

3RD ST OFFICE IN JERSEY CITY

349 3rd Street, Main Floor
Jersey City, NJ 07302
201-632-5554



[Get Directions](#)

Arriving by public transit:

- *Path Train:* We are located near the NJ Grove street path (10 minute walk)
- *Light Rail:* We are a 10 minute walk from the Jersey Avenue Light Rail stop
- *Bus:* Bus route 86 (Newark and Monmouth stop) stops a block away from our office.

Parking:

- There is metered parking all along on Newark Ave using the Park Mobile app. You can also find free 2-hour parking in front of the office on 3rd Street between Brunswick and Newark as well as other side streets.
- [Island Quick Park](#) 143 Christopher Columbus Dr, Jersey City, NJ 07302 +12013749640. Note it is approximately a 10-15 minute walk from the office.

Once here:

- Please arrive 5-10 minutes before your scheduled session and ring the black doorbell marked with our address (349 3rd St). If you arrive more than 10 minutes early, please be aware that your therapist may be finishing a prior session and you may need to wait outside.