

## LOGISTICS FOR YOUR FIRST VISIT TO DR. JANE'S OFFICE

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 Psychotherapy and Master Results Life Coaching

### BEFORE THE DAY OF YOUR FIRST SESSION

**You will save time (and therefore money) if you download my intake form, answer the questions, and fax it to me at Phone/Fax 310.838.6363.** It may take 10-15 minutes to fill it out. Otherwise we will have to use our face-to-face time with you filling out forms. I personally hate to waste time that you are paying for.



### DIRECTIONS TO THE OFFICE

#### THE TIMBERLAKE TERRACE OFFICE

This office, [the old MGM Lot #3, the site of the Tarzan, Showboat, and other movies] is just off Jefferson Boulevard between Overland (.5 miles from Overland) and La Cienega. The gate will give you a map to my place, which is about .2 miles from the gate (or 7 speed bumps). **Parking is along Raintree Circle, or at designated places- which the gate will tell you about.**

If you find you are having trouble finding the office, please feel free to call and have me talk you in.

#### From the North

**Using surface streets.** Come south on Overland, turn left onto Jefferson, go to the third light past Overland (approximately .5 miles), and turn right into Raintree Circle. Use the center lane as you drive to the Security Gate and tell them you are here to see me. i will have given the gate your first name in order to give you permission to drive in.

**Using freeways.** Exit **405** South at Washington/Culver. At the bottom of the ramp, turn left onto Sawtelle, and then left at the first stop light onto Culver. (Be careful here. There are two pairs of lanes; you want to get into the lane furthest south.) Turn right onto Overland, left onto Jefferson, go to the third light past Overland, and turn right into Raintree Circle

(approximately .5 miles). Use the center lane as you drive up to the Security Gate and tell them you are here to see me.

### **From the South**

Using the **405** Freeway, get off at the Slausson/Sepulveda exit; this puts you on Sepulveda going north. Continue until you reach a fork (Sepulveda/Jefferson); take the right fork to Jefferson. Continue to the third light after Overland, (approximately .5 miles), and turn right into Raintree Circle. Use the center lane as you drive up to the Security Gate and tell them you are here to see me



### **DIRECTIONS AFTER YOU HAVE ARRIVED AT THE OFFICE**

Walk to the front door and ring the bell. (If you knock I may not be able to hear you.) I will let you in and show you around the office. You may use the lavatory, and take some bottled water before we begin our session if you like.

*Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit [www.Dr-Jane-Bolton.com](http://www.Dr-Jane-Bolton.com)*