



2025 Activist Guide

With so many daunting challenges and near-daily Republican attacks on American values and institutions, many Connecticut residents are eager to stand up, speak out, and get active.

In the medium- to long-term, we have our sights set on winning elections here in CT – to keep our federal and statewide offices in Democratic hands, to expand our majorities in the state legislature, and to flip red towns blue.

But the work of defeating the hostile takeover of American democracy can't be ONLY about winning the next election. It's about organizing locally, making sure your representatives know what you think, using your voice to speak up for the most vulnerable, and persuading your friends and neighbors.

To do all of that, we've put together an INCOMPLETE guide to help you get involved in ways that make sense for you. We stress "incomplete" because so many people in so many Connecticut towns and cities are taking action. This guide points you to some of them. But no matter which group or organization you work with, no matter which forum or format you use to speak your mind, you will be helping push back against the egregious assault on our state, our nation, and our values.

WORK WITHIN the DEMOCRATIC PARTY

- [Join CT Dems Constituent Caucuses](#), like LGBTQ+ Caucus, Black Caucus, Veterans Caucus and more
- [Contact your local Democratic Town Committee](#), attend a meeting
- Find an event via the website Mobilize. (mobilize.us/ctdems shows our events, which tend to focus on electoral efforts, but other progressive and Democratic organizations use Mobilize, too)
- Join [CT Young Democrats](#) (35 and under) or CT College Democrats (current students).
- Volunteer to elect a candidate for local office (summer/fall 2025)
- Consider running for local office (reach out to your DTC for details)
- [Check your voter registration](#) and [register as a Democrat](#) if you're not already. Ask friends to register as Democrats, too. More registrations = a stronger party. If you have a CT driver's license or non-driver ID, registering or switching to the Democratic Party takes less than 3 minutes. For those without a CT-issued ID, it's still easy but not all online.

CONTACT YOUR ELECTED OFFICIALS

All of CT's federal and statewide elected officials are Democrats. It's still valuable to call or email their offices to express your concerns or to thank them for standing up for your values. The same goes for your Democratic state legislators. If you have Republican state legislators, calling their offices to weigh in on decisions is critical.

US House office numbers: [Rep Larson](#), [Rep Courtney](#), [Rep DeLauro](#), [Rep Himes](#), [Rep Hayes](#)
US Senate Office numbers: [Sen Blumenthal](#), [Sen Murphy](#)
[CT State House and Senate Offices](#)

The app "5 Calls" provides easy scripts and all contact numbers to make calling elected officials easier. It is NOT affiliated with the Democratic party, and we don't necessarily endorse every position taken. But it is a helpful tool. [Apple App Store](#), [Android Play Store](#)

JOIN an AREA ACTIVIST GROUP

These are groups outside, but largely aligned with, the Democratic Party. They hold meetings, organize efforts to contact officials, and may organize protests or other actions. Occasionally, that may mean opposing a Democratic initiative. Much, much more often, it means supporting Democrats and our policies. This is an incomplete list of just some of the groups organizing in CT.

- [Indivisible CT](#) (Meets in West Hartford area)
- [Indivisible Stamford](#)
- [Indivisible Greenwich](#)
- [Indivisible Norwich](#) (restarting now)
- [Indivisible Southeast CT](#)
- [Shoreline Indivisible](#)
- Indivisible NWCT (just formed, contact info pending)
- [Rise Up Mystic](#)
- [Bridgeport Generation Now](#)
- [203 Action](#) (generally lower Fairfield County)
- [ReSisters](#) (Westport-based)
- [Quiet Corner Democrats](#) and [Quiet Corner Shouts!](#)
- [Act Local NWCT](#)
- [Bethel Blues & REB](#) (Redding, Easton, Bethel)
- [Democracy Women in Action](#) (Lower CT River Valley)
- [Hamden Progressive Action Network](#)

[Check for other groups](#) near you (tip: search by ZIP code instead of town or city name)

Check out [the Indivisible Guide](#) for analysis and activism protips.

Want to start an Indivisible group? [Click here](#).

HELP an ISSUE-BASED ORGANIZATION IN CT

Support, volunteer, or attend events with:

- [CT Against Gun Violence](#)
- [New Haven Pride Center](#)
- [Triangle Community Center](#), Norwalk
- [Integrated Refugee & Immigrant Services](#) IRIS, New Haven
- [CT Institute for Refugees & Immigrants](#): CIRI
- [Planned Parenthood of Southern New England](#)

- [Reproductive Equity Now](#)
- [CT Coalition for Climate Action](#)

GET INVOLVED with a NATIONAL ADVOCACY GROUP with CT PRESENCE

As mentioned above, not every position taken by every group aligns perfectly with Democratic Party policy or principles. But this is an all-hands-on-deck situation, and you may find groups like these an effective way for you to get involved.

- [Win with Black Women](#)
- [Lambda Legal](#)
- [Human Rights Campaign](#)
- [ACLU of CT](#)
- [Moms Demand Action](#)
- [League of Women Voters](#) (non-partisan but may be a good fit for many reading this)

LEARN HOW to RUN FOR OFFICE

Consider a run for local office. [Talk to your DTC](#) and check out resources from

- [TCS: The Campaign School at Yale](#)
- [Emerge CT](#) (for women candidates)
- [Emily's List](#) (for pro-choice women candidates)
- [Latino Victory](#)
- [Latinas Represent](#)
- [The Collective](#) (for Black candidates)
- [Run for Something](#) (for candidates under age 40)
- [LGBTQ+ Victory Institute](#)

ATTEND FREE TRAININGS (most or all via Zoom)

- CT Dems free trainings: Check mobilize.us/ctdems in Spring, Summer, and Fall of 2025
- [National Democratic Training Committee](#) see their trainings at mobilize.us/ndtc/

TRAINING ON-DEMAND

- [Emily's List](#) maintains a video library of training sessions.

SIGN UP

To sign up for a comprehensive daily list of Dem events *around the country*, you can also subscribe to [DEMSLIST](#). We are not affiliated with this organization.