

IMPACT REPORT 2022-2023



A farewell with an exciting future at 4Korners

2022-2023 was yet another year of growth for 4Korners. We deepened our capacity to bring even more programming to our communities. It was also my 6th and final year serving as Executive Director. It was not an easy decision but one that I had been contemplating for some time. Throughout the past year, we worked as a team to build a stable and professional organization so that any transition could happen as smoothly as possible without affecting programming and operations.

I am proud to leave the most brilliant team we have had during my mandate as well as a healthy and stable organization. It is bittersweet to leave 4Korners at its best but I am equally optimistic for an even more impactful future for the organization. The past 6 years have been a humbling, innovative and developmental opportunity for me which I am truly grateful.

I will dearly miss the awesomeness of humans that work on this team and being a part of the real and measurable impact that 4Korners has. I will, however, continue to be an active member and advocate of this fantastic community organization while remaining in the region and in the non-profit sector.

Grateful,



Stephanie Helmer

A handwritten signature in black ink, appearing to read 'Steph'.

President's Message

Dear Members, Partners, and Funders,

Here we are again, another year in the books. This one, however, has been unlike any other year. This is the greatest financial year since I first started volunteering on the Board fourteen years ago in 2009. As you will see from our financial statements, we have exceeded the million-dollar mark in revenues. That speaks volumes of the great work and trust that the 4Korners has developed in the community that we serve. When you think about it, one million dollars is a lot of money that the 4Korners manages in order to improve access to health and social services for the communities we serve in Quebec. This is something that I am extremely proud of.

Not only have we exceeded all expectations, our Executive Director, Stephanie Helmer, has decided to take on a new challenge and has moved on from the 4Korners. Within her six years at the 4Korners, Stephanie has brought our organization to higher levels; her vision, dedication, and passion for the 4Korners and the people we serve have allowed us to grow tremendously. Her decision to take an opportunity in the field of work that she studied was not an easy one for her, but I know that this was Stephanie's dream job, and when you have a chance to live your dream, you take it. I am very thankful for the changes and vision Stephanie has brought to the 4Korners and she will be missed very much. Best of luck in your new role.

Now, the 4Korners is at yet another turning point. We are again getting ready to evolve, adapt and adjust to the needs of the community. I am confident in the staff we have in place and that we will continue to grow and develop into an even bigger and more brilliant organization. I am so looking forward to FY24 to see what we will be reporting, and I am sure you are too.

I would like to express my gratitude to our funders, our partners, our staff, our volunteers, and all the 4Korners participants for your trust, loyalty, and commitment. We would not be able to do this without you.



Peter Andreozzi

President, 4Korners
Board of Directors

A handwritten signature in black ink, appearing to read "Peter Andreozzi".

ABOUT 4KORNERS

4Korners is a registered Canadian charitable, community-based organization founded in 2005. We connect individuals of the Laurentians with programs and services to meet their identified needs in a secure and inclusive environment.

We work collectively to serve and enrich the lives of communities in the Laurentian region.

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.

VISION

That all citizens of the Laurentians can thrive in an inclusive society.

4KORNERS' VALUES



INCLUSION

We value diversity and appreciate that every individual is unique.

DIGNITY

We recognize that all human beings are worthy of respect.

EQUITY

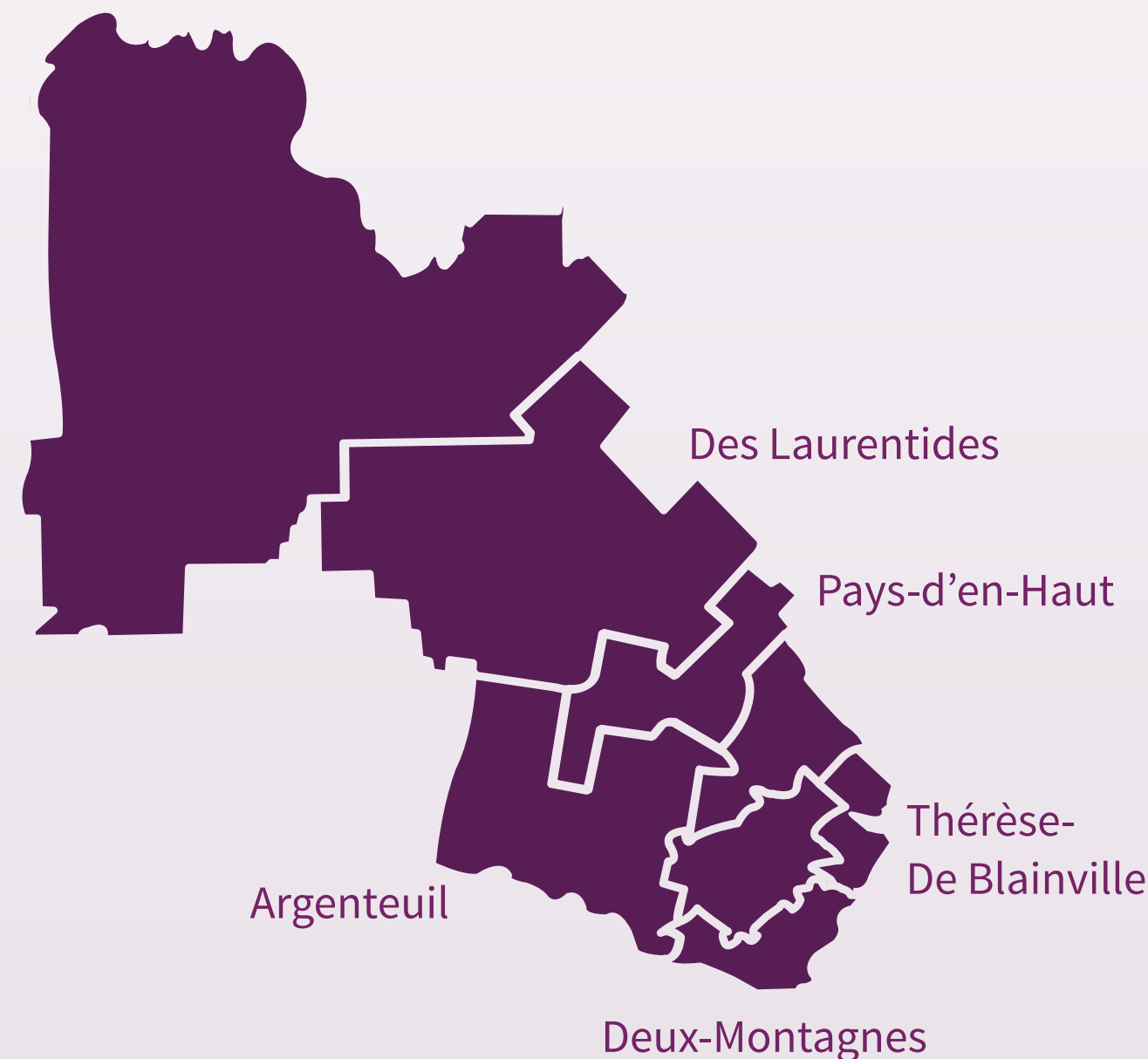
We believe that every individual deserves access to the same opportunities.

ACCOUNTABILITY

We value a culture of open collaboration while respecting commitments made to ourselves and others.

4KORNERS AT A GLANCE

We serve the 47,010* English-speaking community members of the Laurentians



4Korners provides services in five MRC's

4085

Total participants in last year's various activities.

