

Subscribe

Past Issues

Translate ▼

[View this email in your browser](#)

May 2023



Strengthening Community Vitality  
in the Laurentians



**Within our  
stories is the  
mental health  
care we all need.**

CMHA Mental Health Week **May 1 – 7, 2023** [MentalHealthWeek.ca](https://MentalHealthWeek.ca)

From May 1 to May 7, it's the Canadian Mental Health Association's (CMHA) Mental Health Week!

The CMHA's theme for this year's Mental Health Week is #MyStory. Storytelling is a fundamental part of being human. Stories help build connections and strong communities. Storytelling, in all its forms, supports mental health and reduces stigma.

4Korners will support this initiative by sharing stories related to mental health from our own communities. Stay tuned to our social media platforms as we share real testimonials and quotes from 4K community and staff members. As

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

To learn more about Mental Health week, find out ways you can support the cause, or discover resources to get mental health support, visit the Canadian Mental Health Association's website [here](#).


[www.4korners.org](http://www.4korners.org)

## Annual General Meeting Assemblée générale annuelle

Wednesday, June 14th 2023 at 6:30 p.m.  
Mercredi, 14 juin 2023 à 18h30  
503 Rue Cedar, Deux-Montagnes, QC J7R 1H1

**Space is limited - Registration required**  
**Places limitées - Inscription requis**

Open to members of 4Korners. The A.G.M. includes the election of board members; Only active members have voting privileges. Membership is only \$10 for the year.

Ouvert au membres de 4Korners. L'assemblée générale inclus l'élection de directeurs au conseil d'administration; Seuls les membres actifs peuvent exercer leur droit de vote. Devenir membre est possible au coût de \$10 pour l'année.

### ***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](mailto:president@4korners.org)

### ***Almeriez-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](mailto:president@4korners.org)



***Following the meeting there will be a stand up comedy show from 7:30-8:30. Cash bar and snacks will be provided.***

***Suivant l'assemblée il y aura un spectacle d'humour de 19h30 à 20h30. Bar payant et grignotines seront fournies.***

Registration through [Eventbrite](#)

For assistance, contact [info@4korners.org](mailto:info@4korners.org) | 450.974.3940 | 1.888.974.3940  
[www.4korners.org](http://www.4korners.org) | [www.facebook.com/4KornersCenter/](https://www.facebook.com/4KornersCenter/)

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

In-person presentation:

Register via Eventbrite [here](#)

Online presentation:

Register via Eventbrite [here](#)

Contact [info](#) for assistance with registering if needed.

## ARE YOU INTERESTED IN HELPING YOUR COMMUNITY?



**4Korners is currently recruiting new board members!**

*Our amazing team would not be complete without our valued board members.*

Watch the video below to find out why they chose to volunteer with 4Korners.

If you would like to participate and are available for 6 to 8 meetings per year, please contact Peter Andreozzi via his email, [president@4korners.org](mailto:president@4korners.org)



## 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 releasing more episodes periodically through out the month. 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!



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

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](#)

