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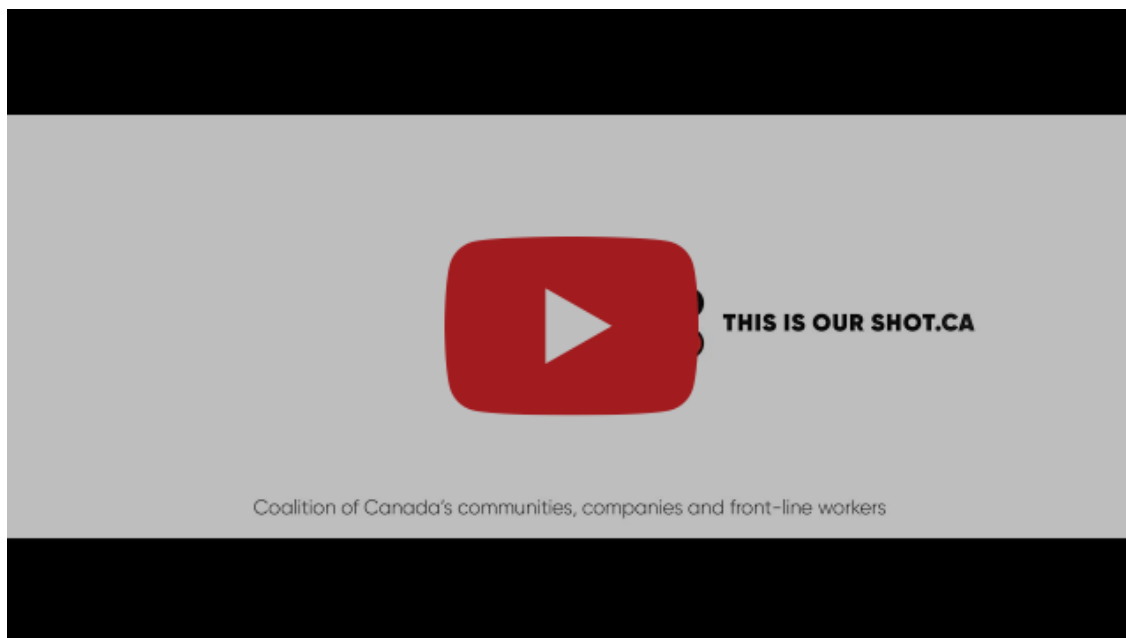
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August 2021



# 4korners

Strengthening Community Vitality  
in the Laurentians



This Is Our Shot to be #TogetherAgain

**This Is Our Shot** to be #TogetherAgain is a movement aimed to rally Canadians and encourage each other to replace vaccine hesitancy with confidence so that we can end the pandemic – together.

To be #TogetherAgain, we must continue to protect ourselves, our families, and our communities. Let's start by acknowledging that getting vaccinated isn't as easy for some people as it is for others. We must all work together to make sure everyone has access to the facts and information they need to make

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### COVID-19 RESOURCES

[Being vaccinated, it's a win!](#) to enter vaccination contest.

[ClicSante](#) to book your covid-19 vaccination appointment.

[Government of Quebec COVID-19 Vaccination Campaign](#)

[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)



Here's what's happening this month!

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**Summer Activities  
starting June 28**  
For children aged 0-5  
& their parents

### Mornings in the Park

Meet up with other kids (0-5) and parents for a variety of organized activities as well as a free play period.

Contact us to register and we'll update you on which park we'll be visiting each week!

**MRC Deux-Montagnes - Mondays at 10am**

**MRC Argenteuil (Lachute area) - Mondays at 10am**

**MRC Thérèse-de Blainville - Tuesdays at 10am**

### Family Craft Nights

Let's get creative! Join us for crafts suitable for the whole family. Contact us to register.

**Mondays starting June 28 - August 23**

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

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

To register contact [info@4korners.org](mailto:info@4korners.org)  
1.888.974.3940 | 450.974.3940 ext. 601



### 4Korners' Bright Beginnings - Summer Activities

Starting June 28, for children aged 0-5 and their parents.

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

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4K kids  
CLUB  
For kids  
aged 6-12



### Afternoons in the Park

Join us for a variety of organized activities, and some fun in the sun! Contact us to register and we'll update you on which park we'll be visiting each week!