80+ hrs

of one-on-one support given.

732

Paying members of our programs and services.

560

Total volunteer hours donated to 4Korners

1187

Total members of our programs and services.

22% INCREASE IN SOCIAL MEDIA

[LinkedIn](#)

172 followers

[Facebook](#)

2023 followers

[YouTube](#)

53 subscribers

[Instagram](#)

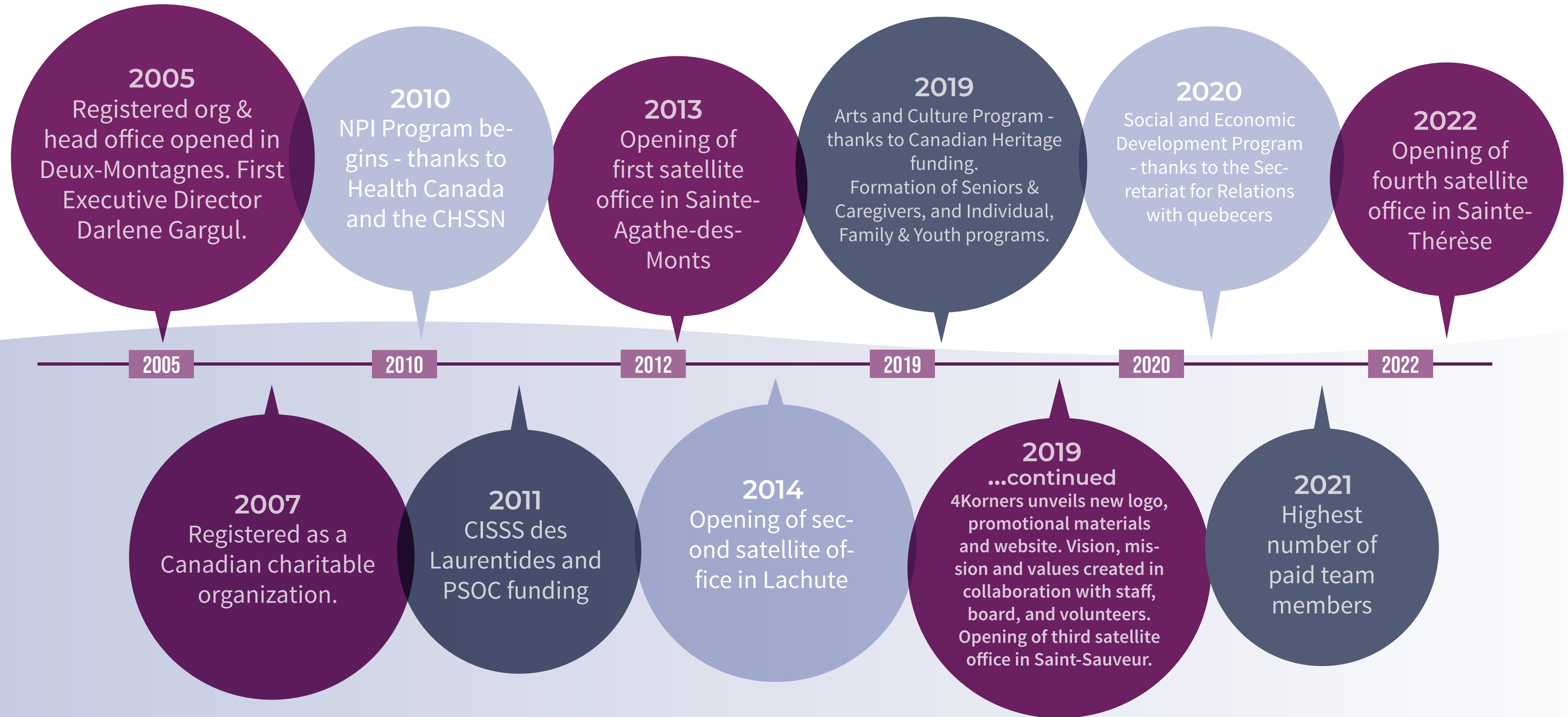
305 followers

[E-activity bulletin](#)

1685 subscribers (29% increase)

* Census 2021

4KORNERS TIMELINE





NPI

NETWORKING AND
PARTNERSHIP INITIATIVE

The 4Korners Networking and Partnership Initiative (NPI) is all about bringing local and regional partners together to get the most out of our health and social services. The groups work together to share strengths and bolster any areas of weakness.

Due to the hard work of the NPI team we are seeing more and more partnerships develop and a continued collaboration between both French and English organizations to improve community health and social services available for English-speakers.

Some key outcomes

- Funding secured for different tools, activities & events at the tables & committees with our partners to be inclusive to serving the English-speaking community.
- Many requests from multiple table & committees for 4Korners to present who we are and what we do!
- Meeting requests from MRCs and municipalities to present 4Korners and to have a conversation about better serving the English-speaking communities together.
- Continued advocating at Tables & Committees for services in English.



Some outcomes for the community due to our presence at tables and committees

- Presence on the Regional Access Committee to services in English has resulted in a direct line to our CISSS partner to strengthen service barriers due to language.
- On the seniors table in 2 MRCs has resulted in direct contact with coordinators at *Soutien à Domicile* in supporting Caregivers with accessing services when situations are deteriorating rapidly. Flagging these situations with concrete information. Has moved some up waiting lists to receive service quicker.
- Deux-Montagnes Table to create 13 *Coffrets littéraires* in English with partners.
- *Coffret Littéraire* in the MRC Thérèse-De Blainville put on first ever *Festi-Livre* in Sept 2022. 4Korners participated with a kiosk and Ben Lachapelle (English-speaking youth) was the author who presented as well they are funding a literary event to be held at 4K in the spring 2023 for 0-5 year olds with parents.
- Funding from *Comité des Familles* put towards running SEL (Social Emotional Learning) at PETES (SWLSB Elementary School) from January to May 2023
- *Salon jeunesse* - The different organizations in the region toured the schools to introduce the youth to the different health and social services that exist for them in their community.
- Part of the development of the *Carrefour Gériatrie Sociale Laurentides* - a new centre planned for the Laurentians for seniors community with direct services.

TABLES AND COMMITTEES

Working together to build healthy communities!

4Korners is present on multiple Tables and committees.



LESAN Restructuring Meeting In-person
Laurentian Literacy Center

MRC Argenteuil
2 Tables, 3 Committees

MRC Thérèse-De Blainville
2 Tables, 5 Committees

Provincial
3 Tables

MRC Deux-Montagnes
5 Tables, 8 Committees

MRC des Laurentides
4 Tables, 5 Committees

Mirabel
1 Table



MRC Pays-d'en-Haut
4 Tables, 5 Committees

Regional
4 Tables, 16 Committees

MRC Riviere du nord
1 Table





Through a grant from the CHSSN (Community Health and Social Services Network) and Health Canada, 4Korners sponsors a network called LESAN (the Laurentian English Services Advisory Network).

LESAN committees are made up of citizens associated with community organizations, public institutions and service providers to the English-speaking community. Our volunteer members participate in various roundtables and committees, which include French partners, in their respective municipalities. They work together to identify needs and find sustainable ways to deliver services to the Laurentian English-speaking communities.

In 2022, three regional meetings were held, with 18 to 25 key health and social service partners from 5 MRCs present.