---

# 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 24, 2023**

**1.888.974.3940 or [info@4korners.org](mailto:info@4korners.org)**

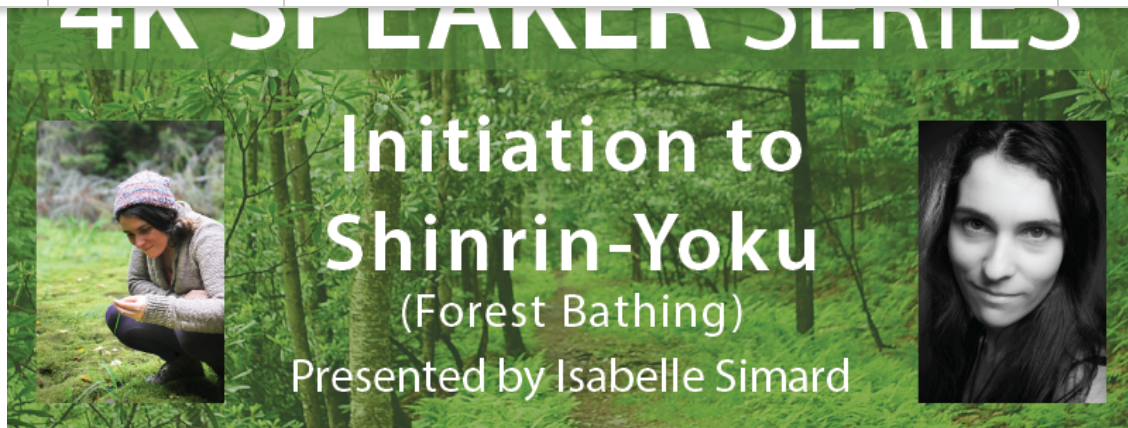
 **4korners**

**Dialogue McGill**  
Better Communication for Better Care

#### Are you eligible?

Apply by contacting [info](mailto:info@4korners.org) | 1-888-974-3940 ext. 601

---

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

**Friday, May 12, 10:00 a.m.**

Do you know doctors in Québec can now prescribe to spend time in nature? All that you need to know about forest bathing and why you should do it.

In-person presentation: Trinity Church, 12 Rue Préfontaine, Sainte-Agathe-des-Monts.

Register via Eventbrite [here](#)

Online streaming presentation:

Register via Eventbrite [here](#)

For assistance, contact [info](#) | 450-974-3940 | 1-888-974-3940 ext. 601

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**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](mailto: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](#) 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](mailto: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](#) 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



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

## Family & Youth



A weekly activity for parent and children to spend time with others enjoying a variety of activities and games. Children will have the opportunity to learn basic social skills through play while parents connect and share experiences. This activity takes place in English.

Une activité hebdomadaire permettant aux parents et aux enfants de passer du temps avec d'autres personnes en profitant d'une variété d'activités et de jeux. Les enfants auront l'occasion d'acquérir des compétences sociales de base par le jeu pendant que les parents se connectent et partagent leurs expériences. Cette activité se déroule en anglais.

**Fridays · vendredis**

**April 14 – June 16 • 14 avril - 16 juin**

**9:30 - 11:30**

**2 rue du Ravin, Ste-Thérèse**

**To register contact · pour s'inscrire contacter:**

[info@4korners.org](mailto:info@4korners.org) | 450.974.3940 ext. 601

 **4korners**  
www.4korners.org

 Canada

 Fondation Lucie  
et André Chagnon

 CHSN

**Play to Learn**

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

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

Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

**April/avril 12 | April/avril 26 | May/mai 10 | May/mai 24 | June/juin 7**

9:30 - 12:00

2 rue du Ravin, Sainte-Thérèse

**Registration/inscription:**

[info@4korners.org](mailto:info@4korners.org) | 450.974.3940 ext. 601

 **4korners**  
www.4korners.org

 Moisson  
Laurentides  
banque alimentaire

 Fondation Lucie  
et André Chagnon

 Canada  
 CHSSN

## Community Kitchen

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

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


Bright  
Beginnings



## Parenting Circle

Cercle parental

Parenting Circle is a weekly meeting space designed for parents to discuss topics of interest, as well as learn new parenting skills and strategies. Your little ones will be kept entertained as they play nearby with a facilitator. This activity takes place in English and is open to all. Please note this group is run by fellow parents and not by a 4K activity coordinator.

Le « Cercle parental » est un espace de rencontre hebdomadaire conçu pour les parents afin de discuter de sujets d'intérêt, ainsi que d'apprendre de nouvelles compétences et stratégies parentales. Vos petits seront divertis en jouant à proximité avec un animateur ou une animatrice. Cette activité se déroule en anglais et est ouverte à tous. Veuillez noter que ce groupe est géré par d'autres parents et non par un coordinateur d'activités 4K.

**EVERY TUESDAY • TOUS LES MARDIS**

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

April 4, 2023 – June 6, 2023 • 4 avril 2023 - 6 juin, 2023

Registration/inscription: [info@4korners.org](mailto:info@4korners.org)

1.888.974.3940 | 450.974.3940 ext. 601



**4korners**  
www.4korners.org



Moisson  
Laurentides  
banque alimentaire



Fondation Lucie  
et André Chagnon



Canada  
CHSN

### Parenting Circle

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

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

**Tiny Tots**  
*Tout-petits*

Drop your little one off for a morning filled with fun and learning. Weekly themes with games, activities, and lessons for children aged 2-5. Space is limited. This activity takes place in English and is open to all.

