

# **Phone Bank for Rep. Antonio Delgado and Help Keep the NY 19th Congressional District Democratic!**

Join Three Parks volunteers and friends on Sept. 1 for a special combined training and phone banking session for Democratic Rep. Antonio Delgado, who represents the 19th Congressional district south of Albany. Delgado won the district in the 2018 “blue wave,” defeating the Republican incumbent. Now we need to support him to help keep this seat Democratic and to maintain and even expand the Democratic majority in the House. Here’s how you can help:

**Training and Phone  
Banking**  
**Tuesday, Sept. 1**  
**6:00 - 8:30 pm**

If you plan to participate in this special Three Parks session, please e-mail our Coordinator, Miriam Rabban, by clicking [here](#). She will respond to you with details and keep you posted regarding future phone bank sessions.

The session will provide a script and training in the user-friendly system for phone banking. Then, we'll make phone calls. At the end of the session, you will have an opportunity to discuss your experience and provide feedback. You will need a computer and a cell phone.

For more information about the Delgado campaign, visit his campaign website by clicking [here](#).