

valuable to us! You can do so by emailing communications@4korners.org, or by messaging us on Facebook!

To learn more about International Self Care Day, or find resources and tips regarding self-care, view the official website: [here](#)

We're getting youth talking in the Laurentians!

Youth Korner Jeunesse is a bilingual space where young Laurentian community members can express themselves in the format of a dialogue-based podcast. Hosts share their thoughts on topics that matter to them and that also have an impact on the Laurentian region. We bring together young French and English-speakers, First Nations and immigrants established in the Laurentians with an aim to develop their leadership skills.

Season 2 of the podcast is here, and we will be recording and releasing two episodes in July! All episodes are available on our [YouTube channel](#), as well as on Spotify and Apple Music (search Youth Korner Jeunesse).

Check out the latest episode of the podcast below!





**Are you a father? Do you reside in the Laurentian Region?
If so, we want your feedback!**

We are looking for data regarding the percentage of Fathers in the Laurentians, as well as this demographics interest in 2023 community-based activities for their families or for themselves.

Results from this data will determine what kind of future activities 4Korners will create and provide for Laurentian fathers throughout this fiscal year.

If you fall under this demographic, please fill out this survey: [Fathers Activities 2023 / Activités pour les pères 2023](#)



Check out our upcoming activities & support services!

[Adults](#)

[Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

[Adults](#)

**READY FOR A FRESH START?**

This workshop aims to help you take stock of your life and develop your Life Project for the years to come. It is a structured process that requires your reflection and intuition. Get to know yourself better by clarifying your needs, and limitations.

THEMES TO BE EXPLORED:

- The foundations of choices and decisions in our lives.
- The missions and roles we take on.
- Our most frequent challenges.
- Some techniques to structure self reflection.
- The definition of the Life Project, its realization.
- Affirmation: be yourself without forgetting or imposing yourself.

This workshop is offered online via Zoom

Registration: info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601

**Life Path - Online**

Session start dates to be announced. 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



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



Social Support Group for Men

July 8 · 11 a.m. - 12 p.m.

This monthly online social support group for men is a safe and confidential space where men can come together, let their guard down and share their experiences, struggles, and triumphs. The group's purpose is to provide emotional support, encouragement, and finding comfort in sharing one's experiences with those who have gone through similar situations. Meeting dates and times are determined monthly.

