



# 2012

TWENTY  
TWELVE

# RALLY AND ADVOCACY DAY

## LEARN. MEET. SHARE.

Hear inspirational speakers, enjoy and sing to live music, meet other advocates from around the Commonwealth, and share your story with your legislator!

## WHEN. WHERE.

Monday, January 16, 2012 at 10 AM · Bell Tower on Capitol Square  
(Located on the corner of 9<sup>th</sup> & Bank Streets)

## QUESTIONS. MORE INFO.

Bonnie Neighbour · VOCAL · [bonnie@vocalvirginia.org](mailto:bonnie@vocalvirginia.org) · (877) 862-5638

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# RALLY AND ADVOCACY DAY

## LOCATION. DIRECTIONS. PARKING. SHUTTLE.

The Coalition for Virginians with Mental Disabilities will hold its annual General Assembly Rally on Monday, January 16<sup>th</sup> from 10 a.m. to 11 a.m. at the Bell Tower on Capitol Square, located at the corner of 9<sup>th</sup> and Bank Streets in Richmond. A map of Capitol Square can be found at <http://bit.ly/rvyVwV>, on page 15. The Bell Tower is on the bottom left of the map.

FROM NORTH OR SOUTH: Take I-95 to Broad Street West exit. Continue west on Broad Street until 9<sup>th</sup>.

FROM EAST OR WEST: Take I-64 to I-95 South. Take Broad Street West exit. Continue west on Broad Street until 9<sup>th</sup>.

Parking in Richmond on streets is difficult at any time, especially when the General Assembly is in session. There are plenty of parking lots and garages nearby. They charge a small fee for parking; it is cheaper than parking tickets.

For individuals traveling to the Rally in a van and may have difficulty dropping off participants at the Rally site, the Richmond Behavioral Health Authority (RBHA) has generously arranged for satellite parking and shuttle service. Individuals who need an area to rest or use restrooms may do so in the lobby of RBHA. Satellite parking is located at 107 South 5<sup>th</sup> Street. Shuttle service will be available from 9 until 10 a.m. to the Bell Tower, and will offer return trips from 11 a.m. until 12 p.m. For questions or additional information, contact Laura Nguyen at (804) 819-4078.

## VISIT YOUR LEGISLATOR. MEETING PREPARATION.

1. Find out who your Senator and Delegate are by visiting <http://bit.ly/8ihie0>, or call Legislative Information at (804) 698-1500. Write down your legislators' home district mailing address, e-mail address, and the Richmond office phone number.
2. Review the Coalition's legislative agenda, as it focuses on the needs of individuals with mental illness, intellectual and developmental disabilities, and substance use disorder.
3. If you can, contact your legislator by letter or e-mail to notify him or her that you will be in Richmond on January 16<sup>th</sup> and would appreciate the opportunity to meet with either them or their legislative aide. Let them know that you are especially interested in funding for services to individuals with mental illness, intellectual and developmental disabilities, and substance use disorders. Be sure to include a few words about why this is of interest to you. Also, invite your legislator to join you at the Rally between 10 and 11 a.m. at the Bell Tower on Capitol Square.
4. In the week prior to the Rally, (January 9<sup>th</sup> through January 13<sup>th</sup>), call your legislators' offices in Richmond to remind them that you will be in Richmond the following week and are looking forward to meeting with them. Don't forget to remind your legislators that they are welcome to attend the Rally and that you hope to see them there.
5. Plan and rehearse what you will say to your legislators or to their aides when you visit them. Be sure to connect what you say with key points on the Coalition's legislative agenda. Please put your remarks and/or personal story in writing to leave with them.
6. There will be a table in the lobby of the General Assembly Building where you can find out who your legislators are and/or pick up materials to leave with them when you visit. The table will be open at 9:30 a.m.