

Oakland Cognitive Behavior Therapy Center
5625 College Avenue, Suite 215, Oakland, CA 94618

- Location** The Oakland Cognitive Behavior Therapy Center is located in Suite 215 of the Market Hall on College Avenue in the Rockridge section of Oakland.
- Directions** *BART:* Take the Pittsburg/ Bay Point line to the Rockridge station. Cross College Avenue to Market Hall and walk half a block down College Avenue. The entrance to 5625 College Ave will be on your right.
- From San Francisco:* Take Highway 80 across the Bay Bridge to Oakland. Stay in the right-hand lanes and take 580 toward Hayward and then take Highway 24 toward Walnut Creek. Exit on Claremont Ave and turn left at the first signal. Continue on Claremont Ave through two lights (about 3 blocks) and turn right on Forest. Then make the first left onto Shafter. Follow the parking directions below.
- From East Bay:* Take Highway 24 West to Oakland through the Caldecott Tunnel. Take the College Avenue exit. Proceed down Miles Avenue to College Avenue. Turn left onto College Avenue. You will see 5625 on your right after about 1.5 blocks. To access the Market Hall parking lot, continue driving on College Avenue and turn right at Forest. Drive down Forest and make the first right onto Shafter. Follow the parking directions below.
- Parking** Once you have turned onto Shafter Avenue, the Market Hall parking lot/underground garage will be on your right. If an attendant gives you a ticket to validate, your therapist can do that for you. After 4 pm and on weekends there is also parking available in the BART parking lot. You may also find metered parking on Shafter Avenue or College Avenue.
- Entry from College** The entrance to 5625 College Avenue is located on College Avenue next door to the bakery in the Market Hall. You can reach suite 215 by walking up the stairs or by taking the elevator, which you will see to your left if you walk past the stairs. **If you take the stairs**, turn left when you get to the top of the stairs and look for suite 215 on your left. **If you take the elevator**, go up to the second floor. Turn right when exiting the elevator and turn right again when you get to the stairwell. You will see the entrance to the suite on your left.
- Entry from parking lot on Shafter** Leave the parking lot and walk toward the markets. After you pass the produce market, walk up the stairway to your right. Go to the second floor and walk the full length of the outdoor walkway to Suite 215, which is facing you at the very end.
- Inside the Suite** Use the door code 5 4 6 3 5 to enter the suite. The entrance to the waiting room is on your left when you enter the suite. In the waiting room, push the button corresponding to your therapist's name, and at the appointed time your therapist will come out to meet you.
- Bathrooms** To locate the bathroom, walk out the door of the suite, turn right, and then left. Walk down the hall and you will see the bathrooms on your left. To access them, use the door code 5451.