—you don’t need an appointment. You can take advantage by showing up—or, showing up with a small group.

Before your Members of Congress return from recess, let them know:

- You/family members/friends/neighbors/co-workers support protecting DREAMers
- Ask for continued and lasting supports for DREAMers through the BRIDGE Act and the DREAM Act.
- Remind them that they represent you in Congress—not other politicians or political parties.

1. **Find out where your Members of Congress’ local offices are.**
   The official webpage for your MoC will list the address of every local office. You can find those webpages easily through a simple Google search. In most cases, the URL for a House member will be www.[lastname].house.gov, and the URL for Senate offices is www.[lastname].senate.gov.

2. **Plan a trip when the Member of Congress is home on recess.**
   Most MoC district offices are open only during regular business hours, 9am-5pm. While MoCs spend a fair amount of time in Washington, they are often “in district” on Mondays and Fridays, and there are weeks designated for MoCs to work in district. The MoC is most likely to be at the “main” office — the office in the largest city in the district, and where the MoC’s district director works. Ideally, plan a time when you and several other people can show up together.

3. **Prepare several questions ahead of time.**
   As with the town halls, you should prepare a list of questions ahead of time. Sample question: Did you know that mass deportations of DREAMers would create a $60 billion hit to the federal government along with a $280 billion reduction in economic growth over the next decade?

4. **Politely, but firmly, ask to meet with the MoC directly.**
   Staff will ask you to leave or at best “offer to take down your concerns.” Don’t settle for that. You want to speak with the MoC directly. If they are not in, ask when they will next be in. If they’re not coming back, ask to speak to the district director or district manager.

5. **Meet with the staffer.**
   Even if you can get a one-off meeting with the MoC, you are most often going to be meeting with their staff. In district, the best person to meet with is the district director, or the head of the local district office you’re visiting. There are real advantages to building a relationship with these staff. Building a relationship with a staff member can be a good way to move your issue up the chain of command. Follow these steps for a good staff meeting:
   - Have a specific “ask”—e.g., support the Dream Act to protect young DREAMers, not only is it the right thing to do, it’s good for local businesses.
   - Leave staff with a brief write-up of your issue, with your ask clearly stated.
   - Share a personal story of how you or someone you know is personally impacted by the threats to DACA and how they would be helped by passing the Dream Act.
   - Be polite — yelling at the underpaid, overworked staffer won’t help your cause.
   - Be persistent — get their business card and call/email them regularly; ask if the MoC has taken action or taken a position. Do they support the Dream Act?

6. **Amplify what you’re doing.**
   Communicate on social media, and tell the local reporters you follow what is happening. Take and send pictures to share: “At Congresswoman NAME’s office with 10 other constituents to talk to her about standing up for DREAMers, not Extremers.”

Thank you for being the kind of citizen that steps up and continues to fight for what’s right for kids.

#PROTECTDREAMERS
RECESS OFFICE VISIT

2017 CONGRESSIONAL RECESS DATES:

- **September 20–22**
  CONGRESSIONAL RECESS

- **October 9–13**
  CONGRESSIONAL RECESS

- **November 10–11**
  CONGRESSIONAL RECESS

- **November 20–24**
  CONGRESSIONAL RECESS

- **December 18–29**
  CONGRESSIONAL RECESS

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Stand for Children

#PROTECTDREAMERS