



# How to Find Your Elected State and Federal Representatives

**Categories :** [Citizenship and Government Related Topics](#)

## **Connecticut General Assembly:**

Each Connecticut resident is represented at the State Legislature by both a State Senator and a House Representative. To find an alphabetical list of Connecticut State Representatives, click on the following link <http://www.cga.ct.gov/asp/menu/hlist.asp>.

To find an alphabetical list of Connecticut State Senators, click on the following link <http://www.cga.ct.gov/asp/menu/slist.asp>.

To find your specific Connecticut State Senator or Representative, go to the Connecticut General Assembly website at <https://www.cga.ct.gov/>. Click on Representation (located at the top left side of the home page) and click on “Find Your Legislator”. Enter your town, street name, and street number and click to see a list of names. Click on the name and you will get to their individual web page.

## **TO FIND CONNECTICUT STATE SENATORS AND REPRESENTATIVES IN CONNECTICUT’S COMMUNITY RESOURCES DATABASE:**

Search by service name: [State Legislature Offices](#)

## **United States Congress:**

Each Connecticut resident is represented in the United States Congress by two Senators and one Representative.

To find your Connecticut United States Representatives, go to [Homepage | house.gov](#) click on Representatives and find Connecticut under the link for States.

## **To Find United States Senators and Representatives from Connecticut in Connecticut’s Community Resources Database:**

Search by service name: [United States House of Representatives Offices](#)

Or, search by service name: [United States Senate Offices](#)

---

**PREPARED BY:** 211/jm

**CONTENT LAST REVIEWED:** April2023