January 8, 2025

Top Ten Ways to Get Involved in Advocacy Efforts in 2025

I'm Ashley Tauler, MCF's Policy & Advocacy Manager, and I'm excited to welcome you to the **2025 Maryland Legislative Session**, starting today, January 8th! During this 90-day session, proposed bills are debated, voted on, and, if passed, turned into law—**your voice can make a difference!**

At MCF, we choose our legislative priorities based on **what matters to you** as caregivers of a loved one with a mental health, substance use, or problem gambling challenge.

Here are **10 simple ways you can take action today** and make your voice heard:

1. Register for Family Day in Annapolis (January 30)

Join us for a day of **education, advocacy, and empowerment** - not to mention fun! Meet with legislators, hear from decision-makers, and learn how to effectively share your story. With **transportation provided** and **no cost** to attend, don't wait to register! Space is limited!

Register   **Learn More**

2. Be a Family Day Sponsor

With **sponsorship levels starting at just $50**, you can support youth,

parents, caregivers, and families in attending this important event.

Sponsorships

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3. Find Your Legislators

Don't know who represents you? Find out by clicking the button below and following a few simple steps to identify who represents the district you live in. Then follow them on social media and introduce yourself at local events. Its a great way to ensure your representatives are aware of the issues that matter to you most!

Legislator Look Up

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4. Testify on Legislation

Your testimony matters! Submit written, virtual, or in-person testimony on bills that affect you and your loved one. But to do so, you will have to first set up your **MYMGA account.** With this account, you will be able to follow bills as they move through the legislative process and prepare yourself to testify. Visit our website to download instructions on how to set up your account.

MYMGA Account Setup

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5. Explore the Maryland General Assembly Website

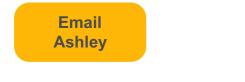Track bills, sign up for testimony, and stay informed during the session.

 Pro Tip: Bookmark the MGA website for quick access.

MGA Website

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6. Share Your Voice with Us

Do you care for someone experiencing mental health, substance use, or

problem gambling challenges? **Your story matters.** Email me today, and I'll help you advocate for change.

Email Ashley

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7. Get Involved Locally

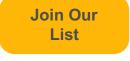Advocacy isn't just at the state level—your local community needs your voice, too!

- Join a local committee, campaign, or coalition.
- Testify at a council meeting.
- Speak with your neighborhood association, school board, or councilperson.

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8. Invite Others to Join You

Advocacy is more powerful when we act together and use our collective voice. Spread awareness, share resources, and invite others in your community to get involved.

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9. Stay Informed on Advocacy Efforts

Subscribe to MCF's mailing list to stay in the loop on important legislative issues and actions you can take throughout the session. Click to visit our website and scroll to the bottom of the page to join our mailing list.

Join Our List

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10. Celebrate Small Wins

Every action matters. Whether you speak to a legislator, attend a meeting, or simply share your story, know that **you are making a difference**. Let's celebrate the steps we're taking together toward meaningful change!

Let's Make 2025 a Year of Advocacy!

If you have any questions, need support, or want to brainstorm ideas, don't hesitate to reach out to me. Let's work together to create a better future for

Maryland families.

Thank you for being an advocate!

Warm regards,

Ashley
Policy & Advocacy Manager
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If you don't already, please follow us on social media if you use it! We'll be sharing advocacy information through these platforms as well!

www.mdcoalition.org

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