



## Facts About Cota

### Who are we?

Cota is one of the largest accredited community-based organizations the GTA and we have been providing service to the community for over for over 40 years.

Cota offers a wide range of services to adults living with:

- Serious Mental Illness
- Geriatric Mental Health Conditions
- Acquired Brain Injuries
- Developmental Disabilities
- Dual Diagnoses
- The experience of homelessness

The types of services we provide include:

- Case Management: supports that assist individuals to find hope and inspiration in their inherent strength and assist them to define and achieve goals as they pursue personal recovery
- Supportive Housing: rent subsidized housing with dedicated Cota supports which is provide to support individuals to develop independent living skills, maintain housing stability pursue personal recovery
- Short-Term Residential Beds: temporary free accommodation with dedicated on-site Cota support to assist individuals who are homeless and our support to help them find long-term housing and/or move successfully to next stage of their lives.
- Day Programs: Supportive group environments that offer a variety of activities that assist individuals to explore new strengths and develop new skills.
- Court Support and Detention Release Planning Services: support services for individuals living with mental health challenges who are also involved with, or at risk of involvement with the criminal justice system.
- An Assertive Community Treatment Team (ACTT): a multidisciplinary team that provides intensive treatment and support to people with serious mental health challenges and complex care needs

Cota has over 200 employees and provides services to over 2,000 people annually.

### What we stand for...

Mission: To support individuals with mental health and cognitive challenges to live well within their communities.

**Contact information:** We welcome questions about our services and other media inquiries. For more information, please contact:

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**Supporting people living with mental health and cognitive challenges**

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