Outcome – onsite placement of a 4Korners youth employee at a local elementary school for one day a week to connect services between the school employees, parents and the services available.



Arts and Culture

Over 100 people regularly attend 4Korners' Online Drawing Classes every Tuesday where all you need is a piece of paper and a sharp pencil to channel your inner artiste. The online drawing class is just one feather in the cap of 4Korners' diverse arts and culture programming. What makes it so popular is the accessibility and reach that comes with online participation. From Deux-Montagnes to Gore to Arundel, the 4Korners Online Drawing Classes connect people, create friendships, and inspire creativity all over the Laurentians. It also helps to have a fantastic animator that makes everyone feel welcome and provides simple step-by-step instructions so even the greenest of artists can keep up.

English painter David Hockney once said, "What an artist is trying to do for people is bring them closer to something because, of course, art is about sharing." 4Korners' Facebook and Instagram accounts have allowed budding artists to do just that. Seniors, as well as the children who attend the 4K Online Kids Drawing Classes, frequently submit their art for digital showcases. Along with a photo of their artwork, some participants include a title and description so people on social media can gain better insight into the artistic process as well as the feelings experienced by the artist during creation. Submitted from the seniors drawing class, the aptly titled 'Duckling' represents the emotional rollercoaster lived by a young child unable to save a duckling who got stuck in a puddle of mud. "It did not end well – the poor thing died in my hands. I always kept this memory: how fragile life is. I was proud of this drawing, as it has character and shows nice little details. I dedicate it to that other duckling that I could not save."



“ The thing I love most about drawing is that I get to create something and it calms me down. “
– child participant in online drawing



Live Music Café Parenthèse

The 4K Drawing Classes were not the only way 4Korners fostered the creativity that resonated through the community this past year. 4Korners maintained a strong partnership with *Café Parenthèse*, a non-profit organization whose mission is to aid marginalized people experiencing poverty or other forms of social exclusion. Working together, 4Korners and *Café Parenthèse* organized weekly live music sessions that provided up-and-coming local artists with a live platform and enriched the cultural life of Saint-Eustache in the process.

4Korners will continue to serve and enrich the lives of its surrounding English-speaking communities through meaningful artistic programming

Creative Sessions

SPEAKER SERIES

Hybrid, in-person in 4 MRCs
8 Events, 503 total registrations
Avg. attendance per session - 20

LIVE MUSIC SESSIONS

9 Events
Avg. attendance per event - 32

ON-LINE PAINTING - ADULTS

62 Events, 194 total registrations
Avg. attendance per event - 30

ON-LINE DRAWING - ADULTS

35 Events, 274 total registrations
Avg. attendance per event - 46

ON-LINE DRAWING - KIDS

32 Events, 133 total registrations
Avg. attendance per event - 18

KIDS HOLIDAY IN-PERSON PAINTING EVENT

24 registrations, 14 participants
Avg. attendance 30 per event

Albums of [Drawings](#) and [Paintings](#) are available on our Facebook page.



Arts and Culture

Speaker Series

The 4Korners' Speaker Series is a boon for new or seasoned history buffs interested in learning more about local Laurentian and Canadian history. The abundance of interesting topics coupled with knowledgeable and entertaining presenters has made the Speakers Series a crowd pleaser whether it be in-person or streaming online. Aside from amazing history lessons, Speaker Series remains a great way to break isolation and engage with the community in an entertaining and educational fashion.

Whether it is Sam Allison telling us about the impact of the Fraser Highlanders on North America in his deep Scottish brogue or Gertrud Barwick sharing her life story on International Women's Day, each topic will leave you knowing something you didn't know before and pique your interest about fascinating events that happened right in your own backyard.

[The entire 4Korners' Live Speaker Series events are available on our YouTube Channel here:](#)



FEATURED VIDEO:

[Author Joseph Graham -](#)

[The Christian Invasion, Colonial Encounters in Context](#)



“ 4Korners offers services that significantly impact everyone in the Laurentian community in a most positive way. From Babies to Seniors, Homemakers to Entrepreneurs, Arts to Music and special counselling, everyone in our community is truly touched and included. This is what makes 4 Korners and its dynamic team so unique, helpful and supportive. Thank you from the bottom of my heart! “

PROGRAMME D'ACCÈS AUX SERVICES DE SANTÉ ET AUX SERVICES SOCIAUX EN LANGUE ANGLAISE

- Access to health and social services delivered in English is a right conferred by Quebec's Act respecting health services and social services (*Article 15*):
- “English-speaking persons are entitled to receive health services and social services in the English language, in keeping with the organizational structure and human, material and financial resources of the institutions providing such services and to the extent provided by an access program referred to in section 348.”
- Each public institution must develop a program of access to English-language health service and social services for the English-speaking population it serves.

Success factors associated with linguistic access

- Organizational policies and procedures
- Services provided in the English language
- Co-operation among partners and organizational outreach
- Organizational support measures (documentation in English, access to interpretation services, translation, training, etc.)
- Performance, quality and risk management related to linguistic access



Seniors & Caregivers of Older Adults

The Importance of Support & Connection

Wednesday Wellness weekly seniors' activities went through another growth spurt in 2022. A new partnership was forged with the town of Mille-Isles, and there are now additional information sessions and activities held there by 4Korners for the communities' seniors and caregivers. Community lunches were also introduced on Wednesdays at the Trinity Church in St. Agathe-des-Monts where residents can enjoy a free lunch and connect with fellow community members. Depending on the day, various activities will follow the lunch such as yoga and meditation, tai chi, arts and crafts, and other diverse types of exercise classes.



Community lunches are a great way for seniors and caregivers to stave off social isolation and build themselves a network of support and friendship. For many community members, these events are a port in the storm during difficult times such as a multi-year pandemic that included lockdown measures that left many feeling alone and disconnected from their community.

4Korners continues to provide weekly Wednesday Wellness activities at the Deux-Montagnes office as well as workshops and information sessions designed specifically for senior caregivers. These wellness workshops help caregivers gain access to local, provincial, and federal resources. 4Korners understands the isolation that many caregivers experience and the stress that comes with this role.

Necessity is indeed the mother of invention and when 4Korners moved many activities online during the pandemic we quickly realized this improved accessibility for many of our most isolated community members. The hybrid activities have now become a permanent part of 4Korners programming. Individuals can now participate from the comfort of home, opening the door to those with mobility issues, caregiving responsibilities, or simply anyone who wants to avoid treacherous driving during the winter months.

Caregiver Support

“A happy mind is a healthy mind, and a healthy mind is good for the body.” 4Korners keeps the mind busy with presentations and information sessions on topics that affect or interest the target audience.

Some presentations from this past year were ‘Modern Addictions & Healthy Consumption’, ‘Financial Health and plenty of behind-the-scenes planning, networking, and partnering with health and social service professionals takes place to make these events relevant and helpful to community members. With the help of 4Korners presentations, information sessions, and overall guidance, people walk away with a great sense of community and overall enrichment of life.

