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Psychotherapy & Assessment / Psychothérapie & Évaluation

Bilingual Clinical Psychologists Psychologues cliniciens bilingues

Biofeedback & Neurofeedback; QEEG / EEGQ

Directions and Parking

Dear client, below is a link to a map locating 1 Nicholas Street (courtesy of GoogleMaps): https://www.google.ca/maps/place/1+Nicholas+St,+Ottawa,+ON+K1N+5X6/@45.4261794,-75.6899853,17z/data=!3m1!4b1!4m2!3m1!1s0x4cce050163337471:0x44a5f76b75ead4ec

- 1. From the East End or West End of Ottawa, the most direct way is to take the Queensway and get off the Nicholas exit. Drive all the way to the end of Nicholas. One block before Rideau Street (on Besserer Street), you will see 1 Nicholas).
- 2. By vehicle from the University of Ottawa, the easiest route is Laurier. Turn left on Laurier from Cumberland or King Edward streets. Go straight on Laurier, then right on Nicholas.
- 3. By foot from the University of Ottawa, walk from the corner of University Private and Laurier Street. Turn left on Laurier until you reach Nicholas (Desmarais Bldg). From there, cross the street from the Desmarais bldg. and turn right on Nicholas street (up until one block before Rideau Street). Do not stay on the sidewalk of the Desmarais bldg!
- 4. Another way by foot from University of Ottawa (the easiest way) is to walk down Cumberland Street until Besserer. On Besserer, turn left until you reach 1 Nicholas. 1 Nicholas is on the corner of Besserer and Nicholas.
- 5. From Hull or Gatineau, the best route is to take the Alexandra, Chaudière or Portage bridges and drive to the corner of Rideau and Wellington (via Wellington Street from the Chaudière or Alexandra bridges, and directly from the Portage bridge). Once on Rideau Street, drive up to Nicholas (one street off the Rideau Centre), turn right to the first building on your left.

Parking:

- 1. There is indoor parking in the back of the Rideau Centre (4 story parking lot). Once on Nicholas street, turn right from Rideau street or left from the Queensway toward Rideau Centre indoor lot. Please note that the outdoor parking lot of the Rideau Centre is closed.
- 2. There is an outdoor parking lot on the corner of Besserer and Cumberland. When you are on Nicholas street, turn left on Besserer. Cross Waller and Dalhousie and turn right to the parking lot.
- 3. This is my favorite City of Ottawa parking lot, if you have 5 minutes to walk to my office: on the corner of Dalhousie and Clarence street. There are two entrances to this parking lot on Clarence and Murray streets. It is clean, well-lighted, less expensive than other parking lots, and has good surveillance.
- 4. There is one-hour parking by meter on Nicholas street, across the street from Besserer.
- 5. There is one-hour parking by meter on Besserer street, near Waller and Cumberland.
- 6. There is indoor parking at the Ottawa Convention Centre, immediately behind the indoor parking lot of the Rideau Centre.
- 7. There is an outdoor parking lot on the corner of Dalhousie and George streets, in the Byward Market.

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