Directions to the Westchester Institute for Human Development, Cedarwood Hall, Room 333, Valhalla, NY 10595 (Telephone: 914-493-1235):

(if using a GPS, use “20 Hospital Oval West” or “20 Hospital Service Road South”)

From the North:

* Take the Taconic Parkway South towards Westchester/New York City
* When the road breaks between the Sprain Parkway, and Bronx Parkway, stay to the LEFT to stay on the Sprain Parkway, towards New York City
* Take the next exit, for Hawthorne/Westchester Medical Center/Route 100 exit (just past the New York State Police Headquarters).
* At the top of exit ramp, turn RIGHT onto Route 100 South. Drive approximately ½ mile.
* At stop light, turn right onto Hospital Road, at the Westchester Penitentiary.
* Continue straight, passing over the highway. At the stop sign, go straight onto Peripheral Road.
* Follow road past parking structure on your left, to the end of the road.
* At stop sign, turn left.
* Follow the S- shaped road; you'll pass a sign that says "Cedarwood Hall" turning right, onto Oval Connector.
* Turn right onto the one-way-oval. Proceed to the top of the oval. Follow it back down until you see a parking booth.
* Turn right into the parking booth and take a ticket.
* Turn right into the parking lot and park. You will now be right in front of Cedarwood Hall, which is the same building as Westchester Institute for Human Development.
* Find the only set of stairs coming out of the parking lot and they will take you into Cedarwood Hall. Enter lobby. Proceed to elevator & take to the 3rd floor. Turn left at the elevator, walk down the hall, make another left at the end of the hall, walk down this short hall, and then make another left. Proceed to Room 333.

From the South/Bronx:

* Take the Bronx River Parkway North towards Westchester.
* When the road breaks between the Sprain Parkway/Taconic Parkway and the Bronx Parkway/White Plans, stay to the LEFT to stay on the Sprain Parkway North.
* Take the exit for Hawthorne/Route 100 North (also State Police) exit.
* Turn left onto Hospital Road. At the stop sign, go straight onto Peripheral Road.
* Follow road past parking structure on your left, to the end of the road.
* At stop sign, turn left.
* Follow the S- shaped road; you'll pass a sign that says "Cedarwood Hall" turning right, onto Oval Connector.
* Turn right onto the one-way-oval. Proceed to the top of the oval. Follow it back down until you see a parking booth.
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From the South/Long Island:

* Take I-495/Long Island Expressway West, towards New York City.
* Take Exit 31N for The Cross Island Parkway North/Whitestone Bridge
* After going over the bridge, Stay RIGHT to take Exit 10 for I-695/I-95 North
* Stay left for I-95 North/New Haven.
* Take Exit 9, Hutchinson Parkway North.
* Take Exit 13, Cross County Parkway/Saw Mill Parkway/Yonkers.
* Stay on the Cross County Parkway, and take Exit 6, for Bronx Parkway/Sprain Parkway North.
* When the road breaks between the Sprain Parkway/Taconic Parkway and the Bronx Parkway/White Plains, stay to the LEFT to stay on the Sprain Parkway North.
* Take the exit for Hawthorne/Route 100 North (also State Police) exit.
* Turn left onto Hospital Road. At the stop sign, go straight onto Peripheral Road.
* Follow road past parking structure on your left, to the end of the road.
* At stop sign, turn left.
* Follow the S-shaped road; you'll pass a sign that says "Cedarwood Hall" turning right, onto Oval Connector.
* Turn right onto the one-way-oval. Proceed to the top of the oval. Follow it back down until you see a parking booth.
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From the East/Northeast:

