

Assembly Member Mariko Yamada

Assembly District 8
State Capitol, Box 942849
Sacramento, CA 94289
(916) 319-2008
(916) 319-2108 fax
To send an e-mail:
<http://democrats.assembly.ca.gov/members/a08>
Click on "Contact Us."

District Office:
555 Mason Street, #275
Vacaville, CA 95688
(707) 455-8025
(707) 455-0490 fax

When you write a letter...

Address your letter correctly, with your state elected representative's title – "Governor," "Senator," or "Assembly Member" – followed by their name and address.

Say who you are, where you live, what you do, and tell the representative if you are a registered voter...that is important.

Keep your letter to the point. Only talk about one thing. Explain why this issue is important and how it affects you or your family member.

Close by saying how you want your representative to vote on the issue or legislation, and thank the representative for listening.

When you meet your elected representative...

Before the meeting, write a letter, and refer to it at the meeting. Show your representative a picture of your family.

Get to the point quickly. Say how the issue you are talking about affects you or your family member. It helps your representative understand what is important to you.

Keep the meeting short. Your representative has many responsibilities and appreciates when others value the time they have to give to their constituents.

Be respectful. A positive and courteous approach helps communication and brings better results.

Be sure to thank your representative for talking with you.

To find out who your elected representative is, you can go to this website and enter your address:

Go to this website: <http://www.legislature.ca.gov>, click on "Legislators and Districts"; "Find Your Legislator"; and "Search by Address."

You can also call your local library or your elections office.

Sonoma County Registrar of Voters
(707) 565-6800
Solano County Registrar of Voters
(707) 784-6675
Napa County Registrar of Voters
(707) 253-4321



PRACTICE DEMOCRACY

A Guide for Communicating
With Your Elected Representatives

Area 4 Developmental Disabilities Board
236 Georgia Street, Suite 201
Vallejo, CA 94590
(707) 648-4073
FAX (707) 648-4100
ab4@scdd.ca.gov

How to Make Government Work for You...

The Governor and your legislative representatives make laws that affect you. The State Budget is the most important law passed each year. It determines how much money is provided for services and programs used by people with disabilities like In-Home Supportive Services (IHSS), regional center and developmental services, schools, colleges, transportation, health care, and mental health services, among others.

Tell your elected representatives what services and programs you need to live independently, be employed, and participate in the community.

State Government

Governor Jerry Brown

State Capitol, Suite 1173
Sacramento, CA 95814
(916) 445-2841

(916) 558-3160 fax

To e-mail Governor Brown, go to www.gov.ca.gov

Click on "Contact."

Senator Noreen Evans -- Senate District 2

State Capitol
1303 10th Street
Sacramento, CA 95814
(916) 651-4002

(916) 323-6958 fax

To send an e-mail: <http://sd02.senate.ca.gov>

Click on "Contact Me."

District Offices:

50 D Street, #120A
Santa Rosa, CA 95404
(707) 576-2771
(707) 576-2773 fax

1040 Main Street, #205

Napa, CA 94559

(707) 224-1990

(707) 224-1992 fax

444 Georgia Street
Vallejo, CA 94590
(707) 648-5312
(707) 649-2311 fax

Senator Mark Leno -- Senate District 3

State Capitol
Sacramento, CA 95814
(916) 651-4003

(916) 445-4722 fax

To send an e-mail:

<http://dist03.casen.govoffice.com>

Click on "Contact Us."

District Office:

Marin Civic Center
3501 Civic Center Drive, #425
San Rafael, CA 94903
(415) 479-6612
(415) 479-1146 fax

Senator Lois Wolk -- Senate District 5

State Capitol
Sacramento, CA 95814
(916) 651-4005

(916) 323-2304 fax

To send an e-mail:

<http://dist05.casen.govoffice.com>

Click on "Contact Me."

District Office:

555 Mason Street, #230
Vacaville, CA 95688
(707) 454-3808
(707) 454-3811 fax

Assembly Member Wesley Chesbro

Assembly District 1
State Capitol, Box 942849
Sacramento, CA 94249
(916) 319-2001

(916) 319-2101 fax

To send an e-mail:

<http://democrats.assembly.ca.gov/members/a01>

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District Office:

50 D Street, #450
Santa Rosa, CA 95404
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(707) 576-2297 fax

Assembly Member Jared Huffman

Assembly District 6
State Capitol, Box 942849
Sacramento, CA 94249

(916) 319-2006

(916) 319-2106 fax

To send an e-mail:

<http://democrats.assembly.ca.gov/members/a06>,
click on "Contact Us."

District Office:

11 English Street., #15
Petaluma, CA 94952
(707) 773-0606
(707) 773-1033 fax

Assembly Member Michael Allen

Assembly District 7
State Capitol, Box 942849
Sacramento, CA 94249

(916) 319-2007

FAX (916) 319-2107

To send an e-mail:

<http://asmdc.org/members/a07>,
Click on "Contact Michael"

District Offices:

50 D Street, #301
Santa Rosa, CA 95404
(707) 546-4500
(707) 546-9031 fax

1713 Sonoma Blvd.
Vallejo, CA 94590
(707) 649-2307
(707) 649-2311 fax

1040 Main Street, #205
Napa, CA 94559
(707) 258-8007
(707) 258-8205 fax