“ I can’t tell you how much I always appreciate the various presentations that 4Korners schedules. They often make big differences in my life, and I have shared information with several friends who have been delighted to have it. 4Korners does an excellent job of finding varied and meaningful content to stimulate and support our senior community!” “

Caregiver Support

26 women, 10 men
147 Meetings
7065 minutes (118 hours)

Caregivers Support Group

12 Events (monthly)
3 to 11 Registrants
Average # participants/event: 5

Caregivers Workshop

12 Events
8 Registrants
Average # participants/event: 3

Caregivers Lunch

2 Events
18 Registrations
Average # participants/event: 9



FEATURED VIDEO:
Host Melissa Schoenthaler’s conversation
with Senior caregiver Mrs. Diane Labelle

Wednesday Wellness Series

Drama Therapy

Seniors and caregivers in the Sainte-Agathe-des-Monts region have an innovative way to express emotions surrounded by the support of their peers thanks to a new Drama Therapy program offered through 4Korners in partnership with Concordia University's Drama Therapy Program.

This new activity offered during the Wednesday Wellness series encourages participants to connect with their inner Meryl Streep as a way to work through any problems or distress they may be going through in life that can be far too real at times. Activities include writing poetry, group writing, interactive conversations, storytelling, crafting and learning scripts, improvisation exercises, and activities using puppets and masks.

The goal of these exercises is to allow participants to access and express emotions in an environment that is not only supportive and collaborative but also one that lets people move at their own pace and engage when comfortable. Some participants simply enjoyed a new way to meet people and share experiences while others described it as looking forward to meeting an old friend with whom they felt safe and included.

9 EVENTS

2 to 6 participants
per class attended



This program was run by two Concordia University students, working toward a two-year Drama Therapy degree to become professional Drama Therapists. A 4Korners Project Coordinator was the overseeing facilitator and would meet with the students every two weeks to give constructive feedback on their approach and theory, ultimately allowing the students to practice important skill development. When talking about the launch of Drama Therapy, the 4K coordinator said that “Initially, Drama Therapy was a pretty uncomfortable experience for this group of seniors. It took them at least 3 sessions to feel safe and comfortable in the setting. But as time went on, when the group eventually became extremely open and comfortable, creativity flourished.”

4Korners is always looking for new ways to engage our community and offer something that serves a purpose in a fun and entertaining environment. Wednesday Wellness Drama Therapy Classes proved to be a welcoming community hub hosted and attended by people who care about one another, and a safe space to express the complex emotions that come along with being an English-speaking senior and caregiver.

Open Circle

One participant of 4Korners Open Circle celebrated an amazing milestone this past year. Morris, who resides in the town of Lachute, turned 100 years old! For his big year, Morris invited a few of his friends and the 4Korners Project Coordinator from Open Circle to his 100th birthday party.

Morris has been a participant in the Open Circle program since it first began in 2018 when he was 95. He enjoys all the activities that this program has to offer, including the physical ones! Morris is in great shape at his age, always doing his routine stretches in the morning, and participating in other physical exercises.

4Korners Painting Oldest Participant

The oldest participant of the 4Korners weekly painting class is a woman named Elizabeth, who is 99 years old! She first started painting in the fall of 2020, when 4Korners had initially introduced the class. As Elizabeth got older, the classes became a little harder to follow along with in real-time. Since she really enjoyed the classes as one of her most looked-forward-to weekly activities, 4Korners compromised by recording each live-painting session, and then sending the class to her caregiver afterwards. In this way, Elizabeth still never misses a class, and continues to paint and be creative at 99 years old!



Seniors Wellness Activities

Community Health Education Program (CHEP)

35 events, 16 different topics shared in 8 different locations, 165 registrations, avg. 5 participants/event

MRC Deux-Montagnes - 4Korners Activity Centre & Heritage Social Club

18 health information sessions and/or workshops, 27 registrations; avg. 3 participants/event, 20 French conversation classes – 13 registrants; avg. 9 in attendance/class
36 chair yoga classes – 16 registrants; avg. 7 participants/class
24 scrapbooking events – 10 registrants; avg. 5 participants/event

MRC Argenteuil - Harrington Rouge Valley Days

24 health info sessions and/or workshops, 186 registrations, avg. 5 participants/event, 8 exercise classes, 8 registrations, avg. 5/event

MRC Argenteuil - Gore

Seniors Lunch - 25 participants
Yoga - 3 participants

MRC Argenteuil - Mille-Isles

11 events including chair exercise, yoga, brain games, sessions on community information and health information. 106 total registrations; avg. 10/per event

MRC Des Laurentides - Sainte-Agathe-des-Monts

39 events including cardio drumming, yoga, journaling, Laurentian region cancer support group info session and Seniors aware workshop;
Total 219 registrations, 6 participants per event

Online Participation

(not included in data above!)

Health information sessions & workshops: 13 events:

111 total registrations; avg. 7 participants/event

Aging Gracefully: 11 events; 10 total registrations; avg. 6 participants/event

Café Connected: 33 events; 9 total registrations; avg. 2 participants/event

Chair yoga (with Josephine Piazza – YOGA TOUT): 32 events; 112 total registrations; avg. 24/class

Cardio Drumming: 2 events; 37 registrations; avg. 18/event

Tai Chi: 18 events; 12 total registrations; avg. 2/event



Caregivers Support

CAREGIVER INTERVENTIONS

 **54**
women

 **11**
men

 **491**
total interactions

 **5347**
total minutes



... because you can't pour from an empty cup.

The Caregivers Support Groups are a life-changing resource for these angels that walk among us. The group members share tips on how to cope, what to expect down the line and how to prepare for it. They also provide a safe space to vent, with people who understand. Caregivers often tell us about the number of hats they must wear: nursing, feeding, cleaning, yard work, doctor's appointments and banking are just a handful of the tasks that fall on the shoulders of a caregiver. No one is more equipped to understand that workload and the pressures like other caregivers. Because the tasks are endless and the love is boundless, most caregivers need a reminder of the old adage "You can't pour from an empty cup," and through the support offered at 4Korners they are not only encouraged to take a break but given the tools and support to be able to do so.

Caregivers Support Group

In-person, MRC Deux-Montagnes

of events: 12, Registrants: 9, Average participation: 4

Maintaining & Setting Boundaries Workshop

Online & Interactive via Zoom, All MRC's

of events: 1, Registrants: 13, Total participants: 11

Reassurance Call Program

Volunteers call seniors at their homes to chat, have social connection and provide peace of mind to their families.

3 volunteers made 349 calls and helped 3 families.

Interventions, Support & Referrals

The many ways we help community.

4Korners always offers one-on-one support to help English-speaking people navigate with various needs. For many English-speaking seniors, it can be difficult to navigate websites or book essential health-related appointments due to frequent language barriers. 4Korners helps with this by offering to set up appointments with their public support email, info@4korners.org, when an address is required.

As an example, in one case, a 4Korners administrator aided an elderly English-speaking couple by booking them a dual flu shot appointment. The couple had come in and requested that the two appointments must be together at the same clinic because arranging transport was not something this couple could easily do. The administrator and the couple looked through the health system's portal, 'Clic Santé,' as well as called various pharmacies that were not listed in the portal. This assistance was vital, as the websites and general information were all in French, which the couple could not understand. Eventually, the

couple and the administrator succeeded in finding an appointment, and the couple later called 4Korners back to say that they successfully got their flu shots without a problem!



We served **MORE THAN 100** multi-ethnic community members in 2022-23.

4Korners is a support and referral organization for the whole community and its citizens. We do not duplicate services but we also do not turn anyone away, regardless of their language or economic situation. If they come to us for support, we listen to their truth and try to help them.

This means that we specialize in helping the English-speaking community. However, if French speakers can receive a much-needed service from us that is not offered elsewhere, of course, we would not turn them away!

