

## **Directions to Capital EAP (Albany Office)**

650 Warren Street  
Albany, NY 12208  
(518) 465-3813

### **FROM THE NORTH:**

Take I-87 S to Exit 7, Route 7 - East  
At bottom of hill, take I-787 South – Albany  
Follow 787 South toward downtown.  
Take Exit 3B (Route 20 West) - Madison Avenue.  
Follow Madison Avenue about 1 mile.  
Look for Washington Park on the Right.  
At the end of the Park is South Lake Avenue.  
Continue another two lights to Ontario Street.  
Take a left and continue for about 5 blocks.  
You will see the Playdium Bowling Center on your right then Warren Street.  
Take a right onto Warren Street and follow into our parking lot.  
Family and Children's Service of the Capital Region is on the First Floor.

### **FROM POINTS WEST [BUFFALO]:**

Take the NYS Thruway - I-90 East (which turns into I-87 South) to Exit 23.  
Get off Exit 23 and follow signs (straight ahead) to I-787 North.  
Within a half-mile or so, get off at Madison Avenue Exit  
Follow signs to Madison Avenue.  
After about one mile look for Washington Park on the Right.  
At the end of the Park is South Lake Avenue.  
Continue another two lights to Ontario Street.  
Take a left and continue for about 5 blocks.  
You will see the Playdium Bowling Center on your right then Warren Street.  
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### **FROM POINTS SOUTH [NYC]:**

Take I-87 North to Exit 23.  
Get off Exit 23 and follow signs (straight ahead) to I-787 North.  
Within a half-mile or so, get off at Madison Avenue Exit  
Follow Madison Avenue about 1 mile.  
Look for Washington Park on the Right.  
At the end of the Park is South Lake Avenue.  
Continue another two lights to Ontario Street.  
Take a left and continue for about 5 blocks.  
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