

Directions to all of the Career Center Seminar Training Sessions

Quincy Career Center 152 Parkway, Quincy, MA 02169

617 745-4000

<http://www.quincycareercenter.org/>

Friday, September 18

Route 3 South (Exit 7 at the 128 split) to Exit 18 (Quincy Adams T/Braintree). Follow signs for Quincy Center (Burgin Parkway). Follow directions below.

Route 3 North to Exit 19 (Quincy Center/Quincy Adams T). Follow signs for Quincy Center (Burgin Parkway). Follow directions below.

From Burgin Parkway: At the 4th set of lights (approx. 1 mile) take a right onto Paul Harold Bridge. At the first light, go straight - the Career Center will be easily visible on your right.

From Boston on the "T": Take the Red Line to Quincy Center Station. Exit station onto Hancock Street, go right. Stay on Hancock, then take a right onto Cliveden Street. Left at end of Cliveden, walk approx. 2 blocks - you will see the Quincy Career Center on the left. Approx 15 minute walk.

By Bus: Take Bus #s 215, 230, or 238. Ask driver to drop you at the corner of School Street and Parkway. Walk down Parkway. The Career Center will be around the corner on the right. Less than 5 minute walk.

FutureWorks One Federal St [B103-3], Springfield, MA 01105

413 858-2800

<http://www.getajob.cc/>

Thursday, September 24

From Route 91 south, take Exit 7 to Springfield Center. Go straight through lights. At 2nd light, turn left under highway onto State Street. Take State Street to Federal Street.

From Route 91 north take Exit 4 for Broad Street. Follow East Columbus Avenue To 3rd light. Turn right onto State Street. Take State Street to Federal Street.

From Mass Turnpike, take Exit 6. Turn left onto Route 291. Take Armory Street exit. Go around rotary and take Armory Street heading south. Stay on Armory until you come to Federal Street.

Security Guards will direct you to parking.

Central Mass REB 44 Front St [Suite 300], Worcester, MA 01608

508 799-1600

<http://www.workforcecentralma.org/>

Tuesday, September 29

From east of Worcester:

From I-290 west, take Exit 16, turn right onto Central Street. Follow East Central Street to Main Street. Front Street is the fourth left.

From west of Worcester:

Take I-290 east to Exit 16, turn left on Central Street. Follow East Central Street to Main Street. Turn left onto Main Street. Front Street is the fourth left.

Parking is available at the Worcester Common Outlets Garage at the end of Mechanic Street on the left. Numerous other paid parking lots are in the area.

Career Center of Lowell 18 John St., Lowell, MA 01852
978 458-2503 <http://www.careercenteroflowell.org/>

Tuesday, October 6

Take Route 495 to Lowell Connector. Take a left at end of Connector onto Gorham Street. Stay on Gorham Street (which becomes Central Street) for approximately $\frac{3}{4}$ mile until you reach downtown Lowell. At the end of Central Street take a left onto Merrimack Street. Take first right onto John Street. Entrance is #18 John Street.

Employment & Training Resources 275 Prospect St., Norwood, MA 02062 Tuesday, October 13
781 769-4120 <http://www.etrcc.com/>

From I 95 / 128 Southbound:

Take Route 109 West (Exit 16B) toward Westwood. Follow Route 109 West approximately 2 miles. Take a left onto Nahatan Street. Follow Nahatan Street approximately 2 miles and take a right at first full set of lights onto Prospect Street. Entrance to Metro South/West (ETR) is approximately $\frac{2}{10}$ mile on the right (look for the blue Norwood Senior Center signs). We are located in the building that previously housed the Norwood North Junior High School. Enter middle door marked Employment & Training Resources, and turn right to Reception area.

From Route 1 North or South:

Take Norwood/Canton Exit to Nahatan Street. Follow Nahatan Street approximately 2 miles or through 6 full traffic lights. At the 7th full sets of lights, turn left onto Prospect Street. Entrance to Metro South/West (ETR) is approximately $\frac{2}{10}$ mile on the right (look for the blue Norwood Senior Center signs). We are located in the building that previously housed the Norwood North Junior High School. Enter middle door marked Employment & Training Resources, and turn right to Reception area.

From I 95 / 128 Northbound:

Take US Route 1 South (Exit 15B) toward Norwood for 1.5 miles. You are on Boston/Providence Highway. Take a right at Everett Street. Go straight at light. Go under railroad overpass and at light, take a left onto Upland Road (Rt1A). After .6 miles, take a right on Prospect Street. Follow Prospect Street .6 miles. 275 Prospect Street is on right side of street (look for the blue Norwood Senior Center signs). We are located in the building that previously housed the Norwood North Junior High School. Enter middle door marked Employment & Training Resources, and turn right to Reception area.