**MRC Deux-Montagnes - Mondays at 1 pm**

**MRC Thérèse-De Blainville - Tuesdays at 1 pm**

### Family Craft Nights

Let's get creative! Join us for crafts suitable for the whole family. Dates to be announced. Contact us to register and we'll contact you with the specific dates and times once they are confirmed.

**Mondays starting June 28 - August 23**

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

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

### Kids Connect

We will explore different arts, crafts, science experiments, games and much more!

**Wednesdays at 11 am on Zoom**

**To register contact [info@4korners.org](mailto:info@4korners.org)**

**1.888.974.3940 | 450.974.3940 ext. 601**



### 4K Kids Club - Summer Activities

Starting June 28, for children aged 6-12

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

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**4Korners**  
**WEDNESDAY WELLNESS**  
workshops



**The Things We Grieve**  
**August 18 at 10 a.m.**

This workshop will help participants answer important questions like "How do we grieve loved ones while also adapting to the many other changes in our lives?" and "How can we help someone who is grieving? "

Presented by Cathy Hamilton

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

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
Québec

CHSSN 2

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.

## Wednesday Wellness - The Things we Grieve

August 18 at 10 a.m.

Register on Zoom [here](#)

## Caregivers Support Group

Tuesday, August 17

1 p.m. - 2:30 p.m.

In person at 200, rue Henri-Dunant, Deux-Montagnes

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

\*Please use the door located on the right-hand side when approaching from Henri-Dunant. We will use the stairs from the outside to enter. If this is inconvenient for you please let us know so we can arrange for you to use an alternate entrance.

## Seniors Wellness - Drawing classes

Tuesdays 10:30 a.m. - 12 p.m.

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

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

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### **Wednesday Wellness - Involved Seniors, Aging Gracefully!**

Sorry, this activity is currently full.

Wednesdays, 10 a.m. - 11:30 a.m.

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### **Prenatal Classes**

For upcoming dates, detail, and to register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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### **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

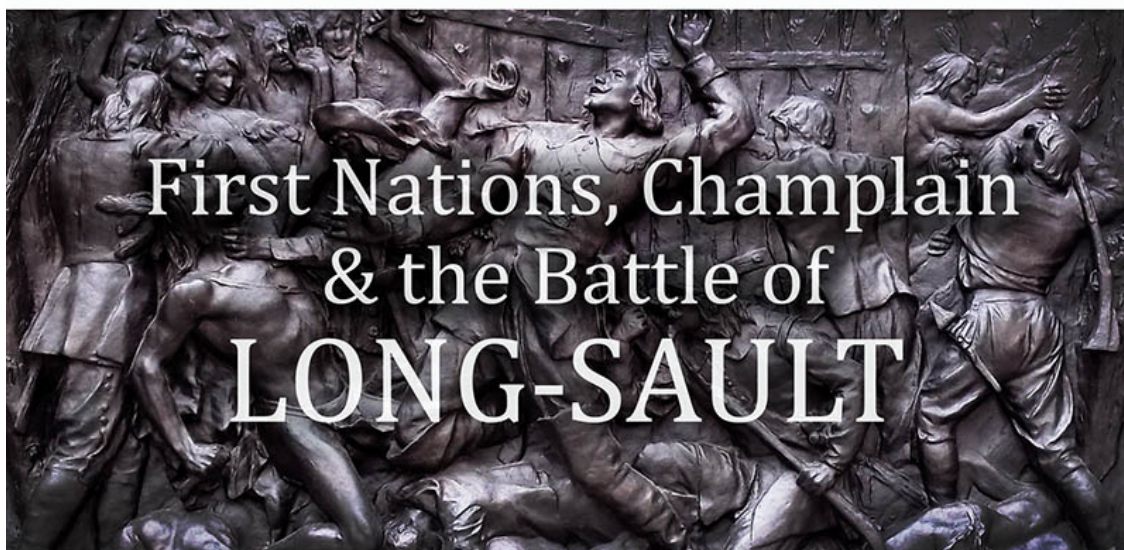
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## **4K activities starting this September!**

Be sure to double-check the location before registering.

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# 4K SPEAKER SERIES



Have you ever wondered what our country looked like when the first explorers canoed up the Ottawa River? Who were those people living on these lands? What are the traces left of their passage here? What was the real story behind the Battle of Long-Sault? In this lecture Historian Robert Simard explores our territory's transformation from the ice age to the coming of the French from overseas and their encounter with the indigenous people.

