

Directions From NYC:

1. Take GW Bridge upper level.
2. Exit right onto Palisades Parkway.
3. Take exit 1 and make right at end of ramp.
4. At 4th traffic light make right turn onto Lydecker St.
5. At the 2nd stop sign make a sharp left turn (this is a 5 way intersection - make sharp left) onto Glenwood Rd.

You will be driving down a long, curvy hill. As you pull out of the curve at the bottom of the hill a white picket fence will be on your right. Across the street, on your left will be:

108 Glenwood Rd. (a big white house, with 2 pillars in the front and a light blue door and shutters)

Once you see the house, you will have passed the driveway. You are welcome to park in the driveway or on the street. Enter via the front door.

for more information, please contact:

James Niederland, L.C.S.W.

Psychotherapist & Wellness Consultant

108 Glenwood Road

Englewood, NJ 07631

(201) 567-8119

jnied@aol.com