* Take I-684 South to I-87 South.
* Take exit 3 for Route 22 /Armonk.
* Stay to the right onto Route 22 South/Armonk Bedford Road.
* Go about 1 ½ miles. At traffic light for Route 120, stay left through light onto Route 120/Route 22/King Street.
* At next traffic light, stay straight to continue onto Route 22 South/Mt. Kisco Road.
* Go over Rye Bridge, and exit right onto the Bronx River Parkway. (This is after passing the water on the right.)
* At the traffic circle, take the 1st exit right onto Taconic State Parkway/Albany.
* At second light, make a left onto Lakeview Ave.
* At the end of the road at the stop sign, make a sharp right onto Bradhurst Avenue/Route 100.
* At stop light, turn left onto Hospital Road, at the Westchester Penitentiary.
* Continue straight, passing over the highway. At the stop sign, go straight onto Peripheral Road.
* Follow road past parking structure on your left, to the end of the road.
* At stop sign, turn left.
* Follow the S-shaped road; you'll pass a sign that says "Cedarwood Hall" turning right, onto Oval Connector.
* Turn right onto the one-way-oval. Proceed to the top of the oval. Follow it back down until you see a parking booth.
* Turn right into the parking booth and take a ticket.
* Turn right into the parking lot and park. You will now be right in front of Cedarwood Hall, which is the same building as Westchester Institute for Human Development.
* Find the only set of stairs coming out of the parking lot and they will take you into Cedarwood Hall. Enter lobby. Proceed to elevator & take to the 3rd floor. Turn left at the elevator, walk down the hall, make another left at the end of the hall, walk down this short hall, and then make another left. Proceed to Room 333.

From the West/Northwest:

* Take Route 17 East to I-87 South. Stay on to cross the Tappan Zee Bridge staying to the right as you go through tolls.
* Stay right, and take Exit 8A Route 119/Saw Mill Parkway North/Elmsford.
* At the fork, stay left onto the Saw Mill Parkway.
* Take exit 23 at Eastview, and turn right onto Old Saw Mill River Road.
* Follow road through business park, and as road forks, stay LEFT remaining on Route 100C
* At second light, make a left onto Woods Road at the Westchester Medical Center campus.
* Follow road to stop sign at end and turn left onto Peripheral Road.
* Follow road past parking structure on your left, to the end of the road.
* At stop sign, turn left.
* Follow the S-shaped road; you'll pass a sign that says "Cedarwood Hall" turning right, onto Oval Connector.
* Turn right onto the one-way-oval. Proceed to the top of the oval. Follow it back down until you see a parking booth.
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Parking:

You will need to pull a ticket to park. However, we have covered this cost, and you will be given a pass after your appointment to submit when leaving the parking garage/lot.
Directions to the Crowne Plaza Hotel White Plains- Downtown, 66 Hale Ave., White Plains, NY 10601 (Telephone: 914-682-0050):

From the North:

* Take the Taconic Parkway South towards Westchester/New York City
* When the road breaks between the Sprain Parkway, and Bronx Parkway, stay to the LEFT to stay on the Sprain Parkway, towards New York City
* When you see signs for I-287 East, White Plains, stay to the LEFT. Merge LEFT to get onto I-287 East.
* Take Exit 8W, Bloomingdale Rd/Westchester Mall Pl/to 127 Harrison Exit on your RIGHT.
* Stay in the right lane to turn RIGHT for “Westchester Ave.”
* At the light, stay to the RIGHT to merge onto Bloomingdale Rd. At the next (first) light, make a LEFT onto Westchester Ave.
* At next (first) light, make a LEFT onto Paulding St.
* Go under the overpass, and make your FIRST RIGHT onto Hiram St.
* At the end of the road, make a LEFT onto Hale Avenue.
* The Crowne Plaza Hotel will be on your LEFT side, right before the next intersection/light.

From the South/Bronx:

* Take the Bronx River Parkway North towards Westchester.
* When the road breaks between the Sprain Parkway/Taconic Parkway and the Bronx Parkway/White Plans, stay to the RIGHT to stay on the Bronx Parkway/White Plains.
* Stay to the LEFT to stay on the Bronx Parkway to Exit 21, White Plains/Main St.
* Take Exit 21 to the RIGHT towards White Plains/Main St.
* At the light, make a RIGHT onto Main St./Route 119 East.
* At the 4th light, make a RIGHT onto Mamaroneck Avenue.
* At the 4th light, make a LEFT onto Maple Avenue.
* At the 3rd light, make a LEFT onto Hale Ave.
* Turn immediately RIGHT into the Crowne Plaza Hotel.

