




Contact Your Congressional Representative

Members of Congress are elected to be the spokespersons of their constituents. Michigan citizens must play an important role in the lawmaking process, by informing their representatives in Congress of their opinions on issues and needs for the country. There are four main ways to communicate with United States Senators and Representatives:

<p>By Mail</p> 	<ul style="list-style-type: none"> • Address letters to members' <u>local</u> offices • Include your full name and address • Address your Congressperson as "The Honorable (full name)"
<p>By Phone</p> 	<ul style="list-style-type: none"> • Calls can be made to local or Washington D.C. offices • Calls can also be made to the Capitol switchboard at (202) 224-3121, and you will be connected to your Congressperson's office.
<p>By E-mail</p> 	<ul style="list-style-type: none"> • Congress now only uses web-based forms for email • Include your mailing address with your email (congressional courtesy dictates that Congressperson only assist their own constituents)
<p>By Visit</p>	<ul style="list-style-type: none"> • Make an appointment with your Congressperson or a member of his or her staff • Be direct and brief • Localize

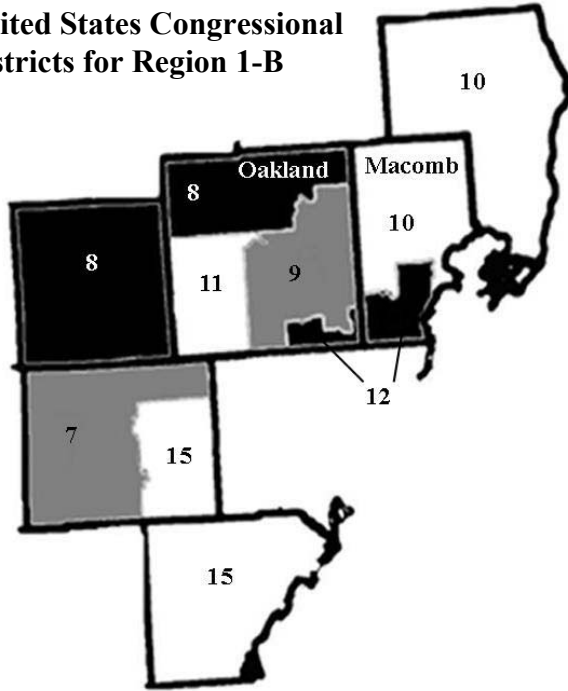
United States Senators – Michigan

Carl Levin (D)
 124 W. Allegan Street, Suite 1810
 Lansing, MI 48933
 (517) 377-1508 – local
 (202) 224-6221 – Washington D.C.
senator@levin.senate.gov

Debbie Stabenow (D)
 221 W. Lake Lansing Road, Suite 100
 East Lansing, MI 48823
 (517) 203-1760 – local
 (202) 224-4822 – Washington D.C.
senator@stabenow.senate.gov

SENDING A LETTER OR E-MAIL? WE'D LIKE TO KNOW. The AAA 1-B appreciates knowing when advocates contact their elected officials. Please consider forwarding a copy of your letters or e-mails to Ann Langford, AAA 1-B, 29100 Northwestern Hwy., Suite 400, Southfield, MI 48034 or email to alangford@aaa1b.com.

**United States Congressional
Districts for Region 1-B**



Region 1-B United States Representatives

District 7

Tim Walberg (R – Tecumseh)
Western and Northern Washtenaw County
800 W. Ganson St.
Jackson, MI 49202
(517) 780-9075 – Local
(202) 225-6276 – Washington D.C.
<http://walberg.house.gov/>

District 8

Mike Rogers (R - Brighton)
Northern Oakland & Livingston Counties
1000 W. St. Joseph, Suite 300
Lansing, MI 48915
(517) 702-8000 – Local
(202) 225-4872 – Washington D.C.
<http://mikerogers.house.gov>

District 9

Gary Peters (R – Bloomfield Hills)
Eastern Oakland County
560 Kirks, #105
Troy, MI 48084
(248) 273-4227 – Local
(202) 225-5802 – Washington D.C.
<http://peters.house.gov>

District 11

Thaddeus G. McCotter (R - Livonia)
Southwestern Oakland County
17197 N. Laurel Park Dr., Suite 216
Livonia, MI 48152
(734) 632-0314 – Local
(202) 225-8171 – Washington D.C.
<http://mccotter.house.gov>

District 15

John D. Dingell (D - Dearborn)
Monroe & Eastern Washtenaw Counties
19855 West Outer Drive
Suite 103E
Dearborn, MI 48124
(313) 278-2936 – Local
(202) 225-4071 – Washington D.C.
<http://dingell.house.gov>

District 10

Candice S. Miller (R – St. Clair Shores)
Northern Macomb & St. Clair Counties
48701 Van Dyke Avenue
Shelby Township, MI 48137
(586) 997-5010 – Local
(202)225-2106 – Washington D.C.
<http://candicemiller.house.gov>

District 12

Sander Levin (D - Southfield)
Southeastern Oakland &
Southern Macomb Counties
27085 Gratiot Avenue
Roseville, MI 48066
(586) 498-7122 – Local
(202) 225-4961 – Washington D.C.
<http://www.house.gov/levin>

The White House
President Barack Obama
1600 Pennsylvania Avenue NW
Washington, DC 20500
(202) 456-1111
<http://www.whitehouse.gov/contact/>