# HOW TO CONTACT YOUR REPRESENTATIVES

Scan the QR code or visit **whosmy.vga.virginia.gov** and enter your home address to find your:

- ★ State Delegate
- ★ State Senator
- ★ U.S. Representative
- ★ U.S. Senators

## PICK AN ISSUE! WHAT MATTERS TO YOU?

Schools • Parks • Jobs • Transportation • Youth • Your Community

**WHO**: "My name is ___ and I live in ___ County."
**WHAT**: "I'm writing about ___."
**WHY**: "This matters because ___."
**ASK**: "I would like you to ___."
**THANK**: "Thank you for listening."

YALL PROGRAM
Youth Action in Local Leadership

**SEND IT!** Email Call Letter

**Washington County**: Delegate Israel O'Quinn • Senator Todd Pillion

**Russell County**: Delegate Israel O'Quinn or Will Morefield • Senator Todd Pillion

**Smyth County**: Delegate Mitchell Cornett • Senator Travis Hackworth

**Grayson County**: Delegate Mitchell Cornett • Senator William Stanley Jr.

**Contact ONE representative about ONE issue you care about.**

UNITED WAY
Southwest Virginia