**Birmingham Anxiety and Trauma Therapy**

**Solutions for a Brighter Tomorrow**

3499 Independence Drive, Suite 100

Birmingham, AL 35209

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**Location and Directions**

Despite the Birmingham address, the office is located in **Homewood**. Please note that Independence Drive and Highway 31 are the same. I am in a very distinct building that is made entirely of stone with metal-work accents and is at the top of a small stone hill. It is a 2-story building with a front portico and tall columns in the front of the building. Suite 100 is on the lower level (first suite on the lower left if you are facing the front of the building).

**From North Birmingham (Interstate 65 North):**

* Get on Interstate 65 South
* Take Exit #255 toward Lakeshore Drive (go .4 miles)
* Turn left at West Lakeshore Drive/Lakeshore Parkway and continue to follow West Lakeshore Drive (2.8 miles)
* Take the ramp onto US Highway 31 North (.4 miles)
* Turn right at 3499 Independence Drive
* I am downstairs in Suite 100

**From West Birmingham:**

* Get on Interstate 20 West
* Take Exit 136 to merge onto I-459 South toward Montgomery/Tuscaloosa (go 9.4 miles)
* Take exit 19 to merge onto AL-38 West/US-280 West toward Mountain Brook (3.5 miles)
* Take the exit toward AL-149 North/Shades Creek Parkway (.2 miles)
* Turn left at AL-149 North/Shades Creek Parkway (.7 miles)
* Merge onto US-31 North/Independence Drive/Montgomery Parkway (.2 miles)
* Turn right at 3499 Independence Drive
* I am downstairs in Suite 100

**From Northeast Birmingham:**

* Get on Interstate 20 East/I-59 North
* Take exit 124A to merge onto I-65 South toward Montgomery (go 5.4 miles)
* Take exit 255 toward Lakeshore Drive (go .4 miles)
* Turn left at West Lakeshore Drive/Lakeshore Parkway (go 2.8 miles)
* Take the ramp onto US-31 North (go.4 miles)
* Turn right at 3499 Independence Drive
* I am downstairs in Suite 100

**From South Birmingham:**

* Get on Take I-65, Highway 280, or I-459 to US-31 North
* Turn right at 3499 Independence Drive
* I am downstairs in Suite 100

**From Southeast Birmingham:**

* Take I-459 South to Highway 280 going toward Homewood and Birmingham
* Get off of Highway 280 at the Brookwood/Homewood Exit
* Turn right onto US-31 North/Independence Drive/Montgomery Parkway (.2 miles)
* Turn right at 3499 Independence Drive
* I am downstairs in Suite 100