

Congressman Larson is very interested in hearing your views on issues that are important to you as well as providing assistance you may need in dealing with federal agencies. [Please click here to send an email to Congressman Larson](#)

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Due to Congressional courtesy, Congressman Larson will only be able to answer emails from constituents from Connecticut's 1st district.

If you live in the First Congressional District, but are currently residing elsewhere or serving overseas in the military, please use your permanent Connecticut address when submitting a message. In your email, please note your temporary address overseas so that I may respond promptly.

Due security screening of mail sent to Congress, letters sent to Congressman Larson's Washington D.C. Office via U.S. Mail can be delayed by 2-4 weeks.

## Requesting a Meeting

To submit a scheduling request for a meeting [please fill out my form here](#) .

## Visiting Washington D.C.

If you're planning on visiting the nation's capital, my office can assist you in arranging tours to various locations around Washington D.C.

[Please click here to complete our office's online tour request form](#)

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## How Can I Help?

If you need assistance dealing with a federal agency, such as Medicare, Social Security, Veterans Affairs or other problems with the federal government, [please click here](#) .

If this is an urgent request, please contact the Hartford District Office directly at (860) 278-8888.

## **Congress ConneCTion E-Newsletter**

To receive periodic emails from Congressman Larson on issues concerning the First District of Connecticut, [please click here to sign up for the Congress ConneCTion e-newsletter.](#)

### **Washington D.C. Office**

1501 Longworth House Office Building  
Washington, DC 20515  
Ph: (202) 225-2265  
Fx: (202) 225-1031

### **Hartford, CT Office**

221 Main Street, 2nd Floor  
Hartford, CT 06106  
Ph: (860) 278-8888  
Fx: (860) 278-2111