



ACTIVE RECOVERY
TMS

Welcome to Active Recovery TMS! We look forward to working with you and helping you reach your mental health goals.

Please find attached to this email some initial forms for your review and completion. If you are able to print and complete these forms before our first session, this will allow us to spend less time collecting this information during your initial appointment and may prompt questions that you wish to ask during your initial evaluation session. If you cannot print them beforehand, we can provide you paper copies to fill out during your initial appointment with us.

Our office is located at 2340 NW Thurman Street, Suite 202 in Portland which is between NW 23rd and 24th streets on Thurman Street. Unfortunately, our office building does not have any off the street parking. However, there is almost always plenty of street parking on the surrounding blocks with 4 hour parking on 25th Street between Savier and Upshur or in that general area. Most of the street parking near the office is 30min though there is a section of 1 hour parking on Thurman and NW 23rd place.

When you enter the building, take the stairs to the 2nd floor where you will see the sign for suite 202. Please enter here and you will be in our waiting room. You will find a call button with CALL in capital letters on the wall **next to the door you open to the waiting area.** Please press that call button which will alert our staff that you have arrived. You will also see a series of smaller call buttons on the opposite wall near the door to the office suites. Please **DO NOT** press any of those buttons as most of them are for other practitioners not associated with Active Recovery TMS.

Please note that we may be in session with another patient and may not immediately respond. We will come to the door at the time of your appointment and escort you to our suite which is located across the hall. There is a bathroom located just to the right of our Suite 202 door and another one directly across the hall. Should you have any difficulty finding the building or need more specific directions to my office, please do not hesitate to contact us at 503-719-4648.

We look forward to meeting with you and answering any questions you have about your treatment with us.

