

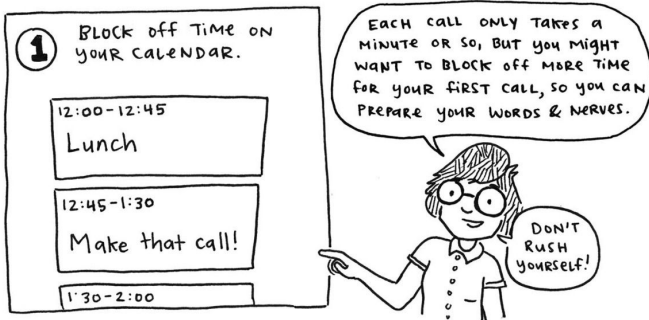
# How to Call Your Legislator



if you want to help BUT HAVE SOCIAL ANXIETY & FIND PHONE CALLS VERY INTIMIDATING, you MAY BE THINKING:



## HERE'S A STEP-BY-STEP:



SCHEDULING IS SUPER IMPORTANT, OTHERWISE YOU WILL PERPETUALLY DELAY CALLING.

