ACQUIRED BRAIN INJURY
ADULT DAY SERVICE (ABI ADS)

Cota's Acquired Brain Injury Adult Day Service (ABI ADS) program offers supportive and creative group environments for people to engage in meaningful activities, explore strengths and develop new/diverse skills. The ABI Adult Day Service is designed to act as a stepping stone to personal recovery and community inclusion. As such, we encourage members to define their goals and help shape activities to meet those goals.

Services Offered

- Various sessions are available Monday to Friday
- Groups rotate every 12 to 16 weeks
- Each group has a different focus or theme including skills training, educational, recreational and mutual support
- Programs may change each term to offer greater choice
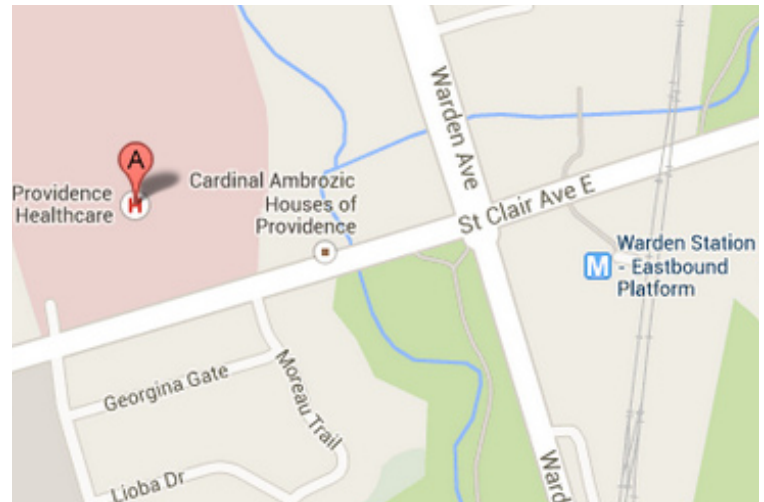
Services Available To

Anyone with an ABI aged 16 to 64 living in the Greater Toronto Area is eligible for service.

Location

The ABI Adult Day Service is located at
Providence Healthcare, Room K112,
3276 St. Clair Avenue East, Scarborough.

Travelling by TTC

- Take the Bloor-Danforth Line to Warden Station. From Warden Station, walk to St. Clair Ave. E., turn left and walk 5 minutes up the hill to the building entrance.
- Alternatively, take the 70 O'Connor bus from Warden Station and get off the bus at the first stop.

To Make a Referral

Any caregiver, professional or client can make a referral for Cota's ABI ADS through the Toronto Acquired Brain Injury (ABI) Network. Simply complete the ABI Client Community Profile located on the Toronto ABI Network website at www.abinetwork.ca and submit it to the Toronto ABI Network.

To Make an Inquiry

Contact the ABI ADS Office to speak with the Program Facilitators by telephone at 416-755-2239 or via email at abiads@cotainspires.ca.

Cota is an accredited not-for-profit organization providing a wide range of mental health and community support services. For more information about Cota please visit www.cotainspires.ca or call 416-785-9230.

This program is funded by the Central Local Health Integration Network.