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**LAURENTIANS
4K NEWSLETTER
September 2018**



Thanks to a **Student Summer Jobs** grant from **Canada**, we are updating and cleaning up our website. 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.

Click this link for a short video: [Prostate Cancer 101](#)



Recent activities at 4K:



The summer was about partnerships, music and the outdoors!

TOP LEFT: Parks Days in collaboration with Parents 2M, Ville de Deux-Montagnes and Regroupement Tandem 0-6

TOP RIGHT: One of the many Open-mic performers on Fridays from 6:30 - 8:30 pm at Café Totumos, Deux-Montagnes. Funded by Canadian Heritage in partnership with Sound Life Charity and Café Totumos.

BOTTOM RIGHT: The announcement of provincial funds by Minister of Relations with English-speaking Quebecers, Ms. Kathleen Weil, to community organizations serving the English-speaking community.

Photos by 4 Korners staff

Upcoming Activities in Argenteuil

IN HARRINGTON

Rouge Valley Days
Harrington Golden Age Club

Thursdays

September 6 - 10 am

Info session on Wills, Testaments, Power of Attorney and Protection Mandates

September 13 – 1:30 pm

Introduction to Meditation and Relaxation Techniques

September 20 – 1:00 pm

Book discussion

September 27 – 1:30 pm

Continuation of Meditation and Relaxation Techniques – 1:30 pm

Lunch available weekly for \$5

IN LACHUTE

Community Health Education
Videoconference

September 26

10 a.m. - 12 p.m.

Eating Well & Salt

Community Learning Center (LRHS)
448, av. Argenteuil, Lachute

IN BROWNSBURG-CHATHAM

New! Open Circle/Cercle Ouvert
St. Mungo's United Church

Mondays

September 24

Jog Your Mind – 10:30 am (10-week program)

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

IN LACHUTE

Workshop for Caregivers

A 7-week workshop for caregivers coming in Lachute.

Call Melanie Wilson for more information: 1-888-974-3940, ext. 232

Upcoming Activities in Deux-Montagnes



Come by and visit the community center in Deux-Montagnes and our new community corner. We will have a casual drop-in Open house between 4:00 - 7:00 p.m with refreshments.

A great time to ask about what we do, register for an activity, become or renew your membership and to give feedback on what you wish to see in your community.

Caring Walking Group

Tuesdays until the end of October

9:45 -10:45 a.m.

Meeting point: 4 Korners
200, rue Henri-Dunant

Parent and Tot Group

Thursdays

Start Date: mid-september

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

Activities include cooking and special outings!

Tai chi

Tuesdays, 1:00 - 2:00 p.m

Scrapbooking

Fridays, 12:30 - 2:30 p.m

\$5 per course
200, rue Henri-Dunant

200, rue Henri-Dunant

Women's Wellness Group

Monthly - Thursday evenings

Thursday, September 13

7 p.m.

Basic Car Maintenance for women

200, rue Henri-Dunant

"Coffee Break" for Men

A group just for men! Come have a coffee and snacks and chat with others.

Coming mid-September

Start date: to be announced

Wednesday Wellness Series

Wednesdays until November 21

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

Wednesday, September 26

Videoconference:

'Eating Well: Sugar & Salt'

200, rue Henri-Dunant

Monthly Craft Nights are back!

All families welcome

Monday, September 24

We're preparing for Halloween...

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

200, rue Henri-Dunant

Upcoming Activites in Rosemère

Playgroup is back!

Shake up your routine: Join us for this free activity

Mondays, from 9:30 to 11:30 a.m., starting mid-September

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

Wellness Journaling for Caregivers

Keep an eye open: workshops start in October

For more information contact Jill Grumbache:

jill@4kornerscenter.org or 450-974-3940

4 Korners and Friends Present – Brebeuf Book Fair - October 19, 20, 21
(Further details TBA)



Would you like to be a voice for the English speaking community?
Join one of our local committees to work with public and community
organizations and be heard.

Contact the coordinator in your area:

Deux-Montagnes: Stephanie Helmer, 450-974-
3940; stephanie@4kornerscenter.org

Lachute: Melanie Wilson, 1-888-974- 3940; melanie@4kornerscenter.org

Morin Heights: Jill Grumbache 1-888-974-3040; jill@4kornerscenter.org

Sainte-Agathe: Jill Grumbache 1-888-974-3940; jill@4kornerscenter.org

Please note 4 Korners' offices are closed on September 3, 2018



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.

L'APPUI POUR LES PROCHES AIDANTS D'ÂÎNÉS

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



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Centre intégré de santé et de services sociaux des Laurentides

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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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