

How to engage your elected officials



Canadian Covid Care Alliance
Alliance canadienne pour la prévention
et prise-en-charge de la covid

Reach Out!

It's as easy as 1-2-3

Your elected representatives are there to serve you, so don't feel shy about reaching out to discuss your concerns with them. Their job is to represent the issues within the community they serve, so it's important that they are always made aware of the views of their constituents. Use this easy to follow process to help you start engaging with them.



1. Find their contact information and ask for an in-person or zoom meeting.

Use the attachment we've provided to help you find the contact information you need to reach out to them. Call their office and ask for an in-person or zoom meeting. If you're having difficulty get through, then show up at their office to request that meeting. Don't be confrontational. You're trying to create a lasting relationship, so start out by letting them know that you care about your community as much as they do.



2. Remember, they're a concerned citizen, just like you.

At the end of the day, you both want the same thing — a better community to live in. Express that common ground and let them know you'd like to share information with them that you feel will benefit the entire community.



3. Educate them by sharing resources from our website with them.

The CCCA has produced numerous resources to help you have meaningful conversations with influencers of all levels. Here are just a few to start you off:

- [The CCCA COVID-19 Declaration](#)
- [Children and COVID-19 Vaccines - Full Guide](#)
- [The Pfizer Inoculations For COVID-19 - More Harm Than Good](#)
- [Why Do We Need Vaccine Passports?](#)



Contact Your Elected Representatives

Use the links below to find contact information for your representatives at all levels of government. Remember, a phone call, zoom, or in-person meeting is most effective!

Senators:

<https://sencanada.ca/en/senators/>

Federal Elected Representatives:

<https://www.ourcommons.ca/Members/>

Provincial/Territorial Elected Representatives:

Alberta:

<https://streetkey.elections.ab.ca/skReportsED.cfm>

British Columbia:

<https://www.leg.bc.ca/learn-about-us/members/>

Manitoba:

https://www.gov.mb.ca/legislature/members/mla_list_constituency.html

Newfoundland and Labrador:

<https://www.assembly.nl.ca/Members/members.aspx>

New Brunswick:

<https://www1.gnb.ca/legis/bios/60/index-e.asp>

Northwest Territories:

<https://www.ntassembly.ca/members>

Nova Scotia:

<https://nslegislature.ca/members/profiles>

Nunavut:

<https://www.assembly.nu.ca/members/mla>

Ontario:

<https://www.ola.org/en/members/current?order=name&sort=asc>

Prince Edward Island:

<https://www.assembly.pe.ca/members>

Quebec:

<http://www.assnat.qc.ca/en/deputes/index.html#listeDeputes>

Saskatchewan:

<https://www.legassembly.sk.ca/mlas/>

Yukon:

<https://yukonassembly.ca/mlas>

Municipal Government Elected Representatives

<https://portal.fcm.ca/our-members/>



For more information: www.canadiancovidcarealliance.org