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**LAURENTIANS
4K NEWSLETTER
October 2018**



Thanks to a **Student Summer Jobs** grant from **Canada**, we are updating and cleaning up our website. A working version of the site is on line, and all the information is there.

However we are working at making it easier to navigate. The best is yet to come!

Please be patient. If you need any info please email: info@4kornerscenter.org or call 450-974-3940. Leave a message and we will be happy to return your call.



MEMBERSHIP to 4K is only \$10 per year!

If you have benefited from using 4 Korner's resources, our website or Facebook pages, speaking with someone at any of our offices or just want to help keep us around, please renew [ONLINE](#) or in person now.

Mahatma Gandhi.

We share the responsibility to promote true tolerance and non-violence. Keep on practicing kindness daily: it's catchy and deters violence!



The "Non-Violence" (or "Knotted Gun") sculpture by Swedish artist Carl Fredrik Reuterswärd on display at the UN Visitors' Plaza. UN Photo/Rick Bajornas

Recent activities at 4K:





Photos by 4 Korners staff

September was the launch of our Community wall/corner in the Deux-Montagnes municipal building under the library. Thanks to Canadian Heritage and volunteer students from Lake of Town Mountains high school under the Cecile Bouchard's lead, the hall has been transformed for all who use it. Thank you everyone!

Upcoming Activities in Argenteuil

IN HARRINGTON

Rouge Valley Days

Harrington Golden Age Club

Thursdays

- 9:00 document, technology assistance & War Years research
- 12:00 lunch (lunch available weekly for \$5)
- Foot Care by appointment

October 11 Wellness series, 1:00 p.m.

Meditation & Relaxation 2:00 p.m.

October 18 Wellness series, 1:00 p.m.

Book Club, 2:00 p.m.

October 25

Meditation & Relaxation 1:30 pm

IN BROWNSBURG-CHATHAM

Open Circle/Cercle Ouvert

St. Mungo's United Church

Mondays

- Lunch – 12:30 pm,
- Games, crafts and activities - 1:30-3:00 pm

Transportation available.

Call Melanie Wilson for more information:

1-888-974-3940, extension #232

Community Health Education Videoconference

Exploring Life Losses

October 24

10 a.m. - 12 p.m.

Community Learning Center (LRHS)

448, av. Argenteuil, Lachute

Upcoming Activities in Deux-Montagnes**NEW! "Coffee Break" for Men**

Just started: come have a coffee and snacks and chat with other men.

Weekly - Friday afternoons

12:00 to 2:00 p.m.

Women's Wellness Group**Financial Literacy for Women**

Thursday, October 11

Sign up by October 4!

7 p.m.

202, rue Henri-Dunant

Parent and Tot Group

Still a few places available!

Thursdays

A weekly playgroup for parents, grandparents or caregivers with little ones 0-6.

Activities include cooking and special outings!

Monthly Craft Nights

Did you miss our superhero night?

No problem! Join us in October for decorating treat bags and pumpkins!

All families welcome

Monday, October 22

We're preparing for Halloween...

6:30p.m.-7:30p.m.

202, rue Henri-Dunant

Wednesday Wellness Series

Wednesdays, 10:00a.m.-12:00p.m.

at 200, rue Henri-Dunant

October 10

A English presentation from the Laurentians' Centre d'Assistance et d'Accompagnement aux plaintes

October 17

Guest speaker: Dental Hygienist

October 24

Videoconference: Exploring Life Losses

October 31

Laughter Yoga Workshop



Come and meet other parents and children aged 0-6 years for weekly activities!
Grandparents welcome too!

Every Tuesday, from 9:30 to 11:30 a.m.
200, rue Henri-Dunant

Upcoming Activites in Rosemère

Playgroup

Shake up your routine: Join us for this free activity

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

Mom, Dad and grandparents, bring the kids for fun activities while you sip on tea or
coffee!

Rosemère Community Center

202, ch. de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

NEW!

In Morin-Heights and Arundel

Wellness Journaling for Caregivers

Morin-Heights, October 13 and 20, 9:00 a.m. to 12:00 p.m.

Arundel, October 27 and November 3, 9:00 a.m. to 12:00 p.m.

For more information contact Jill Grumbache:

jill@4kornerscenter.org or 1-888-974-3940



With 4 KORNERS Family Resource Center!
Where: Chalet Bellevue, 27 rue Bellevue, Morin-Heights
When: Thursday, **October 18, 2018**, from 19:00 to 21:00
How: **Buy your ticket now** at <https://www.paintnite.com/events/seasons-ii-at-chalet-bellevue-10111210>



[Buy your tickets soon:](#) 25 tickets need to be sold 2 weeks before the event. Otherwise Paint Nite! will cancel the evening.

Please note 4 Korner's offices are closed on October 8, 2018 for Thanksgiving



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to access their website!



Éducaloi -

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

L'APPUÏ POUR LES PROCHES AIDANTS D'AINÉS
*You care for them,
 we care for you.*



Canada

**Centre intégré
 de santé
 et de services sociaux
 des Laurentides**

Québec





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Our Mission

In a spirit of respect, support and empowerment, the 4 Korner's Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

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