

33 WAYNE ST. OFFICE (JERSEY CITY)

33 Wayne St. Suite 1R
Jersey City, NJ 07302
201-632-5554



[Get Directions](#)

Arriving by public transit:

- *Path Train:* We are located 3 blocks from the NJ Grove street Path.
- *Light Rail:* We are a 10 minute walk from the Harsimus Cove Light Rail stop and an 8 minute walk from the Marin Light Rail stop
- *Bus:* Bus route 86 (Newark and Jersey City stop) stops near our office.

Parking:

- There is paid parking all along on Grover Street using the Park Mobile app. You can also find some free 2-hour parking in front of the office on Wayne Street between Barrow Street and Grove Street.
- There are four paid parking lots around the office
 - [Edison ParkFast](#), a 5-minute walk, 0.2 mile. 155 Montgomery St, Jersey City, NJ 07302 +12019851299
 - [Columbus Garage](#) also located a 5 min walk away. 66 Christopher Columbus Dr, Jersey City, NJ 07302 +12014350471
 - [Island Quick Park](#) 143 Christopher Columbus Dr, Jersey City, NJ 07302 +12013749640
 - [Propark America](#), 198 Van Vorst St, Jersey City, NJ 07302 +1201369120 (Note it's a 10 min walk to the office)

Once here:

- Please arrive 5-10 minutes before your scheduled session and ring the yellow doorbell. 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.