

## DIRECTIONS TO OUR BERKELEY OFFICE

Our address is: 1221 Marin Avenue, Berkeley, CA 94706 (510/527-2100) Our office is at the corner of Marin Avenue and Talbot Avenue. We rent the ground floor of the Mosaic Church building at this location (We are not affiliated with the church.) The Center is four blocks east of San Pablo Avenue (towards the hills), one block south of Solano Avenue, and is easily accessible by freeway, bus, and BART. Street parking is free and readily available.

### FROM YOUR SPECIFIC AREA:

#### FROM WALNUT CREEK:

Take Highway 24 West. Go through the Caldecott Tunnel and then take 580 West towards San Francisco. Stay in the right lanes and then take 580 West/80 East towards Berkeley. Get off at the Albany/Buchanan Street exit (the Gilman exit is right before this one). Make a right at the end of the ramp onto Buchanan Street. This puts you on Buchanan, going in the correct direction -- towards the Berkeley hills (going east). Continue for about a half mile on Buchanan, then when Buchanan crosses San Pablo Avenue (traffic light; main street), Buchanan changes its name to Marin. Go 4 blocks past San Pablo Avenue -- to corner of Marin and Talbot. We are on the left hand side of the street, on the corner. We have offices in a former church building, now called the Mosaic Center; it has a white steeple on top and this is the landmark to spot us. You can park on Marin or Talbot -- there is usually plenty of street parking. To find us in this building, get back on Marin, facing the front of the building. Walk to the right side of the building. You'll see a wire mesh fence with our sign on it -- Center for Creative Growth -- with an arrow pointing you down a walkway. Go down the walkway. On your left, you'll see a covered patio. The first door under that covered patio has our sign on it. That's the entrance to our waiting room. Your therapist will meet you there at the time of your appointment. If you need to use restrooms, the way to find them is: Go to the far end of the covered patio. Door says: "Restrooms and Offices." Go in there. There are 2 restrooms; they are the first two doors on the right. Sometimes the "Restrooms/Offices" door is already open. Just go on in. We ask that you be very quiet in this corridor, because that's where the counseling offices are.

#### FROM SAN FRANCISCO:

Take the Bay Bridge from San Francisco towards Berkeley. Take 580 West/80 East (this is the same road at this point): Signs say "Berkeley/Sacramento." Get off at the Albany/Buchanan Street exit (the Gilman exit is right before this one). At the end of the ramp, make a right onto Buchanan Street. You're now heading in the correct direction -- towards the Berkeley hills (going east). Continue for about a half mile on Buchanan, then when Buchanan crosses San Pablo Avenue (traffic light; main street), Buchanan changes its name to Marin. Go 4 blocks past San Pablo Avenue -- to corner of Marin and Talbot. We are on the left hand side of the street, on the corner. We have offices in a former church building, now called the Mosaic Center; it has a white steeple on top and this is the landmark to spot us. You can park on Marin or Talbot -- there is usually plenty of street parking. To find us in this building, get back on Marin, facing the front of the

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#### FROM RICHMOND-SAN RAFAEL BRIDGE:

Take 580 East towards Oakland. After the Central exit, you will see a sign saying "Buchanan - ½ mile." Get in your left lane and take the upcoming exit which is marked "Albany." This is a left lane exit. Go to the stop sign, turn left. Follow signs that say "to Albany." You will almost immediately be going under an overpass. This will put you on Buchanan going in the correct direction -- towards the Berkeley hills (going east). Continue for about a half mile on Buchanan, then when Buchanan crosses San Pablo Avenue (traffic light; main street), Buchanan changes its name to Marin. Go 4 blocks past San Pablo Avenue -- to corner of Marin and Talbot. We are on the left hand side of the street, on the corner. We have offices in a former church building, now called the Mosaic Center; it has a white steeple on top and this is the landmark to spot us. You can park on Marin or Talbot -- there is usually plenty of street parking. To find us in this building, get back on Marin, facing the front of the building. Walk to the right side of the building. You'll see a wire mesh fence with our sign on it -- Center for Creative Growth -- with an arrow pointing you down a walkway. Go down the walkway. On your left, you'll see a covered patio. The first door under that covered patio has our sign on it. That's the entrance to our waiting room. Your therapist will meet you there at the time of your appointment. If you need to use restrooms, the way to find them is: Go to the far end of the covered patio. Door says: "Restrooms and Offices." Go in there. There are 2 restrooms; they are the first two doors on the right. Sometimes the "Restrooms/Offices" door is already open. Just go on in. We ask that you be very quiet in this corridor, because that's where the counseling offices are.