We also held 20 French conversation classes for adults with 25 registrants and an average of 9 attending per class. These classes contribute to community vitality and assimilation in daily life. It directly affects mental well-being and intellectual stimulus which results in self-assurance. There are no French-speaking groups that are free within the MRC of Deux-Montagnes. We created these classes with donations based on a service gap and community demand.

Individual, Family & Youth



Constantly Evolving to Better Serve Our Communities

The Individual, Family and Youth program is all about helping families thrive in the community. This can mean different things for different people, and we are constantly evolving to ensure our programming reflects the diversity of the communities we serve. When we noticed that dads were often forgotten when it comes to family programming, we got to work on some research and development. We want to help dads in the community connect with their kids through activities, like our Dad Let's Play events. This activity continues to develop with the goal of empowering men to discover their strengths as fathers as well as to meet other dads in the community. By taking part and seeing themselves represented in family programming, dads are validated as an important cog in the family unit and they can create lifelong bonds with their children.

Dad Let's Play Group

In-person, MRC Deux-Montagnes

of events:11, Registrants: 8, Average participation: 8



Supporting English-Speaking Children and Their Families

The Bright Beginnings initiative is inspired by the CHSSN/NPI model and adopts many of its strategies and principles. This model emphasizes the implementation of knowledge, networking, representation, outreach and partnerships as key strategies to support local, regional and provincial partners to improve existing services for the English-speaking 0-17 population.

With the help of partners, and under the Bright Beginnings name, 4Korners created 0-5 direct service activities to the community that are funded by a variety of sources to fill gaps. There were pertinent needs that needed to be addressed overnight while we work long-term on sensitization and strategic program development with our partners. Thus, 4Korners' Bright Beginnings Program was born!

Activities

BABY SENSORY 1 • **BABY SENSORY 2** • **COMMUNITY KITCHEN** • **DAD, LET'S PLAY!** • **FAMILY WORKSHOP** • **EARLY CHILDHOOD WEEK ACTIVITY - EDUCAZOO** • **MORNINGS IN THE PARK** • **MOTHER GOOSE** • **PARENTING CIRCLE** • **PLAY-TO-LEARN** • **PRENATAL CLASSES** • **TINY TOTS** • **WALK THE TALK** • **WORD PLAY**



“ I love that we can open and share anything, and feel heard and understood... never judged. We can literally share everything we feel.”

Activities

Baby Sensory 1

MRC Thérèse-De Blainville
10 events, 24 registrations
Average participation/class: 13

Baby Sensory 2

MRC Thérèse-De Blainville
10 events, 30 registrations
Average participation/class: 17

Community Kitchen

MRC Thérèse-De Blainville
11 events, 20 registrations
Average participation/class: 8

Dad, Let's Play!

MRC Deux-Montagnes
14 events, 7 registrations
Average participation/class: 5

Family Workshop

MRC Thérèse-De Blainville
1 event, 24 registrations
Participation: 15

Early Childhood Week Activity - Educazoo

MRC Deux-Montagnes
1 event, 56 registrations
Participation: 51

Mornings in the Park

3 MRC's
Les Laurentides: 8 events, 20 attended
Deux-Montagnes: 6 events, 22 attended
Thérèse De-Blainville: 5 events, 21 attended

Mother Goose

MRC Argenteuil
12 events, 9 registrations
Average participation/event: 4

Parenting Circle

MRC Deux-Montagnes
28 events, 12 registrations
Average participation/event: 9

Play-to-Learn

MRC Thérèse-De Blainville
31 events, 48 registrations
Average participation/class: 15

Tiny Tots - morning & afternoon

MRC Deux-Montagnes
42 events, 13 registrations
Average # of children/event: 6

Walk the Talk

Virtual Event
4 events, 15 registrations
Average # of parents/event: 5

Word Play

Virtual Event
6 events, 4 registrations
Average # of parents/event: 3



LIVING WITHOUT VIOLENCE

An Anger Management Program for Men

The Living Without Violence program is a safe space for men to develop stronger communication and conflict resolution skills. The 20-week program is developed for English-speaking men dealing with anger management issues. These individuals have acknowledged that they need tools to better navigate marital and or family life and are actively seeking out solutions.

Living Without Violence recognizes that anger issues are complex, and that having feelings of anger and how one acts on these emotions are two very different things. Learning to recognize a buildup to anger, patterns in violence and dealing with triggers that stem from past trauma are just a few of the themes touched on throughout the program.

Each session is hosted by a 4Korners facilitator who is an expert in this specific field and begins with exploring themes of anger and anger management in group discussions. These themes are then critically analyzed through homework assignments, reading materials, watching videos, and doing quizzes. The space is inclusive and non-judgemental and fosters camaraderie among people dealing with similar issues and challenges.

The bonds created within this group even spilled over last year into another monthly support group giving participants an opportunity to discuss their lives outside of the program, as well as their other hobbies and interests.

This connection fostered through the Living Without Violence program has participants feeling less isolated and provides support to an often-underserved segment of our community.



LIVING WITHOUT VIOLENCE

An anger management program for men

If you want to better understand your anger or violence, learn how to manage it, and develop conflict resolution skills to improve your personal relationships... come to our program. It's free.

Contact 4Korners
1-888-974-3940 | 450-974-3940 ext. 601
info@4korners.org

PAIX  **accroc** Québec 

Living Without Violence Support Group

4 Groups online in the evenings • 152 Events •
40 Registrations • Avg. participation/event: 4 • 2 in-person events
in Deux-Montagnes bringing together the men & their families for
drumming & pizza. First event : 13 ppl Second event: 22 ppl

Life Path Project

NEW PROGRAM FOR 2023



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
1.888.974.3940 | 450.974.3940 ext. 601



“4Korners is brilliant at keeping this class real and relatable.”

I am inspired to continue to do right in this world, so thank you for helping me stay on the sunny side of the street.”

4Korners is helping men realize their goals via the new and supportive program called ‘Life Path’. Life Path helps participants take stock of their life by planning and developing ‘life projects’ – goals and dreams that can slowly be developed for the years to come.

Life Path operates as a sort of life-coaching program. The goal of the class is to teach people how to use a methodological approach to move toward their life goals. Participants begin by creating self-portraits of who they are based on their experiences, strengths, and interests. Life Path will walk them through four stages during the program, each week acting as a specific stage.

Each weekly focused stage explores various themes to connect the participants to their life projects and build the appropriate skills. There are weekly exercises of affirmations to nurture a strong sense of self while also exploring the missions and roles one takes on and the frequent challenges and roadblocks that come with them.

Life Path explores the relevance of the choices in one’s life and offers techniques to structure self-reflection. The themes within the stages of this program are all designed to encourage future success for the participants. The structured nature of Life Path serves to enrich the lives of the men who participate. By creating a road map, having a plan, and working towards goals, participants feel a sense of purpose and are motivated to work towards their ambitions.

These lessons reconnect participants with their intuition which is ultimately at the root of any positive change and each meeting encourages weekly open discussion in an open and welcoming environment.

2 events – 6 registrations where an average of 4 attended.

Dependency Prevention Program

The Dependency Prevention Program prioritizes educating young people on how to recognize and prevent various addictions or forms of dependencies. 4Korners works within Laurentian high schools to help young people learn developmental strategies that allow them to create strong emotional and communication skills. The program is funded by the CISSS des Laurentides and stands on the shoulders of CHSSN's Youth Mental Health Initiative.

