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May 2022



Strengthening Community Vitality
in the Laurentians



CMHA Mental Health Week **MAY 2-8, 2022**

Tuning in to each other

#GetReal about how to help.
mentalhealthweek.ca



This Mental Health Week is all about empathy

For [Mental Health Week](#) this year – May 2-8, 2022 – #GetReal about how to help. We may be different, but that doesn't make us rivals. Let's stop polarizing and start empathizing. Be there for each other when times are hard and be ready to listen. You don't have to agree to understand, and you don't have to fix it to help.

#GetReal. Before you weigh in, tune in.



Annual General Meeting Assemblée générale annuelle

Thursday, June 16th 2022 at 7 p.m.
jeudi, 16 juin 2022 à 19h

On/sur Zoom

Are you interested in helping your community?

4Korners is currently recruiting new board members. If you would like to participate and are available for 6 to 8 meetings per year then please contact Peter Andreozzi, president@4korners.org

Details

The meeting will be conducted entirely in English. Only active members have voting privileges at the A.G.M., which includes the election of board members.

Aimeriez-vous soutenir votre communauté?

4Korners recrute de nouveaux membres pour son conseil d'administration. Si vous souhaitez vous impliquer et êtes disponible pour six à huit réunions par année, veuillez communiquer avec Peter Andreozzi, president@4korners.org

Détails

L'assemblée se déroulera entièrement en anglais. Seuls les membres actifs peuvent exercer leur droit de vote lors de l'assemblée générale, incluant l'élection de directeurs au conseil d'administration.

4Korners' Annual General Assembly on Zoom

Registration mandatory

[Register on Zoom](#)

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ARE YOU STUDYING IN A HEALTH & SOCIAL SERVICES PROGRAM?

You could be eligible for a bursary of up to \$10,000 through Dialogue McGill's Health and Social Services Community Leadership Bursary Program!

Eligible students must:

- Be from the Laurentian region
- Possess acceptable English and French language skills
- Be pursuing full-time studies in an admissible health and social services program at a government recognized educational institution inside or outside of their home region (depending on the category of bursary applied for)

Apply now! Deadline May 16, 2022

1.888.974.3940 or info@4korners.org



Dialogue McGill
Better Communication for Better Care

Dialogue McGill Bursary

For all the details visit the [Dialogue McGill site](#)

To apply contact [info](#) or call 450-974-3940 ext. 601

Legal Information and Referrals Guide



Educaloï has created a legal information and referrals guide. Check it out [here](#).

NEW!
Thank you CISSS des Laurentides for funding this project!

RESOURCES

This resource guide has been compiled by 4Korners to assist the English-speaking population of the Laurentians in locating local, Provincial and Federal resources and services in English.

HELPLINES
If this is an emergency, call 911 or your emergency service for immediate assistance.
[Quick Escape Link](#)

- Child, Youth & Family
- Disabilities & Disorders
- Education & Literacy
- Employment & Income Support
- Food Support
- Government
- Health
- Housing
- Justice & Advocacy
- Mental Health & Addictions
- Seniors & Caregivers
- Violence & Abuse

If you know of a service within the Laurentians that offers assistance in English and it is not listed here please let us know by contacting:
info@4korners.org

Have you checked out our [resources](#) yet? If you live in the Laurentians and are looking for local English-language resources then our website is the place to start.

Don't forget that you can also contact us by [email](#) or phone at 1-888-974-3940 ext. 601 and we'll be happy to assist you.

LOOKING FOR A FAMILY DOCTOR? Click [here](#) to register to find one.

COVID-19 RESOURCES

[COVID-19 Vaccination Passport](#)

[ClicSante](#) to book your covid-19 vaccination appointment.

[Government of Quebec COVID-19 Vaccination Campaign](#)



New this month!

Be sure to double-check the location before registering.



4K Family Walk in Lachute

For Mental Health week 4Korners invites families to join us for a walk through beautiful downtown Lachute. The final destination will be Lowes Dairy where we encourage you to bring a joke and share it with the group while enjoying some gelato on us and our sponsor Lowes Dairy!

SPACE IS LIMITED!

Thursday, May 12

9:30 a.m. - 12:30 p.m.

Starting point, 508 rue Principale, Lachute

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Vent Over Tea

May 4 at 10 a.m.

Vent Over Tea is a free and confidential active listening service to all members of the local community to promote mental wellness and connection. Vent Over Tea will present their service and how to contact them with a mini active listening workshop.

Presented by, Talya Azrieli, Executive Director.

Journaling

May 11 at 10 a.m.

Make Journaling your safe space, and learn how to; Feel safe journaling, alleviate hesitation and fear around journaling, stay in control of the depth of your journaling, avoid a downward emotional spiral and, instead, journal toward positivity & peace, journal safely for your mind, body, and emotional health.

