



Ways to Get Help from Regional Councils and Local Unions

1. **Identify what Regional Councils, Locals, and JATC can help with.** Before you approach these leadership groups, you should know what you need. You should also know whether these groups can provide you with what you need. Some areas where you might have needs include:
 - a. Marketing
 - b. Meetings/Mailings
 - c. Events
 - d. Recruitment/Retention initiatives (e.g., help with Open House)
 - e. Staff assistance from Regional Council, Local, or JATC
2. **Educate the Regional Councils, Locals, and JATC.** While you may know what you need, these groups may not, so share your goals, plans, and ideas with them. That way, they will be informed and have a greater sense of awareness of how they might help you. For examples of ways to provide feedback to these groups and keep them updated on your actions, check out the following forms used by the Southern California SIB committee:

[Southern California Meeting Agenda](#)

[Southern California Annual Calendar](#)

[Southern California Monthly Leadership Report](#)

3. **Learn protocols of Regional Councils, Locals, and JATC.** Locate this information by:
 - a. Reaching out to individuals at these offices.
 - b. Finding an ally and/or advocate at these offices.
 - c. Doing research at the website.
 - d. Finding and reading printed material from these groups.
4. **Identify someone whom you can contact regularly at the Regional Council, Local, or JATC.** Make sure this person is competent and knowledgeable. Work with this person to determine protocols and standards for submitting requests and asking for assistance.
5. **Be ready to answer the “What’s In It for Me” question from your Regional Council, Local, or JATC.** Some answers might include:
 - a. Would help with recruitment of women.
 - b. Would help with retention of women.
 - c. Would help with development of women in some areas (e.g. leadership skills).
 - d. Would help women find jobs.
 - e. Would help women keep jobs.
 - f. Would help women find mentors or serve as mentors.
 - g. Would help women learn ways to better manage their personal finances.
 - h. Would help the community.
 - i. Would help an organization (e.g., Job Corps).