

[Contact Jan](#)

Email Jan with your pressing questions or concerns.

[Congressional Art Contest](#)

An opportunity to recognize and encourage the artistic talent in our district.

[Federal Grants](#)

Guidance and key resources to help eligible grantseekers find information on federal grants, loans, and more.

[Help With A Federal Agency](#)

Providing assistance with any difficulties you may be experiencing with government agencies.

[Internships](#)

A unique experience for students who wish to learn more about Congress and the legislative process.

[Neighborhood Office Hours](#)

Congresswoman Schakowsky's staff hold office hours in the community, and across the district.

[Order A U.S. Flag](#)

Commemorate a specific day or event by having a flag flown over the Capitol.

[Service Academy Nominations](#)

Assisting young people in our district who are interested in an appointment to one of the military service academies.

[Tours](#)

Assistance with tours of various federal buildings.

[Veteran Services](#)

Resources and information for our men and women in uniform when they return from serving our country.

[Visiting Washington D.C.](#)

Information about our nation's capital and assistance in making advance reservations for many tours.