



ABI ADULT DAY SERVICE

Cota's Acquired Brain Injury (ABI) Adult Day Service 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.

Anyone with ABI aged 16 to 64 living in the City of Toronto is eligible for service.

Apply for Services

We receive referrals through the Toronto ABI Network. To make a referral, submit an ABI Client Community Profile to the Toronto ABI Network. To do so, visit www.abinetwork.ca, click on the link *Referral Forms*, then click on *Community Form*, print the ABI Client Community Profile and fax a completed copy back to the Toronto ABI Network. New referrals will be kept open up to 6 months unless otherwise requested by the referrer or applicant.

Please include medical documentation confirming the diagnosis of acquired brain injury or a completed Referral Form for Physicians to support your application.

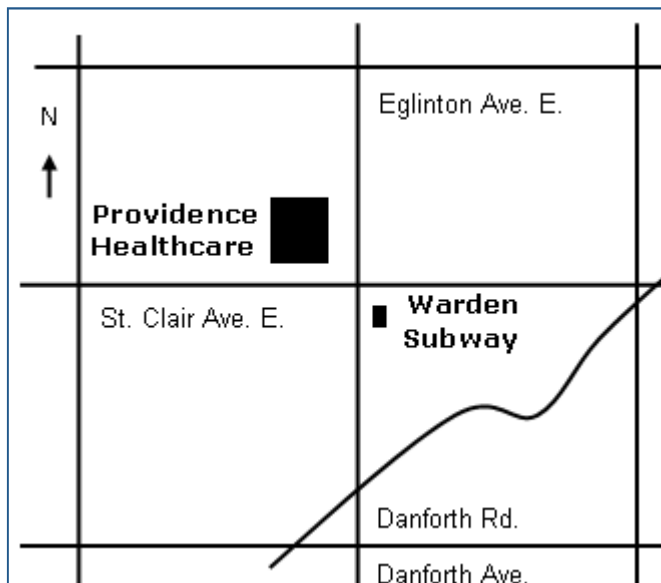
Make an Inquiry

- ABI Adult Day Service Office at 416-755-2239 or email abiads@cotainspires.ca

Location

Providence Healthcare
3276 St. Clair Ave. E., Rm. K112
Scarborough, ON M1L 1W1

Cota ABI Adult Day Service is located at Providence Healthcare in East Toronto. Please note that ABI Adult Day Service does not provide transportation.



Traveling by TTC

- Take the Bloor-Danforth line to Warden.
- From Warden Subway Station walk to St. Clair Ave. E. Turn left and walk 5 minutes up the hill to the building entrance.
- Alternately, take the 70 O'Connor bus from Warden. Get off at the first stop.
- Once inside Providence Healthcare, turn left past the reception desk.
- Take the elevator down to floor 1.
- Upon exiting the elevator, follow the Cota signs to room K112

Traveling by Wheel-Trans

- Ask to be dropped off at Providence Healthcare K wing, door 27. Please specify that you are going to Cota, and **NOT** the Providence ADP, at door 13A.

ABI Adult Day Services

August 28, 2017 to December 15, 2017. Call 416-755-2239 ext. 0 to Register

Connect with Others

Start Me Up

Mondays 11:00-3:00

Starts: August 28

Participants will be encouraged to interact with others by sharing news stories with their peers and engaging in a facilitated group discussion. Group members will bring their own lunch, then enjoy friendly competition by participating in fun trivia games in the afternoon.

Exercise

Let's Get Physical

Tuesdays 10:00-12:00

Starts: August 29

Join us for a variety of fun, light aerobic exercises and activities such as: monthly yoga sessions, fitness videos and Bocce. Anyone at any fitness level can participate.

Drop In

Knowing Me, Knowing You

Wednesdays 10:00-3:00

Starts: August 30

In this drop-in style social group, participants can spend time building relationships with people they have met in other groups. They will enjoy self-directed activities such as board games, cards or using the computer. Bring your own lunch, or participate in our weekly lunch program served from 12:00-1:00.

Brain Fitness

The Brains are a Changin'

Thursdays 12:30- 3:00

Starts: August 31

Participants can arrive at 12:30 pm to enjoy social time with their peers before the program. Beginning at 1:00 pm participants will experience movement based multi-sensory exercises designed to maximize brain power. They will then engage in memory games, logic puzzles and other activities to practice a variety of cognitive skills.

Get Creative

Paint It Black

Fridays 12:30-3:00

Starts: September 1

Express your creativity in a relaxed and supportive environment. Group members will have access to art and craft supplies to create independently, or work on an assigned project. Assigned activities will include craft projects and the opportunity to explore different art

Cota Adult Day Service will be closed on the following statutory holidays:

Monday September 4, 2017 (Labour Day)

Monday October 9, 2017 (Thanksgiving Day)

Please speak with a Cota Day Program Facilitator to determine which group is right for you!