

Guide for contacting federal legislators

How to Find Your Federal Legislators: [Who's My Legislator?](#)

Contact information for your U.S. Senators and U.S. Representative can be found on their website. Filling out the contact form on their website allows you to formally request a meeting.

U.S. Senators:

- Mark Warner, [Contact Form](#)
- Tim Kaine, [Contact Form](#)

U.S. Representatives:

- 1st District: Robert Wittman, [Contact Form](#)
- 2nd District: Jennifer Kiggans, [Contact Form](#)
- 3rd District: Robert Scott, [Contact Form](#)
- 4th District: Jennifer McClellan, [Contact Form](#)
- 5th District: John J. McGuire, [Contact Form](#)
- 6th District: Ben Cline, [Contact Form](#)
- 7th District: Eugene Vindman, [Contact Form](#)
- 8th District: Donald Beyer, [Contact Form](#)
- 9th District: Morgan Griffith, [Contact Form](#)
- 10th District: Suhas Subramanyam, [Contact Form](#)
- 11th District: James Walkinshaw, [Contact Form](#)

Meeting with federal legislators

The same principles that apply for meeting with state legislators also apply for federal legislators. You can find our [guide for contacting and meeting with state legislators](#). Here are some of the most important points:

- Plan within the allotted time.
- Bring a printable meeting brief to give the legislator and their aide so that they can follow up with you later.
- If you are asking them for something, make it clear.
- Be prepared to talk about your organization and their impact.
- Expect to answer questions. If you don't know the answer, it is okay to say so.
- Don't leave without knowing what steps both parties will take to follow up.
- Don't forget to send a thank-you note after the meeting.

Sources:

[Find and contact elected officials | USA Gov](#)

[A Nonprofit's Quick-and-Dirty Guide to Meeting Elected Officials | National Council of Nonprofits](#)

[Working-with-Legislators.pdf](#)