At every Dependency Prevention workshop, 4Korners follows the *ADOS* (Aider, Développer, Outiller, Sensibiliser) model of programming. Created by the community organization *Le Réseau*, *ADOS* is a levelled, multi-grade, addictions and dependencies program catered towards teenagers in high school. *ADOS* offers a total of ten different drug/habit addiction prevention activities that educate participants on the risks of addictions/dependencies as well as ways to develop cognitive tools to prevent them from ever occurring.

4Korners currently offers these activities, rooted in mental health, at the Lake of Two Mountains Highschool in Deux Montagnes. The goal of the Dependency Prevention Program is to expand its reach to every English-speaking high school in the Laurentians so that more young people can be educated and equipped to deal with addictions and dependencies.

57 presentations were held for approximately 300 students in Secondary 1 through Secondary 5 Each class had about 20 students in attendance.



Youth Mental Health Initiative

Mental health support for youth in the Laurentians has never been more crucial than it is today. It is also an area that many struggle to find appropriate resources in the language they are most comfortable. 4Korners is working toward eliminating these barriers when possible and providing support to reinforce positive youth development.

4Korners is present at the Lake of Two Mountains High School in Deux-Montagnes, working with and guiding young students who need help or advice. We recognize that there are gaps in mental health and social services amongst English-speaking youth in the Laurentians and the goal of our Youth and Mental Health Initiative is to support Laurentian youth and their families by providing resources but also raise awareness about the need for improvements in this sector amongst this demographic.



Drumming Circle at LTM

4Korners makes sure the voice of English speakers is heard on various tables and committees across the Laurentians that include major stakeholders involved in youth services, including the *CISSS des Laurentides*, school service centers, and other community non-profits. This type of networking allows for intersectoral partnerships and community-led collaborations that work towards making youth mental health and social services more abundant and inclusive.

4Korners has a robust mental health section on our website to provide the most relevant and active mental health resources for English-speaking youth and contact information for mental health organizations is easily accessible. We also use our 4Korners monthly newsletter to promote other programs and initiatives related to youth mental health and offer ongoing information and support through social media on the 4Korners Facebook and Instagram pages.

4KORNERS PODCAST

Youth Korner Jeunesse

What better way to gain an understanding of what concerns the young people in our region than to put a microphone in their hand and let them tell us? This is exactly what 4Korners did this last year developing the ‘Youth Korner Jeunesse’ Podcast where a diverse cross-section of Laurentian youth came to express their opinions and concerns on topics relevant to their lives.

What makes this podcast unique and stand out among the plethora of other podcasts in Montreal directed at young people is that the 4Korners podcast is completely run by youth who live, study and work in the Laurentian region. Their enthusiasm to speak on topics that are specific to Laurentian life is what made this such a success and bodes well for the podcast’s continued evolution. There are already two seasons comprised of multiple episodes available on YouTube, Spotify and Apple Music with topics ranging from out-migration in the Laurentians to the affordable housing crisis in our region that concerns many young people looking to start building their lives as young adults.

[Check out the Youth Korner Jeunesse podcast here >](#)



The podcast is a forum of open expression for youth who speak English, French, Mohawk or any other language that they may speak at home (such as Creole, Arabic, Spanish, Italian, etc.). The lead 4Korners Project Coordinator of *Youth Korner Jeunesse* champions the message this collaboration sends to our young people “While watching the podcast, viewers will experience hosts and guests switch from one language to another, without any problem in understanding one another’s opinions, nuances, or struggles. The larger message of this podcast is that, in the Laurentians, our common goals are bigger than our cultural differences, and despite cultural differences, we can work together to achieve common goals.”

Possibly the most important factor when encouraging youth participation is the fun factor. And these amazing young people not only did some great work developing this Podcast but embraced the joy of media creation as well. The last word goes to one of our season one participants: “Youth Korner Jeunesse gives me a space to speak about societal issues that many people may not know exist, but that greatly affect my life. It’s also a great opportunity to learn with experts, develop my curiosity/understanding, and to meet people who share the same ideas! But above all, it’s fun to have our own podcast!”

Social & Economic Development Team



4Korners' Social & Economic Development team is implementing the 'Employment Strategy' initiative to help young English-speaking people in the Laurentians enter the workforce. The plan of action is simple, to help English speakers access employability resources while simultaneously working with said resources to ensure they can service their English-speaking community members. With support from partners such as the *Regional Development Network* and *The Provincial Employment Roundtable* (RDN) and (PERT), 4Korners hopes to see an increase in partnerships and organizations willing to support English-speaking youth who will ultimately contribute to a sustainable and vital economy.

Carrefour Jeunesse Emploi is a non-profit organization with offices throughout the Laurentians with an amazing track record when it comes to helping French-speaking youth gain employment. 4Korners has developed a wonderful partnership with various *Carrefour Jeunesse Emploi* organizations to help develop or evolve English-focused strategies to increase this demographic's employability.



Social & Economic Development Team

4Korners also works with other non-profit organizations across the Laurentians and within Quebec whose missions are to help residents become employed. Our ongoing objective is to engage with these organizations and work together to update their existing services to be more inclusive of English speakers. 4Korners is always monitoring and reviewing Laurentian employability statistics to see if there are areas that need more regional-based support compared to others and we share this knowledge with our partners so we can work together to best serve our community.

Dialogue McGill



[Click here to learn more about the McGill retention Program >](#)

Another facet of the 4Korners Social and Economic Development team has been our involvement in the McGill Retention Project. The project aims to increase recruitment and retention of bilingual health and social service professionals which will also increase access to health and social services in English. This can be done by educating health and social service institutions on the unique challenges English speakers face navigating the health care system, incentivizing institutions to hire more bilingual health and social service professionals through McGill job placements or other means and following up with recent graduates to reinforce the importance of offering or adjusting their practices to meet the needs of English-speaking clients across Quebec.

4Korners facilitates and hosts English Conversation courses meant for French-speaking employees of the *Centre intégré de santé et de services sociaux des Laurentides* (CISSS Laurentides). 4Korners also promotes McGill-based scholarships related to degrees in health and social services to their audiences and networks in the Laurentians. These are just two examples of how 4Korners continues to support the McGill Retention project.

4Korners supported 1 intern this year from Dawson College Social Service Program

English Conversation courses:

5 sessions of 8 classes each (beginner level 1 to intermediate)

48 total registrations, average of 5 participants per class

Health Caravan

For many Laurentian residents, the annual 4Korners and John Abbott College Health Caravan is the only opportunity to meet with English-speaking health care practitioners for basic consultations without a perilously long referral process. The graduating students from the nursing and dental programs are able to practice their acquired skills alongside their teachers as a form of internship for the 2 days.

The 8th annual 4Korners Health Caravan was held at four different locations: Margaret Rodger Memorial Presbyterian Church in Lachute, Sainte Agathe Academy, Trinity Church in Sainte Agathe, and the Laurentian Regional High School to cast a wide net and make the Caravan accessible to as many community members as possible.

Some residents came to check out the presentations offered on various topics such as the importance of nutrition, being active and how to perform CPR but some enjoyed the peace of mind of a clean bill of health after being unable to secure a family doctor- an unfortunately common experience for both English and French speakers alike in this province. For one participant it was an open door to bring up health concerns with their regular physician “I will take this report to my doctor, I had no idea I could have such high cholesterol.”



