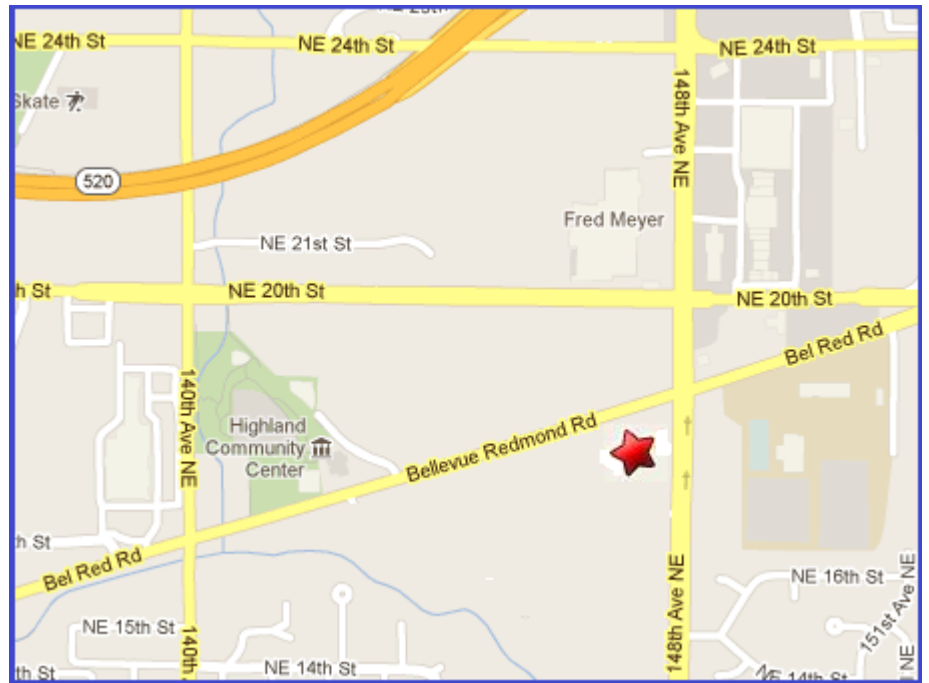


Jenna Appling, LMFT
Forest Office Park, Bldg. G
14715 Bel-Red Road, Suite 102
Bellevue, WA 98007
(206) 491-8818 Phone
(425) 747-4380 Fax
jenna@applingcounseling.com



From I-405/Downtown Bellevue, Exit at NE 8th St. (13-B) going East. Turn left onto 140th Avenue NE. Turn right onto Bel-Red Road. Follow Bel-Red Road through the crosswalk with a traffic signal. The driveway for Forest Office Park is on the right soon after the crosswalk. Proceed to Building G—the last building in the office park.

From Redmond, go West on Bel-Red Road. Turn Left on 148th Avenue NE. Take the first right into Forest Office Park. Building G is the first building on the right.

From State Route 520 (eastbound), take the 148th Ave NE South exit. Merge onto 148th Ave NE. Immediately after crossing the intersection at Bel-Red Road, turn right into the Forest Office Park. Building G is the first building on the right.

From State Route 520 (westbound), take the 148th Avenue NE exit and turn left (toward Sears/ Fred Meyer). Immediately after crossing the intersection at Bel-Red Road, turn right into the Forest Office Park. Building G is the first building on the right.

From I-90 (eastbound), take exit 11B toward 148th Ave SE. Merge onto 148th Ave SE. Turn left on Bel-Red Road. Take the first left into Forest Office Park. Proceed to Building G—the last building in the office park.

From I-90 Headed (westbound), take exit 11 toward 156th Ave SE. Follow the signs for 148th Ave SE. Turn left onto SE Eastgate Way. Turn right onto 148th Ave SE. Turn left on Bel-Red Road. Take the first left into Forest Office Park. Proceed to Building G—the last building in the office park.

****Please note**—there are two entrances to Forest Office Park, 148th Avenue NE and Bel-Red Road. If you enter from 148th Street, Building G is the first building on the right. If you enter from Bel-Red Road, Building G is the last building in the office park.