

**Directions to the CFR training sessions at  
Monroe 2 - Orleans BOCES  
3599 Big Ridge Road  
Spencerport, NY 14559  
Phone: 585-352-2400**

**From the west via NYS Thruway:**

Exit at Exit 47 (LeRoy) and proceed east on Route 490. Exit at Exit 4 (North Chili). Turn north (left) on Route 259 (Union Street). Proceed north about 8 miles through the Village of Spencerport. Turn east (right) on Big Ridge Road, first signal after crossing the canal. The Monroe 2-Orleans BOCES is less than 1 mile on the right.

**From the west via Route 31:**

Take Route 31 east to Route 31A east to Route 31 again. (They meet south of Brockport.) Proceed east to Route 259 (Union Street); turn north (left) on Route 259. Proceed through the Village of Spencerport. Turn east (right) on Big Ridge Road, first signal after crossing the canal. The Monroe 2-Orleans BOCES is less than 1 mile on the right.

**From the east via the NYS Thruway:**

Exit at Exit 46 and proceed north on Route 390 to 490 West. Exit 490 at Spencerport/Brockport exit (Route 531). Continue on Route 531 to Route 259 exit (Union Street). Proceed north (right) on Union Street through the Village of Spencerport. Turn east (right) on Big Ridge Road, first signal after crossing the canal. The Monroe 2-Orleans BOCES is less than 1 mile on the right.

**From the east via Route 104:**

Take Route 104 West to Route 259 (Union Street). Turn south (left) on Route 259. Turn east (left) on Big Ridge Road (first traffic signal past Ridge Road). The Monroe 2-Orleans BOCES is less than 1 mile on the right.

**From the south via Route 390:**

Proceed north on Route 390 to 490 West. Exit 490 at Spencerport/Brockport exit (Route 531). Continue on Route 531 to Route 259 exit (Union Street). Proceed north (right) on Union Street through the Village of Spencerport. Turn east (right) on Big Ridge Road, first signal after crossing the canal. The Monroe 2-Orleans BOCES is less than 1 mile on the right.

**Directions to the CFR training sessions at  
Syracuse Developmental Center  
800 South Wilbur Avenue  
Syracuse, NY 13201  
Phone: 315-473-5050**

**Coming from the West via the Thruway:**

Get off at Exit 39; turn right onto route 690 East. Take 690 East to the West Street Exit. Take West Street about three or four blocks (approximately 1.5 miles) to Seymour Street.

Turn right onto Seymour Street and take it to where it ends at Wilbur Avenue. (Approximately one mile.) Turn right onto Wilbur Avenue; go about one-half block and come into the main entrance marked- Syracuse Developmental Center. Park in any available space. Come to main Switchboard.

**Coming from the East Via the Thruway:**

Get off at Exit 34A and take Route 481 South to Route 690 West towards Syracuse.

Get off at West Street Exit. Take West St. about three or four blocks (approx. 1.5 miles) to Seymour Street.

Turn right onto Seymour Street and take it to where it ends at Wilbur Avenue. (Approximately one mile.) Turn right onto Wilbur Avenue; go about one-half block and come into the main entrance marked- Syracuse Developmental Center. Park in any available space. Come to main Switchboard.

**Coming from the South on Route 81 North:**

Route 81 North to 690 West. Get off at West Street Exit. Take West Street about three or four blocks (approximately 1.5 miles) to Seymour Street.

Turn right onto Seymour Street and take it to where it ends at Wilbur Avenue. (Approximately one mile.) Turn right onto Wilbur Avenue; go about one-half block and come into the main entrance marked- Syracuse Developmental Center. Park in any available space. Come to main Switchboard.

**Coming from the North on Route 81 South:**

Get off at the Franklin Street/West Street Exit. Bear right onto West Street. Take West Street about three or four blocks (approximately 1.5 miles) to Seymour Street.

Turn right onto Seymour Street and take it to where it ends at Wilbur Avenue. (Approximately one mile.) Turn right onto Wilbur Avenue; go about one-half block and come into the main entrance marked- Syracuse Developmental Center. Park in any available space. Come to main Switchboard.

**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!**

**Directions to the CFR training sessions at  
Oswald D. Heck Developmental Center  
500 Balltown Road (at intersection of Consaul Road)  
Schenectady, NY 12304**

- 1. From the east:** Take I-90 West to I-87 North
- 2. (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 mall and Raymour & Flanigan's Furniture Store. Immediately past Raymour & Flanigan's Furniture Store, turn right into the O.D. Heck Developmental Center. Conference Rooms 1 and 2 are in Building #3 at O.D. Heck.
- 3. From the south:** Take NYS Thruway to Exit 24 to I-87North (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. (Jiffy Lube will be on the 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.**

**Directions to the CFR training sessions at  
Sunmount Developmental Disabilities Service Office (DDSO)  
2445 State Rt. 30  
Tupper Lake, NY 12986**

**By Car:**

**From Utica and Points West:**

From NYS Thruway and/or Utica, follow Rte. 12 North, Rte 12 becomes Rte. 12/28, follow Rte. 28 North to Blue Mountain Lake, then North on Rte. 30 to Tupper Lake. Go over Tupper Lake Bridge to first stop light (3 way stop light) make a right turn onto Park Street, go to 2 more traffic lights, past high school, make a left onto Hosley Avenue. Park on right hand side.

**From Amsterdam:**

Follow Rte. 30 **North**, becomes, Rte. 8/30, continue on Rte. 30 past Indian Lake to Blue Mountain Lake and North to Tupper Lake. Go over Tupper Lake Bridge to first stop light (3 way stop light) make a right turn onto Park Street, go to 2 more traffic lights, past high school, make a left onto Hosley Avenue. Park on right hand side.

**From Plattsburgh:**

Follow Rte. 3 **West** into Tupper Lake.

**From Albany:**

Follow I-87 (Northway) **North** to Warrensburg Exit 23, follow Rte. 9 to Rte. 28 into Indian Lake, follow Rte. 28/30 into Blue Mountain Lake, then Rte. 30 North to Tupper Lake.

**Directions to the CFR training sessions at  
Ulster County BOCES New Paltz Campus  
Conference Center  
175 Route 32 North  
New Paltz, NY 12561**

**From NYS Thruway:**

Take NYS Thruway to **Exit 18 – New Paltz**. Go through tollbooths to the traffic light. Turn left at traffic light onto Route 299 West (Main Street). Go through the next three traffic lights. At the fourth light, turn right on Route 32 North (If you cross over the Walkill River, then you have gone too far.) Follow Route 32 North approximately 1 mile. On your left will be a large sign indicating ‘The Conference Center’. Turn left into the complex.

**The Ulster County BOCES Campus:**

As you turn off Rte 32 and look straight ahead, the four main buildings from left to right, are:

The Ulster Technology Learning Center (modular on far left with wooden ramp);

Instructional Services (1 story with flat roof closest to Rte. 32);

The Mid-Hudson Regional Information Center (MHRIC) (2 story center building);

**The Conference Center/Administrative Offices (the far right building attached to MHRIC).**

**Parking:**

**Parking for all classes/workshops is in the big parking lot to the right of the Conference Center. Drive past all four buildings and use the back entranceway to access the Conference Center.**