



From I-270 (North or South):

- Take the Shady Grove exit toward Rockville Pike (355).
- Turn left on Rockville Pike (it becomes S. Frederick Avenue).
- Cross West Deer Park Street.
- Get in the left lane and follow the sign to Gaithersburg High School.
- Turn left at the light onto Education Boulevard and go to the circle.
- Follow the circle 270° (three-quarters) and turn right at the signboard. There is a large parking lot and Bohrer Park Recreation Center on your right, and CaringMatters is the red brick building with the white gazebo on your left.
- Continue to the left into the parking lot of CaringMatters.

From Rockville/Silver Spring/Bethesda coming on 355:

- Go on 355 North (past Shady Grove Road) until you see a sign for Gaithersburg High School.
- Cross West Deer Park Street.
- Get in the left lane and follow the sign to Gaithersburg High School.
- Turn left at the light onto Education Boulevard and go to the circle.
- Follow the circle 270° (three-quarters) and turn right at the signboard. There is a large parking lot and Bohrer Park Recreation Center on your right, and CaringMatters is the red brick building with the white gazebo on your left.
- Continue to the left into the parking lot of CaringMatters

From Gaithersburg (Lakeforest Mall) coming on 355/South Frederick Avenue:

- Go on 355 South (over the bridge) until you see a sign for Gaithersburg High School.
- Turn right at the light onto Education Boulevard; go to the circle.
- Follow the circle 270° (three-quarters) and turn right at the signboard. There is a large parking lot and Bohrer Park Recreation Center on your right, and CaringMatters is the red brick building with the white gazebo on your left.
- Continue to the left into the parking lot of CaringMatters.