#### FROM HERCULES/PINOLE:

Take 80 West. Get off at the Albany exit. (Central exit comes right before this one.) This Albany exit leads to a frontage road. Follow signs that say "Albany," by making a left onto the frontage road and going to the end of it. Go under the overpass there and then the road leads you onto Buchanan going in the correct direction -- towards the Berkeley hills (going east). Continue for about a half mile on Buchanan, then when Buchanan crosses San Pablo Avenue (traffic light; main street), Buchanan changes its name to Marin. Go 4 blocks past San Pablo Avenue -- to corner of Marin and Talbot. We are on the left hand side of the street, on the corner. We have offices in a former church building, now called the Mosaic Center; it has a white steeple on top and this is the landmark to spot us. You can park on Marin or Talbot -- there is usually plenty of street parking. To find us in this building, get back on Marin, facing the front of the building. Walk to the right side of the building. You'll see a wire mesh fence with our sign on it --

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#### FROM SAN JOSE/SOUTH BAY:

Take 880 North. Follow signs for Highway 80 (Berkeley). On Highway 80, you'll pass exits for Ashby Avenue, University Avenue, Gilman Street. Get off at the Albany/Buchanan Street exit (the Gilman exit is right before this one). At the end of the ramp, make a right turn onto Buchanan Street. This puts you on Buchanan, going in the correct direction -- towards the Berkeley hills (going east). Continue for about a half mile on Buchanan, then when Buchanan crosses San Pablo Avenue (traffic light; main street), Buchanan changes its name to Marin. Go 4 blocks past San Pablo Avenue -- to corner of Marin and Talbot. We are on the left hand side of the street, on the corner. We have offices in a former church building, now called the Mosaic Center; it has a white steeple on top and this is the landmark to spot us. You can park on Marin or Talbot -- there is usually plenty of street parking. To find us in this building, get back on Marin, facing the front of the building. Walk to the right side of the building. You'll see a wire mesh fence with our sign on it -- Center for Creative Growth -- with an arrow pointing you down a walkway. Go down the walkway. On your left, you'll see a covered patio. The first door under that covered patio has our sign on it. That's the entrance to our waiting room. Your therapist will meet you there at the time of your appointment. If you need to use restrooms, the way to find them is: Go to the far end of the covered patio. Door says: "Restrooms and Offices." Go in there. There are 2 restrooms; they are the first two doors on the right. Sometimes the "Restrooms/Offices" door is already open. Just go on in. We ask that you be very quiet in this corridor, because that's where the counseling offices are.

#### DIRECTIONS FROM BART AND BUS:

The nearest BART Station is El Cerrito Plaza. You may either walk to our Center, which is a 15 - 20 minute walk, or you may take a #72 bus south on San Pablo Avenue. If you take the bus, get off at Marin Avenue. Walk up Marin Avenue going east (towards the hills) for four blocks, to the corner of Marin and Talbot. We are on the left hand side of the street, on the corner. We have offices in a former church building, now called the Mosaic Center; it has a white steeple on top and this is the landmark to spot us. You can park on Marin or Talbot -- there is usually plenty of street parking. To find us in this building, get back on Marin, facing the front of the building. Walk to the right side of the building. You'll see a wire mesh fence with our sign on it -- Center for Creative Growth - - with an arrow pointing you down a walkway. Go down the walkway. On your left, you'll see a covered patio. The first door under that covered patio has our sign on it. That's the entrance to our waiting room. Your therapist will meet you there at the time of your appointment. If you need to use restrooms, the way to find them is: Go to the far end of the covered patio. Door says: "Restrooms and Offices." Go in there. There are 2

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To verify departure times for BART trains call: 510/465-2278. To verify times of bus departures call AC Transit at: 800/559-4636.