

Directions to Dr. Christopher Ryan, Inner Life Counseling & Consulting, LLC 1800

Elm Street, 3rd Floor, Manchester, NH 03104 (aka "Historic Carpenter Building")

Coming from South, Take I-293 North

1. Use Exit 6 (Amoskeag Bridge).
2. Stay to the RIGHT (East) and turn Right proceeding over the Amoskeag Bridge - heading towards Elm St.
3. Stay in the left lane going over the bridge. Turn LEFT at intersection onto Elm St.
4. Take the first LEFT onto W. North Street (will see Brady Sullivan Building and Historic Carpenter Buildings)
5. Take your first RIGHT into the parking lot. 1800 Elm is the upper level Victorian with reddish brown brick siding. The office is on 3rd floor and you can enter through side door (Allstate Insurance will have their logo on door). **Park anywhere in parking lot below building even if there is a sign saying the space is reserved (there is no reserved parking).**

Coming from North, From I-293 South

1. Use Exit 6 (Amoskeag Bridge).
2. Stay to the LEFT following rotary **2k** of the way around and turn right (sign for Elm St) proceeding over the Amoskeag Bridge.
3. Stay in the left lane going over the bridge. Turn LEFT at intersection onto Elm St.
4. Take an immediate LEFT onto W. North Street (will see Brady Sullivan Building and Historic Carpenter Buildings)
5. Take your first RIGHT into the parking lot. 1800 Elm is the upper level Victorian with reddish brown brick siding. The office is on 3rd floor and you can enter through side door (Allstate Insurance will have their logo on door). **Park anywhere in parking lot below building even if there is a sign saying the space is reserved (there is no reserved parking).**

Coming from Daniel Webster Hwy (off Exit 9 S on I-93 area)

1. Take Webster Street to Elm Street
2. Take a Left onto Elm Street and then next RIGHT onto W. North Street.
3. Take your first RIGHT into the parking lot. 1800 Elm is the upper level Victorian with reddish brown brick siding. The office is on 3rd floor and you can enter through side door (Allstate Insurance will have their logo on door). **Park anywhere in parking lot below building even if there is a sign saying the space is reserved (there is no reserved parking).**