#### Ruth E. Beltran, MBA, MS, LMHC

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#### 212-889-8905

## Directions to 333 Westchester Ave., Suite E-106 Family Institute of Westchester

## White Plains, New York 10604

Because this office is in a very large office building, there are some important pieces of information I need to provide you with, in addition to driving directions.

The office building is ENORMOUS and sits on a big piece of property they call a "campus". There are 2 entrances onto the "campus": one from Westchester Ave. and one from North Street. Once on campus, the building itself (333 Westchester Ave.) has multiple labelled and color-coded entrances into it. The ones relevant for us are the EAST (pink colored) entrance and the SOUTH entrance (melon color). The EAST entrance is the one you will be using the most as this is the part of the building where my office is located.

There is lots of parking (free) on the campus and you can park near the entrance you are using.

- 1. My office is at the EAST entrance, and that door is open through 7P. So, if you are arriving to see me before 7P, you will enter through the EAST entrance and park in the lot at that entrance. There are a couple of spots right outside the front door.
- 2. You can **exit** the building through the EAST door at **any time.**
- 3. If you are **entering** the building **7PM or later**, the EAST door is locked as a point of entry and the only way into the building is through the SOUTH entrance. You will be able to exit the building by either the SOUTH or EAST entrance. But, if you have parked at the SOUTH entrance, you will want to exit at that entrance, too.
- 4. There is always a security guard at the SOUTH entrance.
- 5. DO NOT PARK IN ANY RESERVED OR HANDICAPPED SPOTS

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# **Getting to Suite E-106**

#### **EAST ENTRANCE:**

- 1. My office is in Suite E-106, and that suite is also the **Family Institute of Westchester**.
- 2. When you enter through the EAST entrance, you will be in a lobby and will see a short corridor on your right, leading to elevators. Take the elevator to level 1 (you are entering at level T). When you get off the elevator, follow the red carpeted corridor in front of you to the third door on your right: E-106 Family Institute of Westchester.
- 3. When you get to the suite, open the door and have a seat in the waiting area. I will be right with you!

#### **SOUTH ENTRANCE:**

- 1. When you enter through the SOUTH entrance, you will be in a lobby and there will be a corridor straight in front of you, which you will follow.
- 2. Continuing to follow this corridor will look like this: make your first right turn, then your first left turn. Continue straight, passing an eatery on your left called Bistro. Make the next left and this leads you to the red carpeted hallway, also to your left. Suite E-106 is the first Suite on your left. Enter the Suite and have a seat in the waiting area and I will be right with you.

# **Directions From Northern Westchester**

I-684 South to

I-287 West/White Plains/Westchester Ave. (on right). Follow signs to stay on 287W/White Plains to

Exit 8 Westchester Ave /Westchester Mall/White Plains (on your right)

Stay to the right and in .2 of a mile, stay right onto I-287W

Make first left onto White Plains Ave.

# At first traffic light, you have two choices to enter 333 Westchester Ave. campus

**A.** Make left at traffic light, staying on Westchester Ave.

In .1 of a mile, make immediate first right into parking lot of 333

Drive to attendant booth (if asked, say you are going to Family Institute of Westchester)

Go left to get to EAST entrance; Go right to get to South entrance

#### OR

**B.** Go straight at traffic light, up hill to North St. Make your first left into 333 Westchester Ave campus.

Turn Right to head to South entrance. Drive past it and continue to get to East Entrance

#### **From Connecticut**

I-95 South, toward NYC

I-287 W to Exit 21, toward White Plains/Tappan Zee Bridge

THEN FOLLOW ABOVE

#### **From Tarrytown**

I-287E. to Westchester Ave. to

Exit 8E (Rt.127 Harrison-Westchester Av.)

At light, make Right onto North St. Proceed to first light.

When you have turned onto the campus, turn left. Follow this road around, through a Stop sign, up a hill. At about .2 of a mile, East entrance parking lot is on your left. East building (pink) entrance is on your right with small parking area in front of the door.

If it is 7P, you will drive past the East entrance and continue to the South (Yellow) entrance. There is a circular driveway in front of that entrance, with parking. You will turn right for South entrance parking.