

2026 Grassroots Democrats HQ In-Person and Virtual Phone Banking, Canvassing and Postcard Writing

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JOIN US TO ELECT DEMOCRATS EVERYWHERE!

U.S. HOUSE TARGETS

AZ-01
Elect Amish Shah!

AZ-06
Elect JoAnna Mendoza!

CA-13
Re-elect Adam Gray!

CA-22
Elect Randy Villegas!

CA-45
Re-elect Derek Tran!

CA-48
Elect Marni von Wilpert!

IA-01
Elect Christina Bohannon!

IA-03
Elect Sarah Garriott!

MI-07
Elect William Lawrence!

NC-01
Re-elect Don Davis!

NC-11
Elect Jamie Ager!

WI-03
Elect Rebecca Cooke!

U.S. SENATE TARGETS

Alaska
Elect Mary Peltola!

Georgia
Re-elect Jon Ossoff!

Iowa
Elect Josh Turek!

Maine
Elect Troy Jackson!

Michigan
Elect Abdul El-Sayed!

North Carolina
Elect Roy Cooper!

Ohio
Elect Sherrod Brown!

Texas
Elect James Talarico!



*TARGETS ARE NOT FINAL AND ARE SUBJECT TO CHANGE

SPECIAL ELECTIONS & PHONE BANKS

WI: SUPREME COURT RACE ✓

VA: REDISTRICTING BALLOT MEASURE ✓

CA: PROP 50 ✓

CA: HEALTHCARE ✓

HQ & BUSES



YOUTH PROGRAMS

Training the next generation of organizers!

**2,500**
Young Dems trained

**1,874,200+**
Calls to young voters

7,600
Campus contacts

16,500+
Doors knocked

(as of 8/6/2026)

Paid for by the Grassroots Democrats HQ. Contributions are not tax deductible. Not authorized by any candidate or candidate-endorsed committee. Federal ID C00707091.

Make a donation today to support year-round organizing efforts.
Keeps the lines ringing & the next generation of organizers in the fight!
We MUST flip the House & Senate. Thank you for showing up!

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2026 GDHQ Virtual Phone Banking Schedule

<u>Campaign</u>	<u>Day(s) of Week</u>	<u>Mobilize Link</u>
Alaska Mary Peltola	Sundays 4-7pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/983260/
AZ-06 JoAnna Mendoza	Saturdays 1-3pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1019169/
CA-22 Randy Villegas	Saturdays - General 3-5pm PT Wednesdays PT - Spanish 5:30-7:30pm	https://www.mobilize.us/grassrootsdemocratslahq/event/605725/ https://www.mobilize.us/grassrootsdemocratslahq/event/958694/
CA-48 Marni Von Wilpert	Sundays - Spanish 12-2pm PT Tuesdays PT - General 5:30-7:30pm	https://www.mobilize.us/grassrootsdemocratslahq/event/1017833/ https://www.mobilize.us/grassrootsdemocratslahq/event/896207/
CA Youth CA-13, CA-22, CA-45, CA-48 Adam Gray Randy Villegas Derek Tran Marni Von Wilpert	Saturdays 12-2pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/930863/
DCCC Races chosen each week by the DCCC	Sundays - General 9-11am PT Mondays - Spanish 3-5pm PT Wednesdays - Youth 3-5pm PT Thursdays with Jessica Craven - General 3-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/959993/ https://www.mobilize.us/grassrootsdemocratslahq/event/977748/ https://www.mobilize.us/grassrootsdemocratslahq/event/636594/ https://www.mobilize.us/grassrootsdemocratslahq/event/1036123/
IA-01 Christina Bohannon	Thursdays 4:30-6pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/996012/
North Carolina	Tuesdays	https://www.mobilize.us/grassrootsdemocratslahq/event/996012/

Roy Cooper Jamie Ager NC-11 Don Davis NC-01	3-5pm PT Saturdays 9-11am PT	mocratslahq/event/953368/
Ohio Sherrod Brown Plus OH Congressionals TBD by Ohio Coordinated Campaign	Fridays 3-5pm PT Saturdays 1-3pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/637628/
WI-03 Rebecca Cooke	Tuesdays 3-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1017990/
CA-13 Adam Gray	Mondays 5-7pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/516612/
AZ-01 Amish Shah	Tuesdays 6-8pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1045956/

2026 In Person Election Headquarters

1027 Westwood Blvd, Los Angeles

<u>Event</u>	<u>Day(s) of Week</u>	<u>Mobilize Link</u>
Drop In Any Time Phone Bank & Write Postcards	Tuesday, Wednesday Thursday 10:30am-8pm PT Friday 10:30am-5pm PT Saturday & Sunday 12noon-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/685705/
Indivisible Nights at the GDHQ	Tuesday 3-5pm PT and 5-7pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/716352/
Youth To Youth Phone Banking	Tuesday 5-7pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/983976/
The Tuesday Postcard Crew	Tuesday 3-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/910775/
Women Wednesday at the Midterm Election Headquarters	Wednesday 5-7pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/730126/
Stonewall and Friends At the Midterm Election Headquarters	Thursday 6-8pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1020906/
JDCA Phone Banking & Postcarding	Sundays - 2-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/767552/
Spanish Language In Person Phone Banks!	Sundays - 3-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1030553/

2026 Buses to Blue

<u>Event</u>	<u>Day(s) of Week</u>	<u>Sign-Up Forms</u>
Swing Left & GDHQ Bus to Blue to Bakersfield (Flip CA-22, Elect Villegas)	Sunday, October 4th 8am – 6pm	https://forms.gle/BnQcqCUfXRFD2xgo9
Swing Left & GDHQ Bus to Blue to Hemet (Flip CA-48, Elect Marni von Wilpert)	Saturday, October 17th 8am – 6pm	https://forms.gle/k2vGPkhNK2HYfU6p9

2026 California Canvassing Schedule

<u>Campaign</u>	<u>Day(s) of Week</u>	<u>Mobilize Link</u>
CA13 Rep Adam Gray	Saturday - Stockton 9am-12:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/974492/
	Sunday - Lathrop Times vary - see Mobilize	https://www.mobilize.us/grassrootsdemocratslahq/event/877924/
	Saturday - Modesto 9:30am-1pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/881345/
	Sunday - Ceres 1-4pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1026110/
	Sunday - Patterson 9:30am-12:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/942511/
CA22 Randy Villegas	Saturday & Sunday - Bakersfield 9:30am-1:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/942427/
	Saturday - Fresno 9:30am-1pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/877922/
CA45 Rep. Derek Tran	Saturday - Fountain Valley 9:30am-1:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1005010/

	Sunday - Fullerton 1-5pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/981830/
CA-48 Marni Von Wilpert	Sunday - Hemet 9:30am-3:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/951094/
	Saturday - Temecula 9:00am-1pm PT Sunday - Temecula 9:30am-1:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/1004996/
	Saturday - San Marcos Times vary - see Mobilize	https://www.mobilize.us/grassrootsdemocratslahq/event/966635/
	Saturday - Oceanside 9:30am-1:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/951052/
	Sunday - Escondido 11:30am-3:30pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/914298/
	Saturday - Winchester 9am-1pm PT	https://www.mobilize.us/grassrootsdemocratslahq/event/983075/

Please consider making a donation to support the year-round organizing efforts of the Grassroots Democrats HQ:

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