Déposer votre petit pour une matinée remplie de plaisir et d'apprentissage. Thèmes hebdomadaires avec jeux, activités et leçons pour les enfants de 2 à 5 ans. Le nombre de places est limité. Cette activité se déroule en anglais et est ouverte à tous.

**EVERY THURSDAY • TOUS LES JEUDIS**  
Group/groupe 1: 9:30 - 11:30  
Group/groupe 2: 13:00 - 15:00  
1650, chemin d'Oka, Deux-Montagnes  
January 12 - June 15, 2023 • 12 Janvier - 15 Juin 2023

**Registration/inscription:**  
info@4korners.org  
450-974-3940 ext. 601



## Tiny Tots

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

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

# 4K kids CLUB

SOCIAL & EMOTIONAL LEARNING  
APPRENTISSAGE SOCIAL ET ÉMOTIONNEL



## Calling all kids in grades 4, 5, and 6!

Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills. This activity takes place in English.

## Appel à tous les enfants de 4e, 5e et 6e année !

Cherchez-vous à mieux comprendre vos pensées et vos émotions, à devenir un bon joueur d'équipe ou même à gérer des conflits avec des amis ? Si la réponse est OUI, alors c'est l'endroit qu'il vous faut ! Venez vous faire de nouveaux amis, vous amuser après l'école et développer des compétences pour la vie. CETTE ACTIVITÉ SE DÉROULE EN ANGLAIS

**MONDAYS | LUNDIS 17:00 - 18:30**

**2 rue du Ravin**

Starts January 16. Light after-school snack is provided upon arrival.  
Commence le 16 janvier. Une collation légère sera servi.

**Registration | inscription**

**450-974-3940 ext. 601, [info@4korners.org](mailto:info@4korners.org)**

 **4korners**  
[www.4korners.org](http://www.4korners.org)

 **CHSN Canada**

## 4K Kids - Social & Emotional Learning - Sainte-Thérèse

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

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

# 4K kids CLUB

## SOCIAL & EMOTIONAL LEARNING



Calling all kids in grades 4, 5, and 6!

At 4K Kid's Club, we play games and get creative... all while learning more about ourselves! Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills.

**TUESDAYS & THURSDAYS**

**16:30 - 18:30**

**1650 chemin d'Oka, Deux-Montagnes**

Winter/Spring Session: January 17 - June 15

Attendance on both days is mandatory. A light after-school snack is provided upon arrival.

**Registration**

**450-974-3940 ext. 601, [info@4korners.org](mailto:info@4korners.org)**

We are happy to have the support from PANDA BLSO on this program developed by Lindsay Parr.

 **4korners**  
[www.4korners.org](http://www.4korners.org)

ASSOCIATION  
**PANDA**  
BASSES-LAURENTIDES SUD-OUEST

 **Moisson  
Laurentides**  
banque alimentaire

**CHSSN** Canada 

In partnership with Panda BLSO • En partenariat avec Panda BLSO!

**4K Kids - Social & Emotional Learning - Deux-Montagnes**

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

Subscribe

Past Issues

Translate ▼

**4K Kids CLUB**

# Drawing Classes

////////// Cours de dessin //////////

**Tuesdays/mardis - 16:30**  
**Online • en ligne**  
**04/11/2023 - 06/13/2023**

For kids aged 6-12 • pour enfants 6-12 ans  
Activity takes place in English • Activité se déroule en anglais

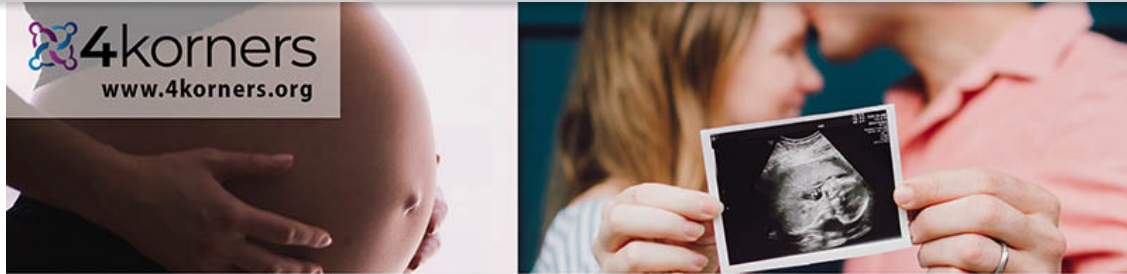
**Registration/inscription: info@4korners.org**

**4korners**  
www.4korners.org

**CHSSN** Canada

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

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

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

# 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](mailto: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](#)

---



Subscribe

Past Issues

Translate ▾



# Wednesday WELLNESS

## Morning Activities 10 a.m.

### MAY 3 · Parkinson's Quebec, Managing Parkinson's Disease

Join us for an important information and education session presented by Anne Beaudoin. Streaming in Deux-Montagnes, Sainte-Agathe-des-Monts, Harrington and online via Zoom.

