

**Directions to the CFR training sessions at  
Capital District Disabilities Service Office (DDSO)  
(O. D. Heck Dev. Center)  
500 Balltown Road  
(at intersection of Consaul Road)  
Schenectady, NY 12304**

- 1. From the east:** Take I-90 West to I-87 North (Northway). Get off at Exit 2W (Route 5 West or Schenectady). Follow Route 5 approximately 5 miles to Balltown Road (Metro Ford and Mohawk Commons mall will be on the right at the traffic light). Take a right at the light onto Balltown Road. Follow Balltown Road past the Mohawk Commons shopping center and Raymour & Flanigan's/Gold's Gym shopping center. Immediately past Raymour & Flanigan's/Gold's Gym shopping center, turn right into the O.D. Heck Developmental Center. Conference Rooms 1 and 2 are in Building #3 at O.D. Heck.
- 2. From the south:** Take NYS Thruway to Exit 24 to I-87 North (Northway). Get off at Exit 2W (Route 5 West or Schenectady) and follow the directions in #1 above (from Exit 2W).
- 3. From the north:** Take I-87S to Exit 2W (Route 5 West or Schenectady). Follow directions in #1 (from exit 2W).
- 4. From the west:** Take NYS Thruway East to Exit 25 (East Schenectady exit). Follow Interstate 890 to Exit 7, Route 7 East (Troy Exit). Continue on Route 7 East to the third traffic light. Take a right on Consaul Road. Turn right onto Balltown Road at traffic light. (SEFCU will be at the opposite corner.) Take an immediate left into O. D. Heck. Conference Room 2 is in Building #3 at O.D. Heck.

**Parking:** Turn left into parking lot. Park. Follow signs to YMCA. Go through blue doors. Go up stairs and back outside. Building 3 will be across from you. (This route is not handicapped accessible).

**Alternative Parking:** Do not turn into first parking area. Continue straight to second large parking area. Park. Proceed to large staircase or ramp in front of Building 1. (Building 1 has 2 flag poles in front of it). Follow signs to Conference Rooms.