Details for Planning a Successful Office Visit

* Find the nearest district office for your Member of Congress.\*
* Confirm the office hours to ensure staff is present. (Usually Monday–Friday, 9 AM–5 PM, but check.)
* Plan your visit for a weekday when staff is working.
* Aim for 5–15 participants (the bigger, the better—but showing up is what counts!).
* Assign clear roles:
  + **Spokesperson** – Opens the meeting, states the demand (e.g., “Vote NO on the Trump-Musk budget.”).
  + **Storyteller(s)** – Shares personal stories about how Musk’s control over federal funds impacts them.
  + **Note-Taker** – Documents what’s said, including non-answers or dodging.
  + **Social Media Lead** – Captures video, posts updates, and ensures visibility.
  + **Backup Disruptor** – If staff dismisses the group, this person will reinforce the message and demand action.
* Prepare your “ask”.  Here are some examples:
  + Demand they vote NO on any budget that lets Trump and Musk override Congress.
  + Press them to hold hearings on Musk’s access to Treasury payment systems.  If Republicans refuse to hold real oversight hearings, Democrats must take matters into their own hands and hold shadow hearings to expose how MAGA elites are trying to loot the government and rig the system for billionaires.
  + Ask them to publicly commit to rejecting a budget with extremist riders attacking abortion rights, LGBTQ+ protections, or immigrant communities.
  + Demand they use procedural tools to slow House business and block GOP sabotage. We must put Republicans on the record about their harmful policies and force votes when GOP members are absent or trying to skip procedural steps.
  + Ask how they are trying to protect programs that working families rely on.
* Sign in at the front desk – be polite but firm.
* Ask for a meeting with the Member of Congress or their State Party Director. If unavailable, ask for an appointment at a later time.
* Get the contact information for the people you speak with.

**\*Denver Metro Offices:**

Bennet

Cesar E. Chavez Memorial Building

1244 Speer Boulevard

Denver, CO 80204

303 455-7600

Request a meeting:  [https://www.bennet.senate.gov/services/scheduling-requests/](https://coloradofriendsofdemocracy.us15.list-manage.com/track/click?u=d31626383af018c1c11ba07e3&id=68e558210f&e=425e86647d)

Hickenlooper

Byron Rogers Federal Building

1961 Stout Street, Suite 12-300

Denver, CO 80294

[303-244-1628](tel:303-244-1628)

Request a meeting:  [https://www.hickenlooper.senate.gov/meeting-event-request/](https://coloradofriendsofdemocracy.us15.list-manage.com/track/click?u=d31626383af018c1c11ba07e3&id=8a931ed9a6&e=425e86647d)

DeGette (CD1)

600 Grant Street, Suite 850

Denver, CO 80203-3525

303 844-4988

Request a meeting:  [https://degette.house.gov/schedule](https://coloradofriendsofdemocracy.us15.list-manage.com/track/click?u=d31626383af018c1c11ba07e3&id=3ad2e87872&e=425e86647d)

Crow (CD6)

2170 S Parker Road, Suite #280

Aurora, CO  80231

720 748-7514

Request a meeting:  [https://crow.house.gov/contact/meeting-request](https://coloradofriendsofdemocracy.us15.list-manage.com/track/click?u=d31626383af018c1c11ba07e3&id=27ae859465&e=425e86647d)

If the links to request a meeting show no availability for this week, try calling or just showing up.