### MAY 10 · Laughter Yoga

Join us to learn about the incredible benefits laughter has on the mind, body and soul as you are guided through warm-up, laughter, rhythmic clapping and breathing exercises. Presented by Aileen Borrueil (she/her), Owner of Joyful Connections. Live in Deux-Montagnes. Streaming in Sainte-Agathe-des-Monts and online via Zoom.

### MAY 17 · Downsize, Rightsize and Lightsize: Decluttering your home and mind

Presented by Marie-Claude Giguere, Founder of Helping Seniors. Streaming in Deux-Montagnes, Sainte-Agathe-des-Monts, Harrington and online via Zoom.

### MAY 24 · Heart and Stroke Foundation of Canada Live Podcast

**Confronting the silent killer** - Presented by Dr. Tsuyuki.  
With no signs or symptoms, high blood pressure can easily go undiagnosed. And that's dangerous because it's the #1 risk factor for stroke and a major risk factor for heart disease.  
**When a heart stops, you can help** - Presented by Dr. Katie Dainty.  
When someone collapses in cardiac arrest, their best chance of survival comes from the closest person. Streaming in Deux-Montagnes, Sainte-Agathe-des-Monts, Harrington.

### MAY 31 · Fraud and Scam Prevention and Education, what is happening in the Laurentians

Romance Scams, Grandparent Scams and Bank Scams; Becoming better informed to understand and protect yourself. Presented by Sergeant Jonathan Hatfield, Community Police Coordinator at the Sûreté du Québec station in the MRC Des Laurentides Sud. Live in Sainte-Agathe-des-Monts. Streaming in Deux-Montagnes and online via Zoom.

## Weekly Afternoon Activities in...

### Sainte-Agathe-des-Monts

11:30 a.m. Chair Yoga and Meditation  
12:15 p.m. Light lunch (May 10 & 24)  
1:30 p.m. Live Stream Seniors' Painting Class

### Harrington - Rouge Valley Days

11:30 a.m. Exercise class  
1:30 p.m. Live Stream Seniors' Painting Class

Deux-Montagnes  
1650 chemin d'Oka

Sainte-Agathe-des-Monts  
12 Rue Prefontaine Ouest

Harrington  
259 chemin Harrington

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



Centre intégré  
de santé  
et de services sociaux  
des Laurentides

Québec



## Wednesday Wellness Presentations

### Online via Zoom registration:

- May 3 - Parkinson's Quebec, Managing Parkinson's Disease - Online registration [here](#)
- May 10 - Laughter Yoga - Online registration [here](#)
- May 17 - Downsize, Rightsize, and Lightsize: Decluttering your home and mind - Online registration [here](#)
- May 31 - Fraud and Scam Prevention and Education, what is happening in the Laurentians - Online registration [here](#)

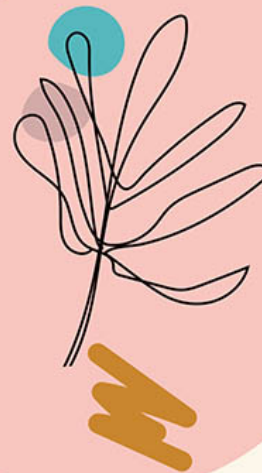
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

974-3940

Santé et bien-être des aînés à Mille-Isles

## 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!



**May | mai 1, 2023 - 1pm**

**Garden Therapy - the purposeful use of  
plants and gardens to improve health and wellbeing.**

**La thérapie par le jardinage - l'utilisation délibérée des  
plantes et des jardins pour améliorer la santé et le bien-être.**

Kitchen Herb Garden Project

Come prepared to create your own kitchen herb garden. Plant your own  
choice of herbs for cooking or infusing into cold drinks.

