

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[View this email in your browser](#)

August 2022



Health Care Decisions



Did you know that the general rule concerning healthcare decisions is that people 14 and over have the right to make their own choices. They're free to accept or refuse any care offered to them. This is called "consent to care." It is based on the principle of respect for people's autonomy, integrity and control over their bodies.

Unfortunately, there could come a time when you're not able to consent to care. However, you can make decisions before this happens so you have a say about your body and well-being. By expressing your wishes in advance, they will be respected.

To learn more about health care decisions check out this handy guide on the [Educaloi website](#).

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

COVID-19 RESOURCES

[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)



New this month!

Be sure to double-check the location before registering.

Subscribe

Past Issues

Translate ▼



STAND UP!

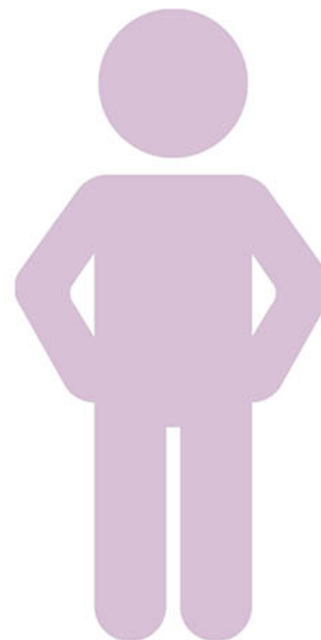
FALL PREVENTION PROGRAM

- This program is designed to prevent falls and fractures among independent seniors living at home.
- STAND UP! helps improve seniors' quality of life by building their confidence in managing falls and enabling them to stay physically active.
- The program is led by a qualified professional. It is designed to ensure participants' safety and adapted to their capabilities.

For seniors who are 65 years and older, independent, and living in their home.

The purpose of the program is to prevent falls and injuries, build confidence in managing falls and enable you to stay physically healthy. Facilitated by a professional

- 10 weeks at 1.5 hours of group activity.
- individual evaluation before and after.



TUESDAYS & THURSDAYS

September 12 to November 29, 2022

10 a.m. to 11:30 a.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact: 450-974-3940, info@4korners.org



Stand Up! Fall Prevention Program

Space is limited!

To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

Subscribe

Past Issues

Translate ▼


 4KORNERS
 www.4korners.org

Summer Activities

For children aged 0-5
& their parents

Mornings in the Park

Weekly meetups in local parks with a variety of activities (arts & crafts, games, toys) for kids 0-5 and their parents!

MRC Deux-Montagnes - Thursdays 9:30 a.m. to 11:30 a.m.

Dates: June 30, July 14, 21 & 28, Aug 4, 11 & 25

Location: Contact us to register and we'll update you on which park we'll be visiting each week!

MRC Thérèse-De Blainville - Tuesdays 9:30 a.m. to 11:30 a.m.

Dates: June 28, July 12, 19 & 26, August 2, 9 & 23

Location: Contact us to register and we'll update you on which park we'll be visiting each week!

MRC des Laurentides (ages 0-12) - 9:45 a.m. to 11:30 a.m.

Dates & Locations:

July 5th : La Minerve / Parc de la bibliothèque / 100 chemin des fondateurs

July 6th : Val-David / Petite gare / 2525 rue de l'église

July 13th : Saint-Faustin-Lac-Carré / Parc de la gare / 420, rue de la Gare

July 19th : Mont-Tremblant / Parc du Centenaire / rue des Passe-Temps

July 20th : Val-Morin / Parc Poupart - Chapiteau / 6120 rue Morin

July 22nd : Ste-Agathe-des-Monts / Parc Lagny / 2 Rue Saint Louis

August 16th : Mont Tremblant / Parc du Centenaire / rue des Passe-Temps

August 17th : Val-Morin / Parc Poupart - Chapiteau / 6120 rue Morin

To register contact info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

Mornings in the Park

We're hosting our Morning's in the Park in three different MRC's!

1. **NEW!** MRC des Laurentides
2. MRC Deux-Montagnes
3. MRC Thérèse-De Blainville

Please note that due to unforeseen circumstances we had to cancel our Mornings in the Park activities in MRC Argenteuil. Hopefully we'll be back next

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Summer Fun Activities

Join us for various activities geared towards 6-12 year olds. A great chance to get out, socialize, meet new people and try new things. Activities include games, cooking tacos, scavenger hunt and diy crafts. Sign up for all four or choose your favourites.

MRC Thérèse-De Blainville - Wednesdays at 1 pm

July 13 & 20, August 10 & 17

2 rue de Ravin, Ste-Thérèse

To register contact info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



4K Kids Summer Activities

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

Ongoing 4K Activities

Be sure to double-check the location before registering.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Caregivers of the Elderly Support Group

Once a month

August 22nd

1 p.m. - 3 p.m.

In person at 200, rue Henri-Dunant, Deux-Montagnes (Salle Annette-Savoie)

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.

Prenatal Classes

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

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!

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](#)

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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](tel:686868)
or call a counsellor:
1-800-668-6868



[Éducaloi](#) -

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

Subscribe

Past Issues

Translate ▼

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Generously supported & funded by



4Korners

Laurentian Community Network

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.

Copyright © 2022 4Korners, All rights reserved.

You are receiving this email because you attended a 4Korners event and gave your permission to use your email.

Subscribe

Past Issues

Translate ▼

200 Henri-Dunant
Deux-Montagnes, Québec J7R 4W6
Canada

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

