

OPPORTUNITY 3

DISTRICT OFFICE VISITS

Every MoC has at least one district office, and many MoCs 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 of this to stage an impromptu town hall meeting by showing up with a small group. It is much harder for district or DC staff to turn away a group than a single constituent, even without an appointment.

1. **Find out where your MoCs' 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](http://www.[lastname].house.gov), and the URL for Senate offices is [www.\[lastname\].senate.gov](http://www.[lastname].senate.gov).
2. **Plan a trip when the MoC is there.** 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.
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 the staffer doesn't know, tell them you will wait until they find out. Sit politely in the lobby. Note, on any given weekend, the MoC may or may not actually come to that district office.

Note that office **sit-ins can backfire**, so be very thoughtful about the optics of your visit. This tactic works best when you are protesting an issue that directly affects you and/or members of your group (e.g., seniors and caregivers on Medicare cuts, or Muslims and allies protesting a Muslim registry). Being polite and respectful throughout is critical.