



117 DAYS IN CAPTIVITY

Here's how **YOU** can help
BRING THEM HOME

1. **Follow** oneminaday.com
2. **Post** your support on social media
#BringThemHomeNow
3. **Follow** [@bringhomenow](https://twitter.com/bringhomenow) (X); [Bringhomenow](https://www.instagram.com/bringhomenow) (Instagram); [Bring Them Home Now](https://www.facebook.com/bringthemhomenow) (FB) and share their posts
4. **Call** your Congressmen and Senators to share your concerns
 - a. Senator Ted Cruz 210-340-2885
 - b. Senator John Cornyn 210-224-7485
 - c. Rep. Henry Cuellar 210-271-2851
 - d. Rep. Joaquin Castro 210-348-8216
 - e. Rep. Tony Gonzales 210-806-9920
 - f. Rep. Greg Casar 210-580-7000
 - g. Rep. Chip Roy 210-821-5024
5. **Do it all again tomorrow**