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**LAURENTIANS
4K NEWSLETTER
December 2018**



**We don't like talking about donations and memberships
...yet we need both to function**

Join 4K or donate to 4K because:

- the kids at Craft Night felt superhero-proud.
- we helped a family find an English-speaking occupational therapist.
- a caregiver found a way to express feelings she was barely aware of.
- we engage with health agencies to enhance services in English in the area.

Membership cost \$10 and the smallest donation helps
Thank you for your support


[Click to make a donation or become a member.](#)

Recent activities at 4K:

FROM A PARTICIPANT AT LAST MONTH'S MINDFULNESS WORKSHOP AT WOMEN'S WELLNESS:

"WHAT A VERY PLEASANT SURPRISE. I WENT TO A MINDFULNESS WORKSHOP AT 4 KORNERS (...) BY JACKIE ROBERGE. I LEFT FEELING AS RELAXED AS IF I'D HAD A MASSAGE AT SPA DIVA! (THIS WAS THE FINAL 12 MINUTES WITH A GUIDED MEDITATION). WE HAD SOME SOUL SEARCHING TO DO, IN A VERY COMFORTABLE MANNER. I WILL KEEP HER HANDOUT AND READ IT UNTIL IT BECOMES PART OF ME! HOPEFULLY SHE WILL BE BACK!

WOMEN'S WELLNESS IS COMING BACK IN 2019. IN ARUNDEL. DON'T MISS IT!



Jackie Roberge, workshop in Deux-Montagnes

Family Craft Night



At Diabo's with Parents and Tots



iPad course in Rouge-Valley



Wellness Journaling for Caregivers in Arundel



Upcoming Activities in Argenteuil

IN HARRINGTON
Rouge Valley Days
Harrington Golden Age Club
Thursdays

December 6 -10:00 am Information session "Why Can't I Sleep"
 Information and Technology Assistance
December 13 - 12 pm Christmas Lunch
 Foot Care
 Information and Technology Assistance

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

in Brownsburg-Chatham

December 3 : last date for Jog Your Mind program

We will finish the season with a lunch at 12:30, everyone welcome.

Activities resume in January 2019 at

Lachute United Church,
 232, ave. Hamford, in Lachute

Call Melanie Wilson for more information: 1-888-974-3940, extension #232

Upcoming Activities in Deux-Montagnes

Last Family Craft Night of the season

December 10, 6:30 to 7:30 p.m.
 Kids of all ages are invited to come make a holiday gift for someone on their list
 202, rue Henri-Dunant

Women's Wellness Group
December 13

Sweet but Healthy Holiday Cooking
 Prepare Healthy and Yummy Desserts with the group
 7 p.m.
 202, rue Henri-Dunant

"Coffee Break" for Men

Gentlemen: do you have cabin fever? Feel like trying something new? Senior Men's Coffee Break at Lions Club is a weekly meeting between men during which you chose what you want to do. In the past few weeks, the guys have been preparing comfort food.

Join them!

Weekly - Tuesday mornings

10:00 a.m. to noon

On-going

9:30 to 11:30 a.m.
For children 0-6 years
and their parents or caregiver

Thursday mornings
Activities include cooking and special
outings!



Next time you're in our Deux-Montagnes office, don't hesitate to ask to borrow our tablet for use on the premises.

Upcoming Activities in Rosemère

Playgroup

Shake up your routine: Join us for this free activity

Mondays, from 9:30 to 11:30 a.m.

Mom, Dad and grandparents, bring the kids for fun activities while you sip on tea or coffee!

Rosemère Community Center

202, ch. de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:
lucie@4kornerscenter.org



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Tel-jeunes is a free, confidential
resource for young people

hours a day, 7 days a week. In English and French. Click on the logo to access their website!



Éducaloi -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.



Our Mission

In a spirit of respect, support and empowerment, the 4 Korner 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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