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**LAURENTIANS
4K NEWSLETTER
July 2018**



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.

July 24, 2018 is Self-Care Day. However, we should practice self-care at all times.

Target one of the [seven pillars of self-care](#) you wish to improve.



From the previous month at 4K:



Everyone (almost!) from the *Parents and Tots* group listened with rapt attention during story time at the Deux-Montagnes library.

Photo from 4K staff



Losing Control was presented at the Petite église in Saint-Eustache. A moving play.

Photo from 4K staff



19 area organisations took part in *Community Fun Day* and presented their activities and resources.



4 Korner was present at *Deux-Montagnes' Park Day*. The weather was great and all had a great time!

Photo from Mario Quesnel

Upcoming Activities in Argenteuil

Coming this fall in Argenteuil:

- Stand-Up program
- I-Pad course
- Meditation & Relaxation techniques
- Document Assistance

Upcoming Activities in Deux-Montagnes

Caring Walking Group

Tuesdays
 9:45 -10:45 a.m.
 Meeting point: 4 Korner
 200, rue Henri-Dunant

NEW! Park days

Thursdays
 9:30 -11:30 a.m.
 Olympia Park

Drop-In

Need to talk things through?

Thursdays

1:30 - 3:30 p.m.

No appointment necessary

200, rue Henri-Dunant

Open Mic

Open to artists of all ages

Weekly on Fridays

6:30 - 8:30 p.m.

Café Totumos

1406, Chemin d'Oka

Upcoming Activites in Rosemère**NEW! Park days**

Monday mornings, 9:30-11:30 a.m.

Starting July 9

Charbonneau Park

Rosemère

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

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

info@4kornerscenter.org

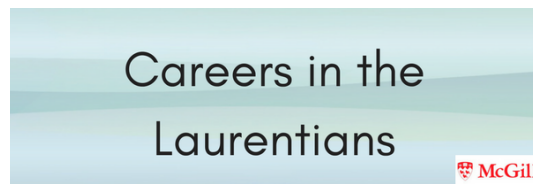
Summer Schedule

Please note our offices are closed July 2, 2018 for Canada Day.



Source: worldartsme.com

Click on the area of interest for more information.



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!





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



You care for them,
we care for you.



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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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