To register contact info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



Public Health
Agency of Canada

Agence de la santé
publique du Canada

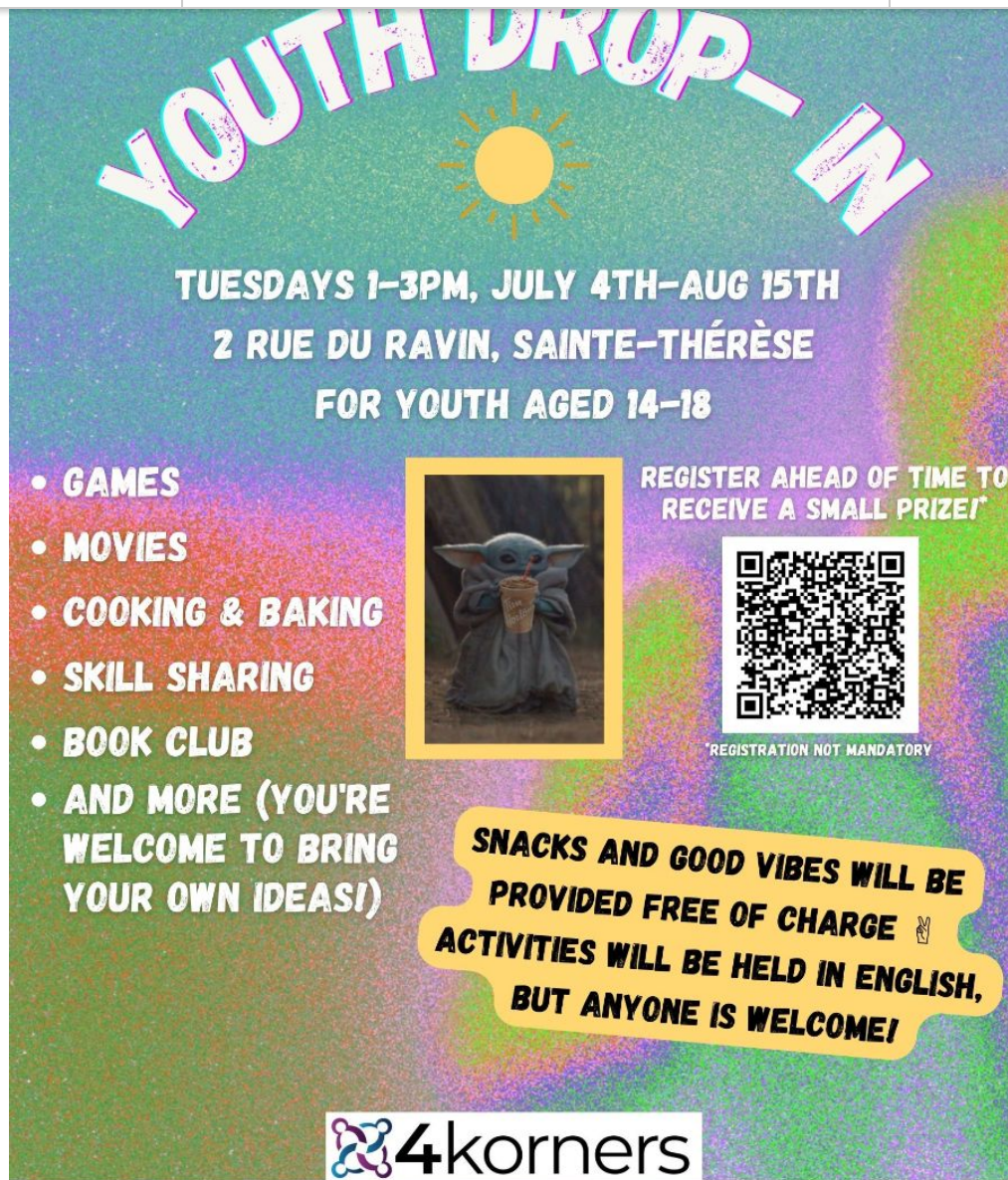
Social Support Group for Men - July 8

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


[Family & Youth](#)




YOUTH DROP-IN

TUESDAYS 1-3PM, JULY 4TH-AUG 15TH
2 RUE DU RAVIN, SAINTE-THÉRÈSE
FOR YOUTH AGED 14-18

- GAMES
- MOVIES
- COOKING & BAKING
- SKILL SHARING
- BOOK CLUB
- AND MORE (YOU'RE WELCOME TO BRING YOUR OWN IDEAS!)




REGISTER AHEAD OF TIME TO RECEIVE A SMALL PRIZE!



REGISTRATION NOT MANDATORY

SNACKS AND GOOD VIBES WILL BE PROVIDED FREE OF CHARGE
ACTIVITIES WILL BE HELD IN ENGLISH, BUT ANYONE IS WELCOME!



Youth Drop-In (Ages 14-18), Sainte-Thérèse

Register ahead of time to receive a small prize! To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940



Summer Fun Activities

Weekly meetup for kids 6-12 years old to keep them busy and connected during the summer. We will do different activities each week, such as board games, cooking, crafts, outdoor games and so much more. A great way to keep your child moving and engaged. Space is limited.

MRC Thérèse-De Blainville - Wednesdays at 1:30 pm

From July 5th to August 16th

2 rue de Ravin, Ste-Thérèse

To register contact info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

4K Kids Club Summer Activities, MRC Thérèse-De Blainville

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



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

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

July 3, 10, 17, 24 & 31, Aug 7, & 14

MRC Thérèse-De Blainville

Thursdays 9:30 a.m. to 11:30 a.m.

July 6, 13, 20 & 27, August 3, 10 & 17

Contact us at info@4korners.org to register
and we'll update you on which park we'll be
visiting each week!

1.888.974.3940 | 450.974.3940 ext. 601



Mornings in the Park

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



Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo), laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Led by Laury Peroff from Laury's Perinatal.

**For upcoming dates, details, and to register contact
info@4korners.org | 450-974-3940 ext. 601**

Classes offered online via Zoom & in person
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



Prenatal Classes

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

Seniors & Caregivers of the Elderly

Please note that most Senior Wellness Activities will be on pause for the summer and will resume again in September.

For more information, contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Seniors Health & Wellness *in Mille-Isles*

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!

July | juillet 24 1:00 p.m. - 3:00 p.m.

Vision Board/Gratitude Conference and Tea Social

Conférence sur le tableau de visualisation et la gratitude, thé social

Gratitude is the cornerstone of a happy and fulfilled life. It opens up our hearts to the blessings of the present moment and allows us to attract more abundance into our lives. Vision boards, on the other hand, are powerful tools for manifestation. Please join us to create your very own Vision Board.

Topics that will be covered include:

- What is a vision board and how does it work?
- The science behind gratitude and how it affects our brain and well-being
- Techniques for cultivating gratitude in different areas of life

La gratitude est la pierre angulaire d'une vie heureuse et épanouie. Elle ouvre notre cœur aux bénédictions du moment présent et nous permet d'attirer plus d'abondance dans notre vie. Les tableaux de vision, quant à eux, sont de puissants outils de manifestation. Rejoignez-nous pour créer votre propre tableau de bord.

Les sujets suivants seront abordés

- Qu'est-ce qu'un tableau de bord et comment fonctionne-t-il?
- La science derrière la gratitude et comment elle affecte notre cerveau et notre bien-être
- Techniques pour cultiver la gratitude dans différents domaines de la vie

1262 Chem de Mille Isles, Mille-Isles, Quebec

Room/salle: Strong Community room

For more information or to register contact | Pour plus d'informations ou pour vous inscrire:

info@4korners.org | 450-974-3940 ext. 601



Seniors Health & Wellness in Mille-Isles

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-394

Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

In-person at 1650 chemin d'Oka, Deux-Montagnes

To register 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!



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](#)
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.

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

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You care *for them*,
we care *for you*.

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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.

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