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**LAURENTIANS  
4K NEWSLETTER  
December 2017**



Our offices will be closed from December 22, 2017 at NOON to January 5, 2018 inclusively.

We wish you and yours a happy and healthy holiday season and all the best for 2018!

**HAPPY WINTER !**



## SUPPORTIVE MEMBERSHIP to 4K now only \$10 per year!

Please help us retain our services and even grow them. The number of supportive members we have is strong support to be able to offer you more. We wish to broaden our programming and we can only do this with community support.

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.

If you've always wanted to become a member, now's the time. The staff at 4 Korner are grateful for your support. We are also recruiting volunteers, so please don't hesitate to contact us if you are interested.



The Government of Canada is asking everyone to take concrete steps to question, callout, and speak up against acts of gender-based violence. As part of this year's 16 Days campaign, get involved—and take action—by joining the conversation using the hashtag **#MYActionsMatter** and taking the pledge to end gender-based violence.



PLEASE HELP us IMPROVE  
our services with this quick [survey](#).

A capture from the previous month at 4K



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special Paint Night.



Thank you to all who came out to our SOLD OUT Paint Nite Fundraiser! A gracious thanks to Heritage Social Club for their rental space. Look out for another one in the Spring in Deux-Montagnes, Lachute and possibly Morin Heights!

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## Reassurance Calls

*For seniors or their  
loved ones*

### A FREE SERVICE

For more information please contact 4 Korner's  
Family Resource Center at 450-974-3940 or  
[info@4kornerscenter.org](mailto:info@4kornerscenter.org)



### *A True Story*

Let's call her Dorothy. She was talking on the phone with Emilia, the volunteer from 4 Korner's, when she felt herself slip. She dropped the phone as she fell to the ground. Later she learned that Emilia phoned the staff at 4 Korner's immediately, who in turn reached her emergency contact. Within minutes, someone was at her side to assist her. Dorothy was left with a bruise on her arm, but thankfully nothing worse. Emilia keeps on phoning her a few times a week to say hi and make sure everything's all right.

This is one example of how reassurance calls make a difference. The calls are free,

Contact us to register.

### Upcoming Activities in Argenteuil

#### *Lunch & Learn*

#### **Financial Security**

Wednesday, December 6, 2017

12 to 3 p.m. in Gore

Trinity Community Center, 2 Cambria Road



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



### Upcoming Activities in Deux-Montagnes

*A Follow-up to Kids Paint Night:*

#### **Family Crafts Night**

Monday, December 4, 2017

6:30 to 7:30 p.m.

at 4 Korner's

200, Henri-Dunant

*All materials provided! Simply come  
have fun!*

*Get a Head Start on  
Activities Starting in the New Year*

**Take a look at our Winter  
Programming. Including the  
come-back of ViACTIVE on  
Monday afternoons!**



Health Canada Santé Canada

*A great activity for families:*  
Join us for all the fun with the  
**Play Group!**  
Mondays, from 9:30 a.m. to 11:30 a.m.  
A FREE activity!  
Rosemère Community Center  
202, chemin de la Grand-Côte, Rosemère



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### Upcoming Activities - Upper Laurentians

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

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:  
[lucie@4kornerscenter.org](mailto:lucie@4kornerscenter.org)



To honour a dedicated 4orners' member and volunteer, our senior yoga classes will now be called;  
"NEL'S YOGA"

We're glad to keep a part of Nel's spirit here at 4K!

For Caregivers



For Seniors



Resources for  
Parents



Careers in the  
Laurentians



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 come to their website!



Facebook



Twitter



Website



Email

## 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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