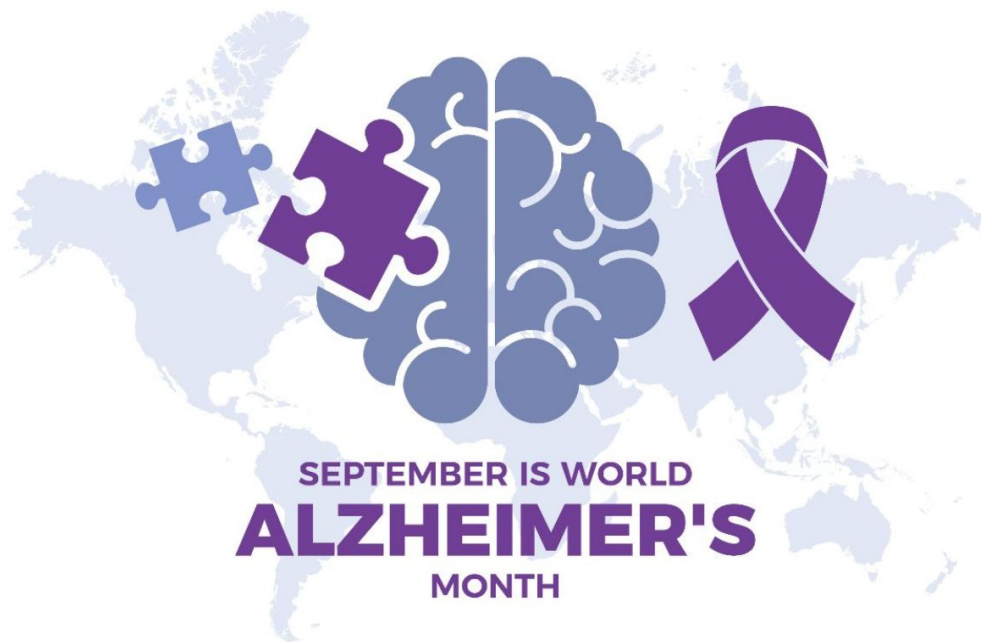


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September 2023



Strengthening Community Vitality
in the Laurentians



September is [World Alzheimer's Month](#)

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

As outlined in Alzheimer's Disease International's World Alzheimer Report 2019, many people still wrongly believe that dementia is a part of normal ageing. This alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia.

With the number of people living with dementia set to almost triple by 2050, it has never been more important to recognise the [risk factors](#) associated with dementia and take proactive steps towards risk reduction. As such, this year's theme '**Never too early, never too late**', centres on the key risk factors and

reduction for those who have already been diagnosed.

For more information, resources, or to get involved, visit the official website [here](#).



We are proud to support independent and local media organizations, especially our friends over at the Main Street publication. Each month, Main Street releases a new addition which covers news and topics - in English - from all over the Laurentians. 4Korners also releases a different article every month which is included in each Main Street publication!

You can read a digital copy of MainStreet's monthly publication by visiting their website, [here](#). Check out 4Korners' article on page 8!

4kActivities

Check out our upcoming activities & support services!

[Adults](#)

[Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

[Adults](#)

[CLICK HERE TO REGISTER FOR 4KORNERS' ACTIVITIES](#)

For more information contact [Info](#) or call 450-974-3940



(Click the above image for a full page flyer)

Life Path · Life Project

Ready for a fresh start? This workshop aims to help you take stock of your life and develop your Life Project for years to come. Get to know yourself by better clarifying your needs and limitations.

Classes take place via Zoom.

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



(Click the above image for a full page flyer)

Living Without Violence

This 20-week program is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills.

Classes take place via Zoom.



Social Support Group For Men

This monthly online social support group for men is a safe and confidential space where men can come together, let their guard down and share their experiences, struggles, and triumphs. The group's purpose is to provide emotional support, encouragement, and finding comfort in sharing one's experiences with those who have gone through similar situations. Meeting dates and times are determined monthly.



Social Support Group For Men

Meeting Saturday, September 9th, 11:00 a.m. - 12:00 p.m.

Classes take place via Zoom.

One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940

French Conversation Classes

Dates available upon registration.

For more information contact [info](#) or call 450-974-3940.

Family & Youth

[CLICK HERE TO REGISTER FOR 4KORNERS' ACTIVITIES](#)

For more information contact [Info](#) or call 450-974-3940

Laurentian community network
Réseau communautaire des Laurentides

Are you a dad?
Come have a cup of coffee
with this social group.

4Korners Deux-Montagnes
1650 ch. d'Oka



Coffee Time for Dad



Public Health
Agency of Canada

Agence de la santé
publique du Canada

(Click the above image for a full page flyer)

Coffee Time for Dad

Wednesday, October 18, 5:30 p.m. - 7:30 p.m.

1650 chemin d'Oka Deux-Montagnes J7R 1M9.



Autism & Arts in the Laurentians

A free weekly arts program and friendship club for
English speaking autistic teens and young adults



(Click the above image for a full page flyer)

Introducing: Autism & Arts in the Laurentians

Wednesdays from 3:30 - 4:50 p.m.

Laurentian Regional High School

448 Av. d'Argenteuil, Lachute, QC J8H 1W9.



(Click the above image for a full page flyer)

Community Kitchen

Wednesdays from 9:30 - 12:00 a.m. on the following days:

Sept 20 | Oct 4 & 18 | Nov 1 & 15 | Dec 6

2 rue du Ravin, Ste-Thérèse J7E 2T2.



4K Kids Drawing Classes

Join us on Zoom Tuesdays at 4:30 p.m.

September 12 - December 12.