Health Caravan

Mental health resources were also available at the Health Caravan, and the CISSS des Laurentides were onsite to provide support in this area. Their presence alongside 4Korners created a strong message that together these organizations will continue to provide and improve health services of all areas to help the English-speaking population.

Community participants:

Lachute: 9

Sainte-Agathe-des-Monts: 12

High School participants:

LRHS: Approx 400

Sainte Agathe Academy: 152

“

It felt so good to connect with people and caring professionals. I've been feeling very lonely ever since my dog passed away, but this event helped reassure me that I am in good general health and that support is available to me if I need it.”



4Korners' Income Tax Clinic

The Basic Income Tax Clinic has become a staple for many low-income Laurentian residents come tax season. The clinics provide relevant information and local assistance without the long wait times and language barriers that normally come with booking appointments during tax time. The 4Korners team has assembled generous and professional volunteers that are at-the-ready to assist their fellow community members with filing their taxes on time and worry-free.

The feedback for the Tax Clinics has been overwhelmingly positive and we see members return each year for this helpful service.

24 clinic days were held in 5 MRCs

47 people were helped to file their basic income tax



Community Testimonials

“I did my taxes, at no cost, and spoke with a caring and helpful volunteer who spoke English! Thank you 4Korners, for all your help.”

“Everybody is so helpful... it feels so good to connect and have someone be there. The community support is nice. 4Korners is there, accountable.

I went to the wrong address for an appointment with 4Korners (the Tax Clinic) and I was lost... I went outside and an employee from 4Korners came to look for me. 4Korners went out of their way to find me... I am just so happy I have found this support and am now accessing services and programs I have never accessed before. I couldn't be happier.”

4K Media Training

Community Organizations - Get Your Message Out!

4Korners has developed a fantastic tool to help community organizations get their message out. The Media Training Program was put together by Andie Bennett, who worked as a radio and television broadcaster with CBC and TSN. Here she tells us in her own words how the training program came together.

In 2022 4Korners offered online and in-person media training workshops to over 36 organizations. With the pilot project finished, the guide, videos and recorded trainings are all available to purchase through 4Korners.

4K MEDIA TRAINING

WORKSHOP WITH ANDIE BENNETT



Have you ever turned down a media request because you were nervous to be on camera? Or worried about saying the wrong thing? Join us as Andie Bennett shares some valuable tools picked up during her broadcasting career that will help you take advantage of these opportunities and help you promote your organization whenever a media opportunity presents itself.



About the Presenter: With a Bachelor's degree in Communications, Andie Bennett's radio career began with an internship at the sport station The Team 990 (now TSN 690) before becoming part of the popular drive show where she got to learn from one of the best Montreal broadcasters, Mitch Melnick. Eventually she made the move to CBC as the sports columnist on the morning radio show Daybreak. She also got the opportunity to branch out from sports, often replacing the host on the call-in show Radio Noon as well as adding to her skill set by covering sports on the supper hour news show on CBC television.

What's included:

- Media Training kit (includes Lapel-mic, tripod, workbook, and more!)
- Access to tutorials from professionals in media
- Tools such as a Press release template, and a Communications Plan example
- Bonus chapter on Social Media messaging

Presentation Formats:

Option 1: LIVE IN-PERSON

Option 2: LIVE ON ZOOM

Option 3: ON DEMAND pre-recorded presentation

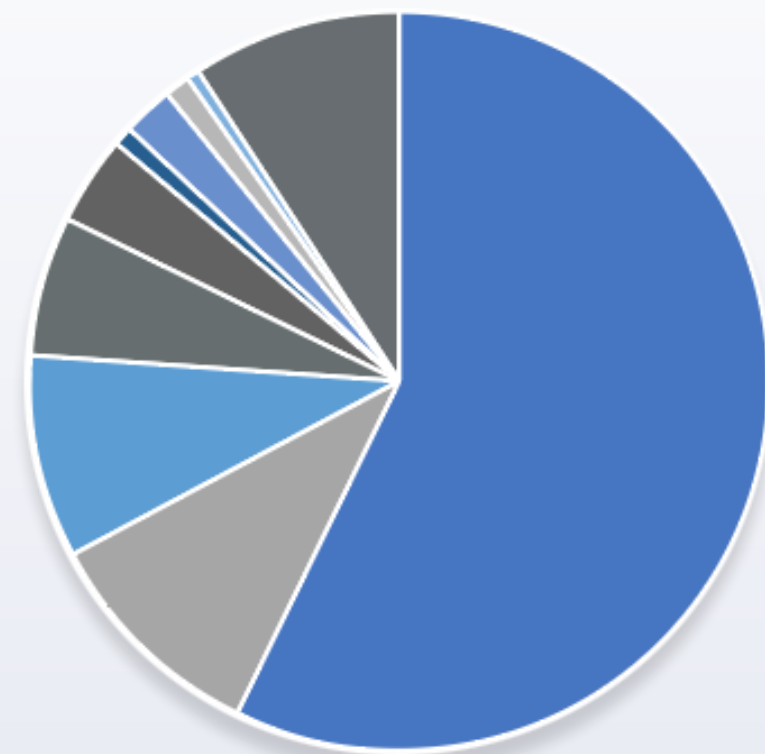
For pricing, upcoming dates & to register contact info@4korners.org



www.4korners.org

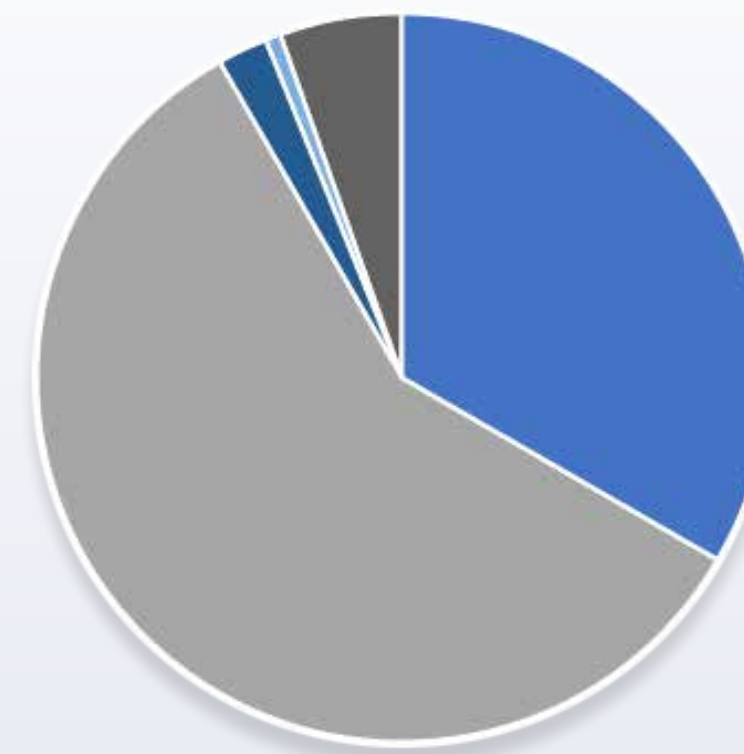
Financial Highlights

Total Expenses



Salaries & Benefits	61%	\$620,645
Programs, software	10%	\$106,047
Contract personel	10%	\$96,691
Rent, Taxes, Utilities	7%	\$67,772
Operations, Supplies	4%	\$40,485
Travel	1%	\$8,959
Staff development	2%	\$24,317
Amortization	1%	\$10,806
Audit Fee	1%	\$7,372
Other	3%	\$97,333
Total Expenses		\$1,080,427

