

# Meet Your Legislators!

Advocate for mental health



**NAMI Lobby Week**



## **Meet Your Legislators during NAMI Lobby Week February 15-19th, 2021**

Lobby Week includes opportunities to take action through virtual events, advocacy workshops and legislative appointments.

**[Register Here](#)**



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In preparation for NAMI Washington's Lobby Week, NAMI Washington is hosting a series of NAMI Smarts workshops during the week of 2/8/2021 to bolster your advocacy toolbox. These workshops aim to support you in feeling comfortable meeting with lawmakers and sharing your story.

We are offering workshops from February 8th-12th, see below for the schedule!

**Monday 2/8 6:00PM-7:30PM**

**Telling your story-** *Learn how to craft a brief and impactful story to share with legislators and encourage them to prioritize issues on mental health. Click [here](#) to sign up for this event.*

**Tuesday 2/9 6:00PM-7:30PM**

**Meeting your lawmaker-** *Build your confidence in meeting with your legislators and learn how to successfully influence them in advocating for your issue. Click [here](#) to sign up for this event.*

**Wednesday 2/10 12:00PM-1:30PM**

**Budget-** *This topic-specific module is on advocating for funding for mental health services and supports. Click [here](#) to sign up for this event.*

**Thursday 2/11 12:00PM-1:30PM**

**Telling your story-** *Learn how to craft a brief and impactful story to share with legislators and encourage them to prioritize issues on mental health. Click [here](#) to sign up for this event.*

**Friday 2/12 12:00PM-1:30PM**

**Meeting your lawmaker-** *Build your confidence in meeting with your legislators and learn how to successfully influence them in advocating for your issue. Click [here](#) to sign up for this event.*

Please reach out to Katherine Seibel at [kseibel@namiwa.org](mailto:kseibel@namiwa.org) if you have any questions.