

# **PARENTS SUPPORT GROUP- NEW JERSEY, INC.**

**973-399-9070 OR 1-800-561-4299**

WEBSITE:

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**MONTCLAIR MEETINGS  
NO FEES  
EVERY THURSDAY NIGHT  
6:00 P.M.  
Mountainside Hospital  
1 Bay Avenue  
Conference Room  
Thursday 6:00pm**

## **From North Jersey**

### **Parkway Traveling NORTH:**

Exit at 148 (Bloomfield/Montclair), toll booth at exit. After toll booth, keep left for a short distance, proceed across Bloomfield Avenue, and almost immediately make "U" turn under the Parkway where indicated. Keep to far right and make a right turn at traffic light onto Bloomfield Avenue. Take Bloomfield Avenue to Ridgewood Avenue<sup>7<sup>h</sup></sup> traffic light) and turn right. Follow Ridgewood Avenue to Bay Avenue and make a left turn. Proceed on Bay for two short blocks, hospital is on the left. Proceed past front entrance and make a left at next corner, Walnut Crescent. Parking garage is one block on your right.

## **From South Jersey**

Exit at 151 Watchung Avenue (Montclair/Nutley), toll booth at exit. After toll, turn right onto Watchung Avenue and go about 1 mile to Ridgewood Avenue (3rd traffic light) and turn left. Stay on Ridgewood Avenue to Bay Avenue (first traffic light.) Make a right turn on Bay Avenue and proceed two short blocks, hospital is on the left. Proceed past front entrance and make a left at next corner, Walnut Crescent. Parking garage is one block on your right.

## **From Route 280:**

Travel Route 280 east to the Garden State Parkway northbound. Exit Parkway at 148. Follow directions from Parkway NORTH.

**Parents should come thru the main entrance and pick up a token for free parking and head to the Conference room**