Total Revenue



Federal	34%	\$369,070
Provincial	59%	\$640,289
Foundations	3%	\$27,150
Municipalities	0%	\$1,500
Other	4%	\$60,672
Total Revenue		\$1,098,681

Our Funders

Canada 

Québec 

CHSSN



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

Dialogue McGill



Health
Canada

Santé
Canada



Fondation Lucie
et André Chagnon

Our Supporters, Partners & Project Sponsors

ACCROC
AAL - Arts & Autism in the Laurentians
CABL (Centre d'action bénévole Laurentides)
Canadian Heritage
CAAP - Le Comité d'aide alimentaire des Patriotes
CAAP des Laurentides (centres d'assistance et d'accompagnement aux plaintes)
Carrefour jeunesse emploi - Deux-Montagnes
Carrefour jeunesse emploi - Pays-d'en-Haut
Carrefour jeunesse emploi - Argenteuil
Carrefour jeunesse emploi - Thérèse De-Blainville
Carrefour jeunesse emploi des Laurentides
CAP JEM (Centre d'Accompagnement Personnalisé pour Jeunes Enceintes ou Mères)
Centre Omega
C.E.S.A.M.E.
Chalet Bellevue
CHSLD PPL (Pavillon Philippe-Lapointe)
CIMES (Centre de Formation Générale aux Adultes)
CISSS des Laurentides
City of Deux-Montagnes
City of Rosemère
City of Sainte-Eustache
CLC- Community Learning Centers
Community Connections
Dawson College
Deux-Montagnes Lions Club
Éducaloi
Employment and Social Development Canada (Canada Summer Jobs)
Espace Ludiko

FADOQ des Laurentides
Fonds communautaire d'accès au micro-crédit
Fonds Lili Homier
Groupe JAD (Jeunes Adolescents en Développement)
Harrington Golden Age Center
Health Canada
John Abbott College
Kanesatake Health Center
La Citad'elle Lachute
L'Antr'Aidant
L'Appui
LTM HS
Laurentian Literacy Center
Laurentian Regional Cancer Support Group
Laurentian United Church
Le Bourgeon centre de périnatalité sociale
Les artisans de l'aide
Learn Quebec
The Lodge of Two Mountains
Trinity Church
Mainstreet Newspaper
Maison de la Famille Argenteuil
MFDN - Maison de la Famille du Nord
Maison de la Famille PDH (Pays-d'en-Haut)
Maison des jeunes Le SPOT
Maison des jeunes Sainte-Scholastique
MDJ PDH (Maison des Jeunes Pays-d'en-Haut)
MNA - Benoit Charette - Deux-Montagnes
MNA - Christopher Skeete - Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers



Our Supporters, Partners & Project Sponsors



MNA - Agnès Grondin - Argenteuil
MNA - Nadine Girault - Bertrand (Minister of International Relations and La Francophonie / Minister Responsible for the Laurentides Region)
MP - Marie-Hélène Gaudreau - Laurentides-Labelle
MP - Lus Desilets - Rivière-des-Mille-Îles
MRC des Laurentides
Municipality of Lac-Supérieur
Nourri-Source Laurentides
PANDA BLSO
PANDA Thérèse De-Blainville
Persévérons Ensemble
Portail Lac2M
PREL – Partenaires Pour La Réussite Éducative Dans Les Laurentides
Prévoyance envers les Aînés des Laurentides
Regroupement de la valorisation de la paternité
Secrétariat aux relations avec les Québécois d’expression anglaise
Seniors Action Québec
SWLSB - Sir Wilfred Laurier School Board and all its schools in the Laurentians
SQ (Sûreté du Québec)
Vanier College
Villa Notre-Dame (RPA)
Lachute library
Township of Gore
Municipality of Milles Isles
QAHN

The 4Korners Team

Board of Directors

Christine Bennett Kasprzyk – Community member
Sonya Vanderhoeden Bracken - Community member
Sofia Nieto – Youth representative, student
Allison Dixon – Private Sector
Lise Viens – Community member
Martin Neveu – Private sector
Alex Green – Private sector
Julie Piette – Vice President, Education sector
Peter Andreozzi – President, Private sector
Salinda Hess – Education sector

3 community members, not including staff and board attended the last virtual GMA.

5 board meetings were held in 2022-2023

2 new board members

Team

Stephanie Helmer - Executive Director
Melanie Wilson - Program Manager, Seniors & Caregivers
Betty Millien - Program Manager, Individual, Family & Youth
Melissa Grandmaison - Communications Manager
Chloée Alary - Program Manager, Networking & Partnership Initiative
Andie Bennett - Community Development Coordinator
Josephine Piazza - Project Coordinator
Rebecca Boudreau - Bookkeeper
Jaime Bisailon - Activity Coordinator, Individual, Family & Youth
Sharon Sangster - Activity Coordinator, Individual, Family & Youth
Luz García - Organizational Development Manager
Lisa Agombar - Community Support Specialist, Seniors & Caregivers
Iván Barradas - Project Coordinator
Elizabeth Arbaud - Activity Coordinator, Seniors & Caregivers
Emmanuelle Millien - Activity Coordinator, Youth Mental Health
Michel Hogue - Project Coordinator, Fathers Project
Conrad Popko - Community Support Worker - Living Without Violence program
Niri Azuaje - Office Administrator
Kennedy Fraser - Youth and Mental Health, Project Lead
Christopher DeVan - Administrative Assistant
Katie Burke - Activity Coordinator, Seniors & Caregivers
Jude Hussain - Communications Assistant
Melissa Schoenthaler - Activity Coordinator, Individual, Family & Youth
Vinay Dave - financial controller
Dino Teoli - Webmaster
Leandra Karanfil - Summer Student
Jillian Donnelly - Intern

Sub-contractors working on our programs:

Ken Duff
Laury Peroff
Lindsay Parr
Emma Toth
Nathaniel Bronner
Shannon Franssen
Katherine Gilbert
Carol Lyng

Our Offices

Deux-Montagnes Head Office and Activity Centre

1650 Chem. d'Oka, Deux-Montagnes, QC J7R 1M9

Phone: (450) 974-3940 ext. 601 | Toll free: 1 (888)-974-3940

Lachute Office

508 rue Principale, Lachute, Qc. J8H 1Y3

Phone: (450) 974-3940 ext. 231 | Toll free: 1 (888)-974-3940

Sainte-Agathe Office

31 rue Principale, Sainte-Agathe-des-Monts, Qc. J8C 2J4

Phone: (450) 974-3940 ext. 233 | Toll free: 1 (888) 974-3940

Saint-Sauveur Office

19-C Av. de la Gare, Saint-Sauveur, Qc. J0R 1R0

Phone: (450) 974-3940 ext. 234 | Toll free: 1 (888) 974-3940

Ste-Thérèse

2 rue du Ravin (located in Église chrétienne de Ste-Thérèse),
Ste-Thérèse, Qc. J7E 2T2

450-974-3940 ext. 232 | Toll free: 1 (888) 974-3940

Hours of Operation

Monday to Thursday 9 a.m. - 4 p.m., Friday 9 a.m. - 12 p.m.

Closed 2 weeks per year in December.

