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June 2019



June is Thyroid Awareness Month

Did you know:

Thyroid disorders are found in 0.8-5% of the population.
However as many as 50% of individuals go undiagnosed.



Source: [Thyroid Foundation of Canada](#)

Test your understanding of Thyroid Disease by answering this [short quiz](#).

Last month at 4 Korner's



Last month's Craft Night theme was "Create a Robot". We made tin can and toilet paper tube robots, and the kids' creations were awesome! Once a month we prepare a craft project that allows children to develop their fine motor skills, as well as stimulate their imaginations. Bonus, we clean up the mess! We look forward to seeing you in September for some more crafty evenings together. Wishing you all a fun & safe summer!



Mindful Gardening was one of the topics explored by the Wednesday Wellness group. The participants experienced how connecting with the earth and plants allows us to cultivate a healthy mind, to let go of time and to appreciate the beauty of ones creation.

Wednesday Wellness returns in September.



Annual General Meeting & Grand Opening!

Thursday, June 13, 2019

5 p.m. to 7 p.m.

1650, ch. d'Oka, Deux-Montagnes

Join us at our new location to celebrate the grand opening of our activity centre! We will have Open Mic performers and refreshments.

RSVP by June 6 at info@4kornerscenter.org or 450-974-3940
www.4kornerscenter.org

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.

Are you interested in helping your community?

4 Korner's 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@4kornerscenter.org

Upcoming Activities in Argenteuil



Weekly: Open Circle

On Mondays, at Saint-Mungo's United Church, 661,
route des Outaouais, Brownsburg-Chatham.

June 17, 1:00 p.m.: Painting workshop



June 27, 10:00 a.m.: presentation on Internet Security



Senior Loneliness (Videoconference)

June 19, 10:00 a.m. to 12:00 p.m., 448, ave. Argenteuil, Lachute.

Call Melanie Wilson to register or for more information: 1-888-974-3940, extension 1

Upcoming Activities in Deux-Montagnes



New weekly program: Family Yoga

Every Tuesday, 6:30 to 7:30 p.m., 1650, ch. d'Oka.
Don't miss it: it ends on July 2, 2019



Weekly: Walking Group

Thursdays, 9:45 to 10:45 a.m., 200, Henri-Durant.



Weekly: Drop-in

Thursdays, 1:30 a.m. to 3:30 p.m., 200, Henri-Dunant



Senior Loneliness (Videoconference)

June 19, 10:00 a.m. to 12:00 p.m., 1650, ch. d'Oka.

Upcoming Activities in Rosemère



Activity in English! Lemonade with a police officer

June 3, 10:00 a.m. to 12:00 p.m., Rosemère
Community Center, 202, ch. de la Grand-Côte,



Weekly: Playgroup has been extended until June 10
 Monday, 9:30 to 11:30 a.m., Rosemère Community
 Center, 202, ch. de la Grand-Côte, Rosemère.

Upcoming Activities in Upper Laurentians

Do you live in the Mont Tremblant area and want to know what is happening in the English-speaking community?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:

lucie@4kornerscenter.org



Please note 4 Korner's will be closed on June 24 and July 1, 2019

[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!

TEL-JEUNES
www.teljeunes.com
 1 800 263-2266



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

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LISTENING-INFORMATION-REFERRALS



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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