4K kids
CLUB

At 4K Kid's Club, we play games and get creative... all while learning more about ourselves!



Social & Emotional Learning Deux-Montagnes

Tuesdays & Thursdays from 4:30 – 6:30 p.m.

September 12th to June 13th

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

For a full page flyer click [here](#).

Social & Emotional Learning Thérèse-De Blainville

Mondays from 4:30 – 6:30 p.m.

September 11th to June 10th

2 rue du Ravin, Ste-Thérèse J7E 2T2.

For a full page flyer click [here](#).

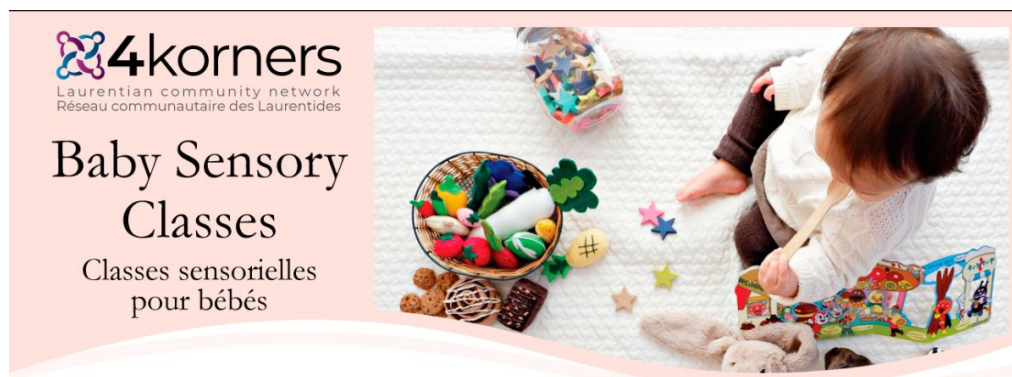


Adapted First Aid

Basic first aid for the neurodiverse teen or young adult. Topics include safety around the home, calling emergency services, single person choking and basic first aid for cuts and bruises.

10:00 a.m. - 1:00 p.m.

Spaces limited, register to reserve a spot.



A five-week sensorial workshop for babies aged 2-15 months.
Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 15 mois.



(Click the above image for more information)

Baby Sensory

Mondays from 9:00 - 11:00 a.m. on the following days:

- *Group 1*, 2-9 months: Sept 11, 18 & 25 | Oct 2 & 16
- *Group 2*, 8-15 months: Nov 6, 13, 20 & 27 | Dec 4

2 rue du Ravin, Ste-Thérèse J7E 2T2.



4korners
Laurentian community network
Réseau communautaire des Laurentides

**PLAY
TO LEARN
GROUP**
JOUER POUR APPRENDRE



(Click the above image for more information)

Play-to-learn Group

Fridays from 9:30 - 11:30 a.m.



Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo), laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Led by Laury Peroff from Laury's Perinatal.

For upcoming dates, details, and to register contact info@4korners.org | 450-974-3940 ext. 601

Classes offered online via Zoom & in person
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



Prenatal Classes

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

Seniors & Caregivers of the Elderly

[CLICK HERE TO REGISTER FOR 4KORNERS' ACTIVITIES](#)

For more information contact Info or call 450-974-3940



Wednesday WELLNESS

Morning Activities 10 a.m.
In-person and streamed online

Weekly Afternoon Activities in...

Sainte-Agathe-des-Monts

11:30 a.m. Tap and Clap Exercise and Meditation
1:30 p.m. Live Stream Seniors' Painting Class

Harrington - Rouge Valley Days

11:30 a.m. Exercise class
1:30 p.m. Live Stream Seniors' Painting Class

Sainte-Agathe-des-Monts
12 Rue Prefontaine Ouest

Harrington
259 chemin Harrington



(Click on the above image for a full page flyer)

Wednesday Wellness

See full flyer for more details on dates, locations, and times.

SENIORS WELLNESS ONLINE & INTERACTIVE!

Yoga for Balance

Join 4Korners and Josephine from YogaTout Laurentides as we learn to develop muscles, awareness, and balance for fall prevention.

Join us on Zoom to connect live!

This event was made possible with the financial support of the:

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

4korners Laurentian community network / Réseau communautaire des Laurentides

CHSSN Canada

Yoga for Balance

Join us on Zoom Mondays from 10:00 – 11:00 a.m.

September 11th to December 4th.



4Korners Painting Classes

Join us on Zoom Wednesdays from 1:30 – 3:30 p.m.

September 13th to November 29th

Painting supplies will be needed to participate in this activity.



4Korners Drawing Classes

Join us on Zoom Tuesdays from 10:00 – 11 a.m.

September 12th to November 28th

All you need is a piece of paper and a pencil.



(Click on the above image for a full page flyer)

Seniors Health & Wellness in Mille-Isles

Monday, September 11

1:00 - 2:00 p.m.: Je Me Souviens: Portraits of Who We Are

2:00 - 3:00 p.m.: Exercise program "Tap and Clap".

Monday, September 25

1:00 - 2:00 p.m.: Navigating the Challenges of Anger While Caring for a Loved One with Dementia.



Open Circle

September 12, 10am at St. Mungo's United Church

661, route des Outaouais, Brownsburg-Chatham.

[CLICK HERE TO REGISTER FOR 4KORNERS' ACTIVITIES](#)

visit our [website](#), [Facebook events page](#) or [contact us](#) directly!



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!

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Generously supported & funded by

Canada  Québec 

CHSSN

Appui
proches aidants

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

**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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4Korners
1650 chemin d'Oka
Deux-Montagnes, Québec J7R 1M9
Canada

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