

**Directions to the CFR training sessions at
Abilities!**

Smeal Learning Center

201 I. U. Willets Rd

Albertson, NY 11507

Phone: (516) 465-1431

(Abilities! is on the southwest corner of I.U. Willets & Searingtown Rds)

By car:

From NYC and West: Queens Midtown Tunnel to Long Island Expressway **East** to **exit 36** (Searingtown Rd). **South (right)** on Searingtown Rd about $\frac{3}{4}$ mile to I.U. Willets Rd. Right on I.U. Willets Rd. **OR** Tri-borough Bridge to Queens to Grand Central Parkway East (becomes Northern State Parkway) to **exit #27 South** (Shelter Rock Road). Take Shelter Road to I.U. Willets Rd and make a **left** on I.U. Willets Rd. Enter driveway and proceed to **Parking Area B**. Entrance to Smeal Learning Center is on the left of the Bienecke Patio. (If parking is unavailable, continue to drive to **Parking Area E** beyond the Independent Living House.)

From Eastern L.I.: L.I.E. to **exit 36 South** (Searingtown Rd). Go **South (left)** on Searingtown Rd. about $\frac{3}{4}$ mile to I.U. Willets Rd. **Right** on I.U. Willets Rd. Enter driveway and proceed to **Parking Area B**. Entrance to Smeal Learning Center is to the left of the Bienecke Patio. (If parking is unavailable, continue to drive to **Parking Area E** beyond the Independent Living House.)

By Railroad:

LIRR (from NYC Penn Station) to **Mineola Station** – take cab to Abilities! **OR** LIRR to **Manhasset Station** – take cab to Abilities!.

From Air Terminals:

- **From JFK Airport** – car or cab – take Van Wyck Expressway to Long Island Expressway (East) to exit #36. Go South (right) on Searingtown Rd about $\frac{3}{4}$ mile to I.U. Willets Rd. NCDS is on the Southwest corner of I.U. Willets & Searingtown Roads.
- **From LaGuardia Airport** – car or cab – take Grand Central Pkwy to Long Island Expressway (East) to exit #36 (as above)
- **From Islip McArthur Airport** – car or cab – take Veteran’s Memorial Hgwy (Rt. 454) West to Long Island Expressway West to exit #36, Searingtown Rd. Go South (left) on Searingtown Rd. about $\frac{3}{4}$ mile to I.U. Willets Rd. Proceed as above for directions by car.

Important Note: Parking at this venue is limited. Carpooling is encouraged. Limited parking is available on local streets. Please allow additional travel time!