

# O.K., It's Family Time: DO Try This at Home!



**Local Host:** Erin Sisk  
ECS Psychological Services, P.C.

**Location:** ECS Psychological Services  
Therapeutic Farm  
683 Lake Avenue  
Saratoga Springs, NY 12866

**Date & Time:** May 30, 2019 – June 1, 2019  
(Thurs. – Sat.)  
9:00-5:00 Each Day

## **Accommodations:**

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- Courtyard Marriott - 11 Excelsior Avenue, Saratoga Springs, NY 12866, 518-226-0538, \$202 per night
- Hampton Inn and Suites - 25 Lake Avenue, Saratoga Springs, NY 12866, 518-584-2100, \$165 per night

*If you are looking to stay in a historic Bed and Breakfast there are some very nice ones in the area as well. Recommended Inns include: Batcheller Mansion Inn, Saratoga Arms, The Inn at Five Points and the Inn at Saratoga. The host can provide easy directions to anyone who is staying at one of these as well.*

## **Directions to Hotels from Albany International Airport (ALB)**

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To the Courtyard Marriott:

1. Turn left onto Albany Shaker Rd
2. In 1.8 miles turn left to merge onto I-87 North
3. In 27 miles take Exit 15 towards Saratoga Springs
4. Turn left off the exit onto Route 50 South
5. In 1.7 miles turn left onto Rock St.
6. Take your first left onto Maple Ave
7. In 600ft take a slight left turn and your destination will be on your right

31 miles | 35 minutes

To the Hampton Inn:

1. Turn left onto Albany Shaker Rd
2. In 1.8 miles turn left to merge onto I-87 North
3. In 22 miles take Exit 13N towards Saratoga Springs
4. In 4.7 miles turn right onto Lave Ave

## ***Seminar Data Sheet***

5. In 500ft take a left onto High Rock Ave and your destination will be on your right.  
29 miles | 35 minutes

### **Directions from Hotels to ECS Psychological Services (683 Lake Avenue)**

From the Courtyard Marriott, Saratoga Springs:

1. From Excelsior Ave in .3 miles turn right onto East Ave
  2. In .4 miles turn left onto Lake Ave
  3. In 4.2 miles your destination will be on your left
- 4.9 Miles | 10 minutes

From the front Entrance of the Hampton Inn

1. Turn left onto High Rock Ave
  2. Take your first left onto Lake Avenue
  3. In 4.7 miles your destination will be on your left
- 4.7 miles | 10 minutes

### **Area Attractions**

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Downtown Saratoga (Broadway) has a number of little shops and eateries as well as historical Congress Park.

Other attractions include the National Dance Museum, The Saratoga Spa State Park which houses mineral baths/spa that is fed from the natural mineral springs that are found throughout the state parks and around the city.

Of course Saratoga Springs is famous for the long tradition of horse racing and gambling! The harness horse racing is open during April at the Saratoga Casino and Raceway. There is also casino gambling on site if you like the slots.

### **Dining Options**

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Downtown Saratoga has hundreds of amazing restaurants all within walking distance of each other.

A few local favorites are:

Druthers   Jacob and Anthonys   Scallions   Hatties   Ravenous

### **Weather**

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Average high is in the mid 70s/average low is in the 50s. If the weather is good we have outdoor paddocks to work in or an indoor arena if it is too windy, cold or raining.

### **What to Bring**

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- Layers of clothing
- Hats, gloves, sturdy shoes
- Lip balm and sunscreen
- Notebook/writing instrument
- Brochures and Business Cards for your services (if any)

## *Seminar Data Sheet*

- Camera