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[How to Get Involved During the General Assembly Session](#)

Get Involved!

Find out who your representatives are and what they stand for, read the newspaper, volunteer in your community, be aware of issues and how they affect you; realize that you can initiate change and remember that every vote counts. Your vote and your voice can always make a difference!

By Web

The [Virginia General Assembly website](#) contains a wealth of information. To learn who represents your district, visit the [Who's My Legislator](#) site. For additional information on the members, visit the [House of Delegates](#) and the [Senate of Virginia](#) membership pages.

By Phone

When the General Assembly is in session, the House of Delegates and Senate of Virginia jointly operate a toll-free, intrastate telephone message center to accept calls from citizens of the Commonwealth wishing to express an opinion on legislation.

The messages are received by the center and will be relayed to the members' offices as requested. You may call the Constituent Viewpoint operators at 800-889-0229 to express your opinion on a legislative issue.

When the General Assembly is not in session, you may call (804) 698-1500 for the House of Delegates Legislative Information Office and (804) 698-7410 for the Senate Legislative Information Office.

By e-Mail

The General Assembly website has lists with contact information, including email addresses, for all [Delegates](#) and [Senators](#) by selecting their name. Make sure to let your Delegate or Senator know that you are a constituent by including your name and address in your emails. Be specific when you write to your elected representatives, letting them know what issues and what bills you care about and why you would like them to vote for or against a particular bill.

By Mail

During the General Assembly session, [Delegates](#) and [Senators](#) can be reached at their offices in the General Assembly Building in Richmond. When the General Assembly is not in session, Delegates and Senators can be reached at their district offices. As with email, when you send a letter to your elected representatives, make sure to include your name and home address, so they understand that you are one of their constituents. Explain what issue/s you are concerned about and reference any bills that you would like to see them vote for/against.

For more information go to the General Assembly [Citizen Involvement](#) page to gain a better understanding of the legislative process and how you can be involved.

Exercise your right to express your opinion on the issues!

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