**Friday, September 17th at 1 p.m.**

Join us in-person at Chalet Bellevue  
27 Rue Bellevue, Morin-Heights  
or online via Zoom.

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



**Robert Simard**  
Historian & Storyteller

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil. Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.

Canada

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

## 4K Speaker Series

Taking place in-person & online!

To register for the online presentation click [here](#)

To register for the in-person presentation at 27 rue Bellevue in Morin-Heights contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Join us weekly as we share and discover new ways to make lunches creative, fun and healthy. We'll prepare dishes together and you'll bring a tasty masterpiece home to enjoy as a family. Participate with or without your little ones. This activity takes place in English and is open to all.

Joignez-vous à nous chaque semaine pour partager et découvrir de nouvelles façons de rendre les lunchs créatifs, amusants et sains. Nous préparerons des plats ensemble et vous ramènerez chez vous un chef-d'œuvre savoureux à déguster en famille. Participez avec ou sans vos enfants. Cette activité se déroule en anglais et est ouverte à tous.

**EVERY WEDNESDAY • TOUS LES MERCREDIS**

10:00 - 12:00

7 70 Avenue O. Blainville

September 2021 to June 2022 • septembre 2021 - juin 2022

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

1.888.974.3940 | 450.974.3940 ext. 601

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www.4korners.org

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 **Prévention**  
Fondation Lucie  
et André Chagnon

 **CHSSN2**  **CHSSN2**

### 4K Bright Beginnings - Lunch Box Workshops

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



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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.

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.

**EVERY MONDAY • TOUS LES LUNDIS**

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

September 2021 to June 2022 • septembre 2021 - juin 2022

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

1.888.974.3940 | 450.974.3940 ext. 601

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### 4K Bright Beginnings - Parenting Circle

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

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## Baby Sensory Classes

Classes sensorielles pour bébés

A five-week sensorial workshop for babies aged 2-9 months focusing on activities geared to stimulate each of the five senses, as well as various games to help develop both fine and gross motor skills. There will also be a weekly discussion period for parents. This activity takes place in English and is open to all.

Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 9 mois, axé sur des activités visant à stimuler chacun des cinq sens ainsi que sur divers jeux permettant de développer la motricité fine et globale. Il y aura également une période de discussion hebdomadaire pour les parents. Cette activité se déroule en anglais et est ouverte à tous.

**TUESDAYS, September 14 - October 12**

**MARDIS, 14 septembre - 12 octobre**

**9:30 - 11:30**

**7 70 Avenue O. Blainville**

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

**1.888.974.3940 | 450.974.3940 ext. 601**

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et André Chagnon

 **CHSSN2** ANSI ENSEMBLE

### 4K Bright Beginnings - Baby Sensory Classes

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

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Play-to-Learn is an activity designed for children aged 0-5 and takes place as a group experience with parents. Children will learn basic social skills such as communicating, expressing emotions, self-control and problem resolution through play in a fun and stimulating environment. Parents will gain skills and confidence to give their children healthy early experiences with language and communication. This activity takes place in English and is open to all. The Blainville Play to Learn activities are based on the Minipally program developed by the Centre de Psycho-Éducation du Québec. The Lachute Play to Learn activities are based on the Mother Goose program.

Jouer pour apprendre est une activité conçue pour les enfants âgés de 0 à 5 ans et se déroule en groupe avec les parents. Les enfants apprendront les compétences sociales de base telles que la communication, l'expression des émotions, la maîtrise de soi et la résolution de problèmes par le jeu dans un environnement amusant et stimulant. Les parents acquerront les compétences et la confiance nécessaires pour offrir à leurs enfants des expériences précoces et saines en matière de langage et de communication. Cette activité se déroule en anglais et est ouverte à tous. Les activités de Blainville sont basées sur le programme Minipally développé par le Centre de Psycho-Éducation du Québec. Les activités de Lachute sont basées sur le programme Mère l'Oie.

**LACHUTE**

Mondays/lundis 9:30 - 11:30

378 rue Principal, Lachute

September 2021 to June 2022 • septembre 2021- juin 2022

**BLAINVILLE**

Fridays/vendredis 9:30 - 11:30

7 70 ave O, Blainville

September 2021 to June 2022 • septembre 2021- juin 2022

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

1.888.974.3940 | 450.974.3940 ext. 601


  
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**4K Bright Beginnings - Play to Learn**To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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**NEW/NOUVEAU FORMAT!**

# Tiny Tots

*Tout-petits*

New format! 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.

