



Caroline Kobin, LCSW

#### **INSTRUCTIONS FOR GETTING TO MY OFFICE:**

I am located at **1722 NW Raleigh St, Portland, OR 97209**. It is a red building named ActivSpace. Please enter through the Quimby side parking lot and walk to the Office sign/Elevator. When you arrive at the elevator, please dial 00305. This will buzz my phone and allow me to let you in.

#### **GETTING HERE:**

You have several transportation options when coming in for treatment.

1. Car – you can park on Quimby Raleigh or 18<sup>th</sup>/17<sup>th</sup> for free (no meters). Usually parking is pretty easy, but can be more difficult when there is construction. Please **DO NOT** park in the lot during your appointment, this is only for building tenants.
2. Independent Public Transport – use your Trimet app to find the fastest route. There is a streetcar stop on 18<sup>th</sup> and Pettygrove.
3. Lift – If you are scheduling lift to drop you off, please note that I do not have a waiting room. The building requests that people do not wait in the hallways for longer than 5 minutes for their appointments. I am unable to interrupt my appointments to serve as a meeting person downstairs. If your Lift brings you early, there is a coffee shop, called the Sultan café that you can wait in by the parking lot. I highly recommend not taking lift to appointments because they only give a window of time, not a specific time.
4. Medical Transport – If you are not driving or independent in transport, you can schedule medical transport to my office. You, a family member or provider can help you by calling Ride to Care at (503) 416 3955. This service is provided free to Medicaid/OHP clients. Please call and follow directions to sign up if you have never used it before. If you need assistance with paperwork, please call me, or bring in documentation for me to sign.

#### **RESPECTING THE BUILDING:**

1. The only rule of the building is that people should not be waiting in the hallways for longer than 10 minutes.
2. If people arrive earlier than 10 minutes, please do not buzz upstairs yet. Clients can go to Sultan Café, wait outside or in the car and come into the building no more than 10 minutes before your appointment. When in the hallway, please make sure not to sit down and stretch your legs out so as not to block others. Be mindful of other tenants.
3. I am working to get a bigger space in the building with a storefront which will quell the waiting room area, but for now I have to work with the rules! I'm sorry for any inconvenience. Thanks so much for helping with this!

#### **DOGS:**

I have two dogs who are part of my team, Melvin and Fizzgig. Fizzgig is in charge and sets rules, while Melvin follows them. Please respect the Fizzgig! She is very cute, but does not always want attention. Melvin **ALWAYS** wants attention.