From the South/Long Island:

* Take I-495/Long Island Expressway West, towards New York City.
* Take Exit 31N for The Cross Island Parkway North/Whitestone Bridge
* After going over the bridge, Stay RIGHT to take Exit 10 for I-695/I-95 North
* Stay left for I-95 North/New Haven.
* Take Exit 9, Hutchinson Parkway North.
* Take Exit 23N, White Plains/Mamaroneck Ave.
* At the end of the exit ramp, turn/merge right onto Mamaroneck Ave.
* Go about 10 ½ miles till you see a Getty station on your LEFT just below a main intersection. Go through the light and stay to the RIGHT onto Bloomingdale Rd.
* After passing the Cheesecake Factory sign on your left, turn LEFT at the light onto Maple Avenue.
* At the 3rd light, make a LEFT onto Hale Ave.
* Turn immediately RIGHT into the Crowne Plaza Hotel.

From the East/Northeast:

* Take I-684 South.
* Stay on the highway to the FAR RIGHT to I-287 WEST, towards White Plains/Westchester Ave.
* The road will split again, and stay to the RIGHT for Westchester Ave.
* Get off the ramp, and stay straight through the traffic light.
* Stay on Westchester Ave.; Stay to the LEFT when the road splits, towards Westchester Mall Pl/White Plains/Westchester Ave.
* When you see the road split again, Stay to the LEFT for Route 119/White Plains. You will cross over the overpass.
* Straight to go under the bridges; At the third light, make a LEFT onto Paulding St.
* Go under the overpass, and make your FIRST RIGHT onto Hiram St.
* At the end of the road, make a LEFT onto Hale Avenue.
* The Crowne Plaza Hotel will be on your LEFT side, right before the next intersection/light.

From the West/Northwest:

* Take Route 17 East to I-87 South. Stay on to cross the Tappan Zee Bridge staying to the LEFT as you go through tolls.
* Stay left, Exit 8 towards White Plains/I-287 East. Stay on I-287 East for approximately 33 miles.
* Take Exit 8W, Bloomingdale Rd/Westchester Mall Pl/to 127 Harrison Exit on your RIGHT.
* Stay in the right lane to turn RIGHT for “Westchester Ave.”
* At the light, stay to the RIGHT to merge onto Bloomingdale Rd. At the next (first) light, make a LEFT onto Westchester Ave.
* At next (first) light, make a LEFT onto Paulding St.
* Go under the overpass, and make your FIRST RIGHT onto Hiram St.
* At the end of the road, make a LEFT onto Hale Avenue.
* The Crowne Plaza Hotel will be on your LEFT side, right before the next intersection/light.
Parking:

A parking fee of $12 is INCLUDED with your stay. Please notify the parking attendant/and front desk when parking and checking in, to avoid any additional cost to you.

Directions to your Appointment from your Hotel:

The hotel is approximately 8 miles from your appointment site. Please approximate 25 minutes to get there.

Westchester Institute for Human Development
Cedarwood Hall, Room 333
Valhalla, NY 10595
TELEPHONE: 914-493-1235

(if using a GPS, use “20 Hospital Oval West”)

* Come out of the Hotel and turn LEFT onto Maple Ave.
* At first light, turn LEFT onto Bloomingdale Road.
* Stay right to exit for I-287 West, towards the Tappan Zee Bridge.
* Stay left at the fork to go WEST on I-287.
* Stay left again to merge onto I-287 WEST.
* Go about 3 miles, and take Exit 3, for Sprain Pkwy/Taconic Pkwy/New York City
* Stay left, and exit for Sprain Brook Parkway NORTH.
* Take the second exit for Hawthorne, Route 100 North.
* At the end of the exit ramp, turn LEFT onto Hospital Road.
* Continue straight, passing over the highway. At the stop sign, go straight onto Peripheral Road.
* Follow road past parking structure on your left, to the end of the road.
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