Nouveau format! 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**

9:30 - 11:30

1650, chemin d'Oka, Deux-Montagnes

September 2021 to June 2022 • septembre 2021 - juin 2022

**Registration/inscription:**

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

450-974-3940 ext. 601



## 4K Bright Beginnings - Tiny Tots

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

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# 4K kids CLUB

SOCIAL & EMOTIONAL LEARNING ·  
APPRENTISSAGE SOCIAL ET ÉMOTIONNEL



This Social & Emotional Learning program is geared towards children in grades 4, 5 and 6. Children will learn about skills such as growth mindset, active listening, and teamwork while engaging in a wide range of fun & interactive activities. This activity takes place in English and is open to all.

Ce programme d'apprentissage social et émotionnel s'adresse aux enfants de 4e, 5e et 6e années. Les enfants apprendront des compétences telles que l'esprit de croissance, l'écoute active et le travail d'équipe tout en participant à un large éventail d'activités amusantes et interactives. Cette activité se déroule en anglais et est ouverte à tous.

**WEDNESDAYS & THURSDAYS · MERCREDIS & JEUDIS**

**16:30 - 18:30**

1650 chemin d'Oka, Deux-Montagnes

September 2021 - June 2022 · septembre 2021 - juin 2022

**Registration / inscription**

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

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

Nous sommes heureux d'avoir le soutien de PANDA BLSO pour ce nouveau programme élaboré par Lindsay Parr.

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

ASSOCIATION  
**PANDA**  
BASSES-LAURENTIDES SUD-OUEST  
In partnership with Panda BLSO · En partenariat avec Panda BLSO!

CHSSN20  
100th Anniversary  
1917-2017

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## 4K Kids Club - Social & Emotional Learning

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

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**4K Kids CLUB**

# Drawing Classes

**Cours de dessin**

**Tuesdays/mardis - 16:30**  
 Online activity · Activité en ligne  
 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](mailto:info@4korners.org)**

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

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## 4K Kids Club - Drawing Classes Online

Starting September 14th! [Register on Zoom](#)

## CHEP - Medical Emergencies & Seniors Online

Join us to learn about the most common medical emergencies that seniors and caregivers may face and how to handle them. Knowledge is power, and the more we know the quicker and better we can act.

**September 15, 9:50 - 11:30**

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

## French Conversation Classes

Starting the week of September 6th.

Dates and times to be confirmed in the September newsletter.

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!



**4K Community Cup winner for August 2021  
Christine Neumayer**

What began as a quid pro quo arrangement for Tai Chi instructor Christine Neumayer turned into over ten years of volunteering her time to teach classes through 4Korners. When I asked Christine why not charge to teach her classes like many of our instructors do, she tells me her remuneration is measured in helping people be healthy. The volunteer hours she gives to her Tai Chi classes with 4Korners are a natural progression from the time she put in over the years helping out the Deux-Montagnes Canada Day Committee, volunteering for the Saint-Jean-Baptiste celebrations, making costumes for the Santa Claus parade

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retired massage therapist, Christine is taking care of her mother in her childhood home and trying to spread the word about the positive impact Tai Chi can have on your physical and mental well-being.

Christine says it took a few years of practicing Tai Chi before seeing the positive effect on her body. She recognizes that a lot of people may not have the patience required to fully appreciate Tai Chi and says yoga may be more well suited for these individuals. She does however lament the fact that in general, people are very disconnected from themselves. She believes if people would spend more time looking inward doing things like the meditation in movement that Tai Chi offers, rather than outside their bodies focusing on email, social media and work, we would all be better off.

Our conversation meandered from the traditional Chinese medicine concept of meridians that are pathways through the body where the life energy flows, to the real meaning of life. For Christine the answer is not 42 like The Hitchhiker's Guide to the Galaxy would have you believe, but in fact she thinks life is about helping people. "Everyone prospers when you give a helping hand." For all the members who have enjoyed her Tai Chi classes over the years as well as the time given to supporting your community organizations, Christine Neumayer is our 4Korners Community Cup winner for August!

To recommend someone for the 4Korners Community Cup please email [andie@4korners.org](mailto:andie@4korners.org)

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**Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?**

Click [here](#) for an example

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

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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](#)**  
**or call a counsellor:**  
**1-800-668-6868**



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

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### 4Korners

Laurentian Community Network

### 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.

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