

# The OCD Treatment Center Travel Guide

Welcome to The OCD Treatment Center, where your well-being and healing journey are our top priorities. We understand that seeking mental health treatment can be a significant step, and we're here to support you every step of the way. Our compassionate and experienced team is dedicated to providing you with the highest quality care in a warm and welcoming environment during the Intensive Outpatient Program process. We have had many clients travel from all over the nation and the world for our program so we have created this list to make traveling to our facility as easy as possible. While doing the Intensive Outpatient Program, you will be here for three weeks and you will be at The OCD Treatment Center for 3 hours a day, Monday through Friday. Outside of these hours, you are welcome to enjoy all that Southern California has to offer! As you embark on this journey with us, know that you're not alone—we're here to listen, support, and empower you on your path to healing and recovery.

Following is a list of places that may be helpful for your stay. While not exhaustive, it indicates airports and hotels near The OCD Treatment Center along with food and activities for you to enjoy when you are not with us. Feel free to call us if you need any more information regarding airports and accommodations for your stay.

## Local Airports from Closest to Furthest Proximity

- John Wayne Airport, Orange County (SNA) - 18601 Airport Way, Santa Ana, CA 92707
- Long Beach (LGB) - 4100 Donald Douglas Dr, Long Beach, CA 90808
- Los Angeles Airport (LAX) - 1 World Way, Los Angeles, CA 90045

## Where to Stay

Following is a list of local hotels at various price points. It is worth noting that many clients have found services such as AirBnB and VRBO to be helpful for finding places to stay in the local area.

- Residence Inn Irvine John Wayne Airport/Orange County - 2855 Main St, Irvine, CA 92614
- Newport Beach Marriott Bayview - 500 Bayview Cir, Newport Beach, CA 92660
- Hyatt Regency John Wayne Airport, Newport Beach - 4545 MacArthur Blvd, Newport Beach, CA 92660
- Renaissance Newport Beach Hotel - 4500 MacArthur Blvd, Newport Beach, CA, 92660
- Extended Stay America - Orange County - John Wayne Airport- 4881 Birch St, Newport Beach, CA 92660

- OC Hotel - 2430 Newport Blvd, Costa Mesa, CA 92627
- Best Western Plus Newport Mesa Inn - 2642 Newport Blvd, Costa Mesa, CA 92627
- Hilton Irvine/Orange County Airport - 18800 MacArthur Blvd, Irvine, CA 92612
- Hampton Inn & Suites Irvine - 9192 Dupont Dr, Irvine, CA 92612

## Local Cafés and Restaurants

- **Cafés**
  - Moulin - Parisian Café
  - Stereoscope Coffee Co. - Artisan Coffee, Beverages, Food
  - Boil & Bake - Bagels and Bagel Sandwiches
  - Shirley's Bagels - Bagels and Bagel Sandwiches
- **Restaurants**
  - Kalaveras - Mexican Cuisine
  - Vibe Organic Kitchen & Juice - Vegan Restaurant
  - Sgt. Pepperoni's Pizza Store - Pizza Restaurant
  - Mario's Butcher Shop - Sandwich Shop
  - Bistango - New American Cuisine
  - Bar One - Italian Cuisine
  - Poke OC - Hawaiian Cuisine
  - Hanuman Thai Eatery - Thai Cuisine
  - Pita Pita - Mediterranean Cuisine

## Local Beaches

- Pirate's Cove Beach
- Corona del Mar State Beach
- Newport Municipal Beach
- Balboa Peninsula & Balboa Beach
- Newport Beach
- Huntington State Beach

## Local Nature Preserves and Gardens

- Upper Newport Bay Nature Preserve - Walking/Light Hiking
- Sherman Library and Gardens
- Crystal Cove - Nature Preserve, Beach, Tidal Pools, Walking/Hiking, and Restaurants
- Environmental Nature Center - Weekends, Walking/Light Hiking, Nature Museum Exhibits

## Local Attractions/Common Activities

- Whale Watching & Dolphin Watching
- Boat and Duffy Rentals

- Balboa Island - Small local island with restaurants and shopping
- Fashion Island - Outdoor Mall, Restaurants
- South Coast Plaza - Indoor Mall, Restaurants
- Disneyland - in Anaheim, ~ 25 minutes from us
- Catalina Island - Island about 35 miles off the coast of mainland California
  - Catalina Flyer - Ferry (boat) from Newport Beach to Avalon on Catalina Island
  - Beaches, Hotels, Camping, Hiking, Shopping, Restaurants, Snorkeling, Scuba Diving
- Farmers Markets
  - There are several farmers markets in and around the Newport Beach area at different times on different days

## Weekend Getaway and Day Trip Recommendations

- Los Angeles:
  - Petersen Automotive Museum
  - The Huntington - Library, Art Museum, Botanical Gardens
  - California Science Center
  - Aquarium of the Pacific
  - Natural History Museum of Los Angeles
  - California African American Museum
  - Los Angeles County Museum of Art
  - Academy Museum of Motion Pictures
  - Universal Studios Hollywood
  - Paramount Pictures Studios
  - Warner Bros Studio
  - Westfield Century City Mall
  - The Getty - Art Museum
  - Sunset Strip/ Sunset Boulevard
  - Griffith Observatory
  - La Brea Tar Pits Museum
  - Greystone Mansion and Park, Beverly Hills
  - Battleship USS Iowa Museum
  - The Queen Mary- Historical Ship, can be a day trip or stay on the ship
- San Diego
  - Balboa Park includes a collection of the following
    - Botanical Garden
    - San Diego Zoo
    - Spanish Village Art Center
    - San Diego Natural History Museum
    - Fleet Science Center
    - San Diego Model Railroad Museum
    - Mingei International Museum

- California Tower
  - Comic-Con Museum
  - San Diego Automotive Museum
  - San Diego Air and Space Museum
  - Timken Museum of Art
- Torrey Pines State Natural Reserve
- Birch Aquarium at Scripps Institution of Oceanography
- Maritime Museum of San Diego
- San Diego Museum of Art
- LEGOLAND California
- **Palm Springs**
  - Joshua Tree National Park
  - Palm Springs Aerial Tramway
  - Moorten Botanical Garden
  - Palm Springs Air Museum
  - Palm Springs Art Museum
  - The Living Desert Zoo and Gardens
  - Palm Springs Golf Courses
  - Sunnylands Center and Gardens
  - Palm Canyon Drive
  - Cabot's Pueblo Museum
  - Children's Discovery Museum of the Desert