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WELCOME INFO

Office Location

Oregon Office Building, 541 Willamette Street, Suite 207D, in downtown Eugene...

- Two blocks west of the Fifth Street Market
- Intersection of 6th and Willamette
- Adjacent to the Hilton Hotel and the Hult Center
- Across from the Post Office
- Next to Smith Family Books

Parking

Free parking for my clients during appointments is in spaces 43 and 44 of our parking lot at 6th and Willamette. Coming west on 6th street (one-way) from Fifth Street Market, immediately after the yellow dance studio building take the first right into the parking lot. Spaces 43 and 44 are on your right facing the west wall of the dance studio. (Parking in other spaces will earn you a ticket.) You can also use metered parking on the street, or the Fifth Street Market lot.

Elevator and Stairs

The building has an elevator and stairs. Our office is on the second floor to your left.

Arrival and Waiting Area

When you arrive please have a seat in the waiting area. I will come and get you at your appointment time. The restrooms are locked, ask me for a key.

Water and Tea

Filtered water and green tea are available in the tea cupboard in my hallway. Let me know if you would like either and we can pick them up on our way down the hall.

Late Arrival or Cancellation

If you are going to be late please text or call me at (541)632-3502. If you need to cancel, please notify me as soon as possible so I can make your time slot available to someone else.

Additional Info and Resources

- For general information about my background and work, visit www.collinge.org.
- For Veterans and their partners interested in stress reduction, wellness, and post-deployment reintegration: www.MissionReconnect.com.
- For people dealing with cancer: www.PartnersInHealing.net. There you can find my book *Partners in Healing* and information about the *Touch, Caring and Cancer* program.
- For quality instruction in many aspects of our work together, ask me about recommended Youtube videos.
- Ask about local resources for massage, meditation, mindfulness and recovery.