**Candidate or Legislator Email Message Template- Examples**

Copy and paste into and email, modify OR create your own message reflecting your personal situation. If they are already a Senator or Representative address them as such. If they are not, but a candidate, address them with Mr/Ms/Dr

Dear (*Mr/Ms/Senator/Representative \_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_\_)

**(insert your individual/family story here in 5 sentences or fewer, sign with name and contact information or modify an email from examples 1 or 2 below.)**

**EXAMPLE 1 Suggestions- you fill in details:** I’m writing to you as a (*constituent/future constituent*) who is very concerned about *critical issues regarding support for (children/adults) with disabilities.*

There are many families in the (*town/city*) area who struggle to make sure that family members like *me/John* have access to the services they need. We urge you to remember the many Mainers with disabilities who depend on good policies to ensure their health, safety and well being. The importance of these essential services to *me/John* and *my/our* family, can’t be emphasized enough. Thank you for doing what you can to support the disability community.

*Sincerely,*

*(Your name and town/city)*(*add contact information here, or above*)

**EXAMPLE 2**

My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am involved in the disability community. I invite you to join us in staying informed and motivated to support disability-related issues, by exploring the links each organization has provided at this URL: CommunityConnectME.org

As individuals, we also have stories to share, and our personal perspectives can be informative and insightful.

We urge you to please work to ensure that policies are in place to support our community. These policies cross many domains and span an individual’s lifetime.

We are here to support you in your understanding of these complex issues, and encourage you to contact us for more information as they arise during your term.

Thank you for your service,

*Sincerely,*

*(Your name)*(*address, contact information here, or above*)