

Providing help  
and hope...  
one life at a time

Sample from John Abbott Communications ☐  
[john@johnabbottcommunications.com](mailto:john@johnabbottcommunications.com) ☐  
707-765-9868



Committee on the Shelterless



At COTS, we understand the barriers homeless families and individuals face on their journey toward moving into homes of their own. We know how to help people who want to rebuild their lives – and we do.

## Ending the Cycle of Homelessness

Since 1988, Committee on the Shelterless – better known as COTS – has been helping homeless children and adults in Sonoma County rebuild their lives. Our emergency food and shelter, transitional housing, and skill-building programs are driven by a culture of recovery rooted in an integrated support system designed to foster self-sufficiency – from finding housing and employment to overcoming drug and alcohol addiction.

COTS provides an essential safety net that includes employment, food and housing services as well as counseling and family-based programs. This year, we will provide:

- 86,000 meals
- 500 life management workshops
- 10,000 hours of licensed child care
- Shelter for 1,000 children and adults.

## Emergency Shelter Programs

### The Mary Isaak Center.

Provides 100 sleeping spaces for homeless adults. Residents receive training in money management, employment readiness, and job and housing searches as well as medical referrals, access to support groups, and benefits assistance.

## Center for Homeless Children and Their Families.

Provides 35 sleeping spaces for families with children along with child development counseling and mental health and chemical dependency treatment.

### Faith-Based Shelter Program.

Up to 20 local congregations provide additional emergency shelter, transportation, and meals at their locations.

## Emergency Food Programs

### The Petaluma Kitchen.

Serves free, nutritious hot lunches 365 days a year for low-income and homeless men, women, and children.

**Food For Families.** An adjunct to the Petaluma Kitchen's daily program, delivering meals and groceries to low-income seniors and families.

## Housing Programs

### Transitional Housing.

Facilities for 40 families and 32 single homeless adults who commit to developing and implementing action plans to overcome the core causes of their homelessness. Support services include access to professional case managers, mental health and chemical dependency treatment, employment counseling, financial literacy training, and child development outreach.



## Skill-Building Programs

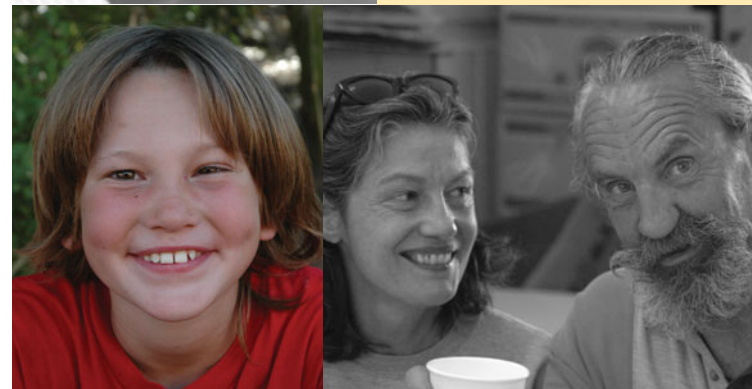
**Rent Right.** Intensive nine-week course in budgeting, managing income and credit, home maintenance, and interview techniques with prospective landlords that prepares clients to successfully search for independent housing.

**Work Right.** Employment opportunities and career coaching for adults in transitional housing to help them achieve the income they need to stay housed.

**Kids First.** Rigorous 12-week program providing parenting classes, mentoring, and support from COTS' licensed child care center and family case managers.

### The Family Connection.

Matches families living in or exiting emergency shelter or transitional housing with trained volunteer support teams for one year to help their transition to independent housing.





## Community Collaboration

COTS is part of the Sonoma County Continuum of Care Planning Group, a strategic planning organization that connects social service providers. COTS regularly works with other agencies to refer clients, export successful programs, and collaborate on funding proposals at the state and federal levels. For our current wish list, or to donate to COTS, please visit our Web site or call our Community Outreach Coordinator at 707-765-6530, ext. 110.

## Volunteer Opportunities

Without the help of community volunteers – who donate 30,000 hours of their time each year – and support from the cities of Petaluma and Rohnert Park and Sonoma County, COTS would not be able to provide the extensive, high-quality services it does. Guided by a board of directors with representatives from law enforcement, education, business, faith communities, and the homeless themselves, COTS is always eager to greet new volunteers; no skills are necessary beyond the desire to help neighbors who are less fortunate than you. Please see our Web site for a comprehensive list of volunteer opportunities, or call our Volunteer Coordinator at 707-765-6530, ext. 111.

### For more information, please contact:

COTS  
P.O. Box 2744  
Petaluma, CA 94953  
707-765-6530  
[www.cots-homeless.org](http://www.cots-homeless.org)

