

# WHAT YOU CAN DO



No one should be forced to choose between the family they love and the job they need. Paid family & medical leave will provide paid time off to workers needing to care for themselves or an ill loved one or welcome a new baby.

## HELP US MAKE PAID LEAVE A REALITY. A FEW WAYS TO GET INVOLVED:

### 1. Organize in Your Community

Check out our community toolkit that will teach you some basic organizing 101 skills for paid family and medical leave! <http://bit.ly/PaidLeaveToolkit>

### 2. Share Your Story

When you needed to take time off to care for yourself or a loved one, did you have access to paid leave? If no, did you face financial hardship? Sharing your story helps us build the case for why CT workers need paid family & medical leave. Your story can be as short as just a paragraph and can be emailed to us at: [mgranato@cwealf.org](mailto:mgranato@cwealf.org).

### 3. Call Your Legislator

Call or meet with your State Representative or Senator to tell him/her why paid leave is important to you as a CT voter. Unsure who represents you? Check out [cga.ct.gov](http://cga.ct.gov) to find out and visit our website, [paidfamilyleavect.org](http://paidfamilyleavect.org), for a sample script.

### 4. Snap a Selfie

We've collected dozens of pictures for our photo campaign featuring CT residents and would love to add yours to the mix. You can find the printable sign template on our website, [paidfamilyleavect.org](http://paidfamilyleavect.org). Simply print it out, write in your supportive statement, snap a photo of yourself with the sign and send it in to us.

### 5. Sign Up for Action Alerts and Follow Us on Social Media

We'll keep you posted with legislative updates and events. Subscribe to receive our email blasts on our website or send an email to [mgranato@cwealf.org](mailto:mgranato@cwealf.org). "Like" our posts to interact with us and stay in the know. Facebook and Twitter: [@paidleaveforCT](https://www.facebook.com/paidleaveforCT)



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