

!IMPORTANT PLEASE READ!

INCLEMENT WEATHER POLICY **FOR GROUP SESSIONS WITH NANCY LUM & DAWN O'MEALLY**

1. If Baltimore City/County or Frederick City/County schools are closed OR delayed due to inclement weather please contact our office on [443-490-1240](tel:443-490-1240) before venturing out into the elements, for appointments and/or classes. Our voice mail message will be updated as to whether or not our office is opened or closed.
2. If we are closing or delayed we will contact you within 48 business hours to reschedule.

Directions to our offices:

Catonsville office: 700 Geipe Rd., Suite 203, Catonsville, MD 21228

*Office is located at the intersection of Rt. 40 & Rolling Rd. Landmarks: between Bob Evans and the Double T Diner.

For personalized directions click [HERE](#)

From Frederick, MD

- I-70 E towards Baltimore - 29.4mi (about 35min)
- Exit 82 to merge onto US-40 E/Baltimore National Pike toward Ellicott City - 9.mi (about 13min)
- Turn RIGHT onto Rolling Rd.
- Turn RIGHT onto Geipe Rd., office will be on the right - 0.02mi

From Washington, DC

- US-29 N/Columbia Pike - 19.9mi
- Take the US-40 E ramp to Ellicott City - 0.3mi
- Keep right at the fork and merge onto US-40 E/Baltimore National Pike - 4.2mi
- Turn RIGHT onto Rolling Rd.
- Turn RIGHT onto Geipe Rd., office will be on the right - 0.02mi

From Towson, MD

- Merge onto I-695 W via the ramp to Pikesville - 14.6 mi
- Take exit 15B to merge onto US-40 W/Baltimore National Pike - 0.9 mi
- Turn left onto N Rolling Rd - 0.2 mi
- Turn right onto Geipe Rd., Destination will be on the left - 0.1 mi

**Westminster (Finksburg) Office: 1812 Baltimore Blvd., Ste. B,
Westminster MD 21157**

For personalized directions click [HERE](#)

From Baltimore MD:

- I-695W
- Exit 19, merge onto I-795N/Northwest Expy toward Reisterstown/Owings Mills
- Continue onto MD-140W
- Destination will be on right