Projet de jardin d'herbes aromatiques

Préparez-vous à créer votre propre jardin d'herbes aromatiques. Plantez les  
herbes de votre choix pour les cuisiner ou les infuser dans des boissons froides.

**Registration | inscription: [info@4korners.org](mailto:info@4korners.org) | 450-974-3940 ext. 601**

**1262 Chem de Mille Isles, Mille-Isles, Quebec**

**Room/salle: Strong Community Room**

For more information contact | Pour plus d'informations, veuillez contacter  
[info@4korners.org](mailto:info@4korners.org)



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
Québec

CHSSN



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.

### Seniors Health & Wellness in Mille-Isles (in-person)

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

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

Santé et bien-être des aînés à Gore

# Seniors Health & Wellness *in Gore*

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

**May 29 • 29 mai****1:30 p.m. - 2:15 p.m.****Guided Chair Yoga and Meditation (video streaming)**

Chair yoga for seniors: how practice can reduce the risk of falling.  
Yoga helps enhance balance, flexibility, mobility and strength.

**Yoga et méditation guidés sur chaise (vidéoconférence)**

Le yoga sur chaise pour les personnes âgées : comment la pratique peut réduire le risque de chute.  
Le yoga permet d'améliorer l'équilibre, la souplesse, la mobilité et la force.

**2:15 p.m. - 3:30 p.m.****Shinrin Yoku presentation (video streaming)**

Forest bathing can provide physical, mental, and emotional healing. Learn what forest therapy is  
and the benefits to be gained from surrendering to nature.

**Présentation Shinrin Yoku (vidéoconférence)**

Les bains de forêt peuvent apporter une guérison physique, mentale et émotionnelle. Apprenez  
ce qu'est la thérapie forestière et les bénéfices que l'on peut tirer en s'abandonnant à la nature.

**Registration | inscription: [info@4korners.org](mailto:info@4korners.org) | 450-974-3940 ext. 601****Gore Community Centre, 2 chemin Cambria, Gore**

For more information contact | Pour plus d'informations, veuillez contacter  
[info@4korners.org](mailto: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.

**NEW ACTIVITIES!****Seniors Health & Wellness in Gore**

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

Subscribe

Past Issues

Translate ▼

**Yoga for Balance**

Join 4korners and Josephine from YogaTout Laurentides as we learn to develop muscles, awareness, and balance for fall prevention.

**Join us on Zoom to connect live!**

**Mondays, 10 a.m. - 11 a.m.**  
**April 10 - June 19**

Contact us for more info:  
info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations avec les Québécois d'expression anglaise  
**Québec** **CHSN** **Canada**  
 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.

### Yoga for Balance

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

Subscribe

Past Issues

Translate ▼

**ONLINE & INTERACTIVE!** **SENIORS WELLNESS**

**4Korners Tai Chi**

**Every Thursday from 1:00 p.m. - 2:30 p.m.**

**Join us on Zoom!**

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



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

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.



### Tai Chi

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

Subscribe

Past Issues

Translate ▼

ONLINE &  
INTERACTIVE!

SENIORS WELLNESS

## 4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.  
All you need is a piece of paper and a pencil.

**Join us on Zoom to connect live!**

**Tuesdays, 10 a.m. - 11 a.m.**

**April 11 - June 13**

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



### Drawing Classes

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)ONLINE &  
INTERACTIVE!

## SENIORS WELLNESS

## 4Korners Painting Classes

Painting workshops with Carol Lyng.  
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!  
Wednesdays, 1:30 p.m. - 3:30 p.m.  
April 12 – June 14

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



### Painting Classes

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



## Caregivers Support Group

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who have similar challenges, and to exchange with others. Join us for supportive discussions in a nonjudgemental and confidential setting.

**Monthly Support Group in Deux-Montagnes.**  
**Contact us for upcoming dates and location.**

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

**L'APPU** POUR LES PROCHES AIDANTS *You care for them,  
we care for you.*

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

Monday, May 15, 2023

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

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

### 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](#)



Subscribe

Past Issues

Translate ▼



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

Generously supported & funded by



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



Health  
Canada

Santé  
Canada

**Subscribe**

**Past Issues**

**Translate ▼**

### **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 © 2023 4Korners, All rights reserved.*

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

**Our mailing address is:**

4Korners  
1650 chemin d'Oka  
Deux-Montagnes, Québec J7R 1M9  
Canada

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

