



## Coalition for Virginians with Mental Disabilities

2025 East Main Street, Suite 107, Richmond, VA 23223

# Join Us at our Annual Rally for Individuals with Mental Disabilities!

**When:** Monday, January 17<sup>th</sup> at 9:00 a.m.  
*The Rally will end promptly at 10:00 a.m.*

**Where:** The Bell Tower on Capitol Square  
*Near the intersection of 9<sup>th</sup> and Bank Streets*

**Who:** Everyone who has or cares about  
someone with a mental disability!



or



**Join Other Advocates at the Rally. Learn About  
the Issues. Visit Your Legislators and  
Tell Your Story.**

## **Getting Ready for the Rally**

The Coalition for Virginians with Mental Disabilities will hold its annual General Assembly Rally on Monday, January 17<sup>th</sup> at 9:00 a.m. at the Bell Tower on Capitol Square. You can find a map of Capitol Square by following this link: <http://www.dgs.virginia.gov/LinkClick.aspx?fileticket=sYwMNFllj%2f8%3d&tabid=186>. The Bell Tower is number 40. Put the date on your calendar and plan your transportation. There are a few things to think about as you prepare to attend the Rally.

1. Find out who represents you in the Virginia Senate and Virginia House of Delegates. If you have Internet access, you can get this information at <http://legis.state.va.us>. Otherwise, call Legislative Information at (804) 698-1500 and they can give you the information. Write down the home district mailing address, the email address and the Richmond office phone number for your representatives.
2. Review the Coalition's legislative agenda. As usual, it focuses on the needs of individuals with mental illness, intellectual disability and substance use disorder.
3. Contact your legislator by letter or by email to let him or her know you will be in Richmond on January 17<sup>th</sup> and would appreciate the opportunity to meet with either the legislator or the legislative aide. Let them know that you are especially interested in funding for mental health, intellectual disability and substance use disorder services. Include a few words about why this is of interest to you. Invite your legislator to join you at the Rally between 9:00 a.m. and 10:00 a.m. at the Bell Tower on Capitol Square
4. The week of January 10<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 seeing them. 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. Connect what you say to the Coalition's legislative agenda. You may want to put your remarks in writing to leave with them.

### **Logistics**

- For individuals who are traveling to the Rally in a van and who 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 to the Coalition Rally. Consumers and direct support staff who need an area to rest or use restrooms may do so in the lobby of RBHA. Satellite parking will be located at 107 South 5<sup>th</sup> Street. Shuttle service will be available from 8:30 AM until 9:15 AM to the Coalition Rally at the Bell Tower. Shuttle service will offer return trips from the Bell Tower to RBHA from 9:45 AM until 10:00 AM. For questions or additional information, please contact Beth Rafferty at (804) 512-3225. She can be contacted on the day of the Rally at the same number.
- If you have arranged for your own transportation, you can be dropped off on 9<sup>th</sup> Street next to the Bell Tower or on Bank Street
- There will be a table in the General Assembly Building where you can go to find out who your representatives are and/or to pick up a calling card to leave with them when you visit. It will be open at 8:30 so in the event of inclement weather, you can proceed directly to your legislators' offices

### **Directions to the Rally Site**

**APPROACHING RICHMOND FROM THE NORTH OR SOUTH:** Take I-95 to the Broad Street West exit. Proceed West on Broad Street. Find the nearest parking to the Capitol grounds.

**APPROACHING RICHMOND FROM EAST OR WEST:** Take I-64 to I-95 South. Take I-95 to the Broad Street West exit. Proceed West on Broad Street. Find the nearest parking to the Capitol grounds.

**NOTE:** *Parking in Richmond on streets is difficult at any time, especially when the General Assembly is in session. There are many good parking lots and garages nearby; they are cheaper than parking tickets.*