

# WELCOME

Hi! Welcome to RGTS- I'm excited to meet you! First appointments can be scary, overwhelming, or both. Knowing what to expect helps me feel calmer and more prepared when I'm going somewhere for the first time. I hope the information on the next few pages helps you feel more relaxed and prepared for our first appointment. ★★☆☆

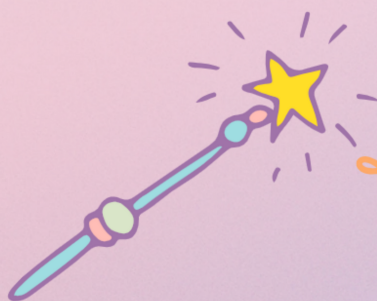


~ Rachel



**Come on in!**

The front door is typically unlocked during business hours.



## Rachel Gladys Therapeutic Services

★ believe in the magic of play and connection ★

### Address

311 22nd Ave. North  
Nashville, TN 37203

### Contact

615.569.3193  
Rachel@RachelGladysTS.com

### Hours

Mon - Thurs 11:00a - 8:00 p  
Fri - Sun Closed



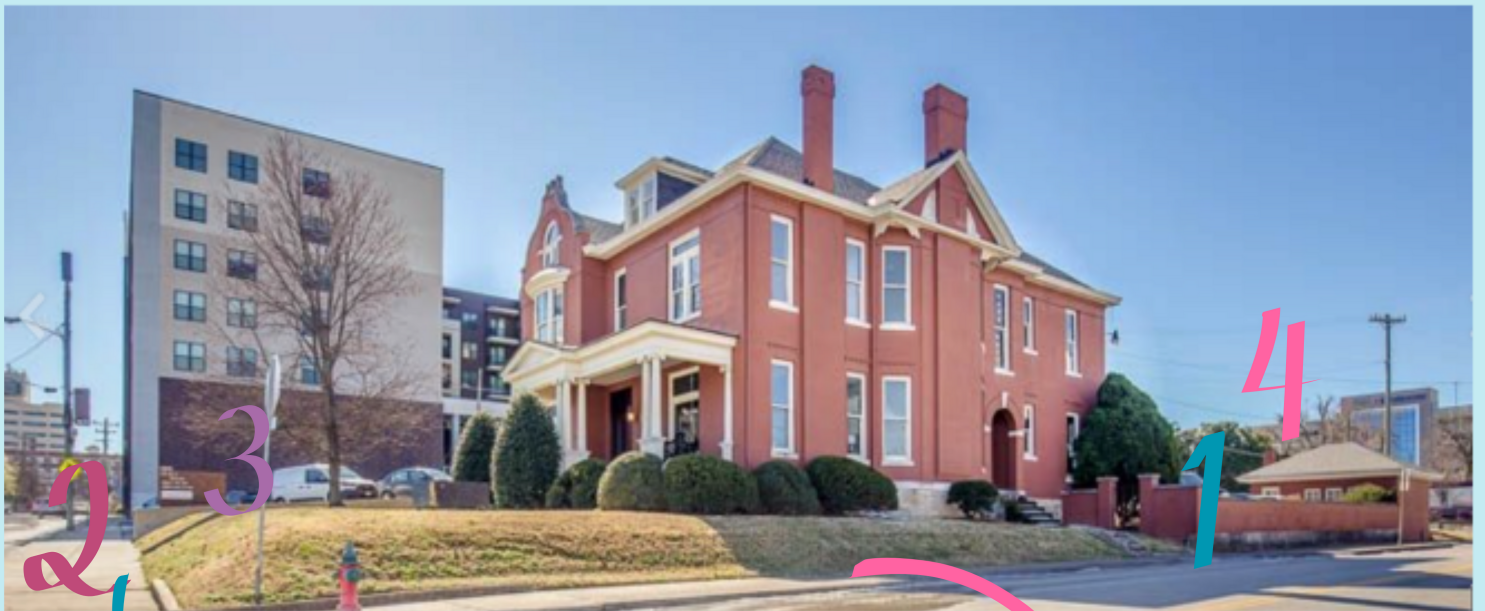
# Parking

Getting your car towed would really put a damper on your first appointment, right? Follow these simple directions for parking, and you won't have to worry about that!



## 4 Options:

- 1 In the parking lot directly behind the office on the RIGHT side (access from Patterson St.)
- 2 Parallel park directly across the street front the front of the office on 22nd Ave.
- 3 In the parking lot located on 22nd Ave., to the left of the building (if you're facing the building)
- 4 In hospital parking lot E, directly behind the back of the building (access from Patterson St.)



22nd Ave.

Patterson Ave.





The lobby will be on your left when you enter the front door. Please make yourself comfortable and help yourself to coffee, tea, or water. Kindly note that the lobby and the front porch are the only areas on the first floor to be used by counseling clients.

You are always welcome to use the restroom on the second floor. Go up the stairs and turn left- it's the second door on the left.

I will come down to greet you as soon as my previous appointment wraps up. Feel free to text me when you arrive (615.569.3193).

We share the first floor of our building with lawyers. Please help us be respectful of their work by using inside voices when chatting, headphones when listening to music or scrolling social media and taking phone calls on the porch.

Parents, please avoid leaving young children unattended in the lobby since the front door is unlocked during daytime hours. Please accompany your kiddo to the restroom.