Led by Jill Grumbache, Certified Journaling Instructor, www.holisticjournaling.ca

CHEP - Age Related Hearing Loss

May 18 at 10 a.m.

Community Health Education Program presentation on age related hearing loss; causes, complications and care. Presented by Sylvie Auger, Audiologist Clinic Owner and Director Audiologie Centre-Ouest inc.

Communication

May 25 at 10 a.m.

What we all long for in life is flow between ourselves and others that is based on a mutual connection from the heart. Unfortunately, our words or other people's words often lead to hurt and pain. Would you like to become more aware, more connected with yourself and discover how to stay connected with others?

Presented by Johanne Robitaille

ONLINE AND IN-PERSON!

1650 chemin d'Oka, Deux-Montagnes

Rouge Valley Days, 259, chemin Harrington, Harrington

To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | info@4korners.org

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

Cette initiative est financée par le Secrétariat aux
relations avec les Québécois d'expression anglaise.
Les opinions exprimées ici ne reflètent pas
nécessairement celles du gouvernement du Québec.

fadoq
Forum
des associations
du Québec

CHSSN
Centre de
services
à la personne

Wednesday Wellness

Wednesdays at 10 a.m.

May 4 - Vent Over Tea

[online presentation](#) & in-person

May 11 - Journaling

[online presentation](#) & in-person

May 18 - CHP Age Related Hearing Loss

[online presentation](#) & in-person

May 25 - Communication

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**In-person Locations:****Harrington** 259, chemin Harrington (Rouge Valley Days)**Deux-Montagnes** 1650, chemin d'OkaTo register for in-person activities contact [info](#) or call 450-974-3940 ext. 601

This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).

Free & confidential. Open registration. Join any time.

Registration: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



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To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Ongoing 4K Activities

Be sure to double-check the location before registering.

Dad, Let's Play (age 0-12)

January 15 - April 30

Every Saturday 9:00 a.m. - 11 a.m.

École des Mésange - 203, 14th Ave. Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Mother Goose (age 0-5)

April 13 - June 15

Wednesdays 9:30 a.m. - 11 a.m.

378 rue Principale, Lachute

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Play to Learn (age 0-5)

NEW LOCATION!

Fridays 9:30 a.m. - 11:30 a.m.

2 rue du Ravin, Ste-Therese

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Parenting Circle (age 0-5)

Mondays 9:30 a.m. - 11:30 a.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Thursdays, 9:30 - 11:30 a.m.

1650 chemin d'Oka, Deux-Montagne

Please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940 if you would like to place your name on the waiting list.

4K Kids Club - Social & Emotional Learning (age 6-12)

Wednesdays & Thursdays, 4:30 p.m. - 6:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

4K Kids Online Drawing Classes (age 6-12)

For kids aged 6-12

Tuesdays at 4:30 p.m.

[Register on Zoom](#)

4K Co-Parenting Korner - New Facebook Group

- Share information & tips on positive co-parenting
- Help parents navigate the challenges they face co-parenting
- Offer parents pertinent news & documents on co-parenting
- Provide parents with a space for questions & interactions with other parents

[Join the group here](#)

Prenatal Classes

For upcoming dates, details, and to register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Caregivers of the Elderly Support Group

Once a month

Monday, May 16 & June 20

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To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

*Please use the door located on the right-hand side when approaching from Henri-Dunant. We will use the stairs from the outside to enter. If this is inconvenient for you please let us know so we can arrange for you to use an alternate entrance.

French Conversation Courses

Currently Full

April 12 to June 14

Class 1: Online & In-Person Tuesdays, 10 a.m. to 11 a.m.

Class 2: Online only Tuesdays, 1 p.m. to 2 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Zoom link to be provided after groups are determined by the teacher.

Painting Classes - Seniors Wellness

Spring Session - April 13 to June 15

Weekly on Wednesdays

12:30 - 2:30 p.m.

Register on Zoom [here](#)

Drawing classes - Seniors Wellness

Spring Session - April 12 to June 14

Weekly on Tuesdays

10:30 a.m. - 12 p.m.

To register and connect on Zoom click [here](#)

Chair Yoga - Seniors Wellness

Spring Session - April 21 to June 30

Weekly on Mondays & Thursdays, 10 a.m. - 10:30 a.m.

To register and connect on Zoom click [here](#)

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Weekly on Tuesdays, 1 p.m. - 2:30 p.m.

To register and connect on Zoom click [here](#)

One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to: info@4korners.org



It's never been easier to [become a 4Korners member](#)! Your annual donation will help us continue to deliver services to the communities of the Laurentians!

Kids Help Phone 

Need help now?
Text **CONNECT** to [686868](#)

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Éducaloi -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

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Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

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