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**LAURENTIANS
4K NEWSLETTER
January 2018**



Happy 2018!

4 Korner is kicking off the new year with a new focus on providing services in the evening in Deux-Montagnes!
Read on to find out more.



There are so many great outdoor activities we can enjoy in the winter: skating, snowshoeing, making snow angels or snowmen, skiing, sledding, walking, building

take to protect yourself from the cold.

A capture from the previous month at 4K



The Parents and Tots Group was baking all sorts of sweets in December. Parents and Tots resumes its activities on January 24, 2018. Free onsite daycare for children 0-6, organized outings, conversation with other parents / grandparents, and cooking. Only a few spots available and you must register.



Busy hands at December's Family Craft Night. Why don't you join us for the next one on January 22, 2018?

Did you know that 4 Korner's offers free one-on-one support?

Contact 450-974-3940 or 1-800-974-3940 to speak with our Individual and Family Support Specialist today.

Upcoming Activities in Argenteuil

Videoconference
Dental Care and Oral Health
Wednesday, January 24, 2018

448, av. Argenteuil



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



Upcoming Activities in Deux-Montagnes

ViActive!

(Exercise adapted for 50+)

Starts Monday, January 15, 2018
1:30 p.m. - 2:30 p.m.

200, Henri Dunant

Videoconference

Dental Care and Oral Health

Wednesday, January 24, 2018
10:00 a.m. - 12:00 a.m.

200, Henri-Dunant



Women's Wellness group

(Weekly)

Friday, January 19, 2018
7:00 p.m.

202, Henri-Dunant



Family Craft Night

(Monthly)

Monday, January 22, 2018
6:30 p.m. - 7:30 p.m.

200, Henri-Dunant



An evening conference

Power of Attorney, Protection Mandates and Advanced Medical Directives

Including a question period with a notary

Monday, February 5, 2018

6:30 p.m. - 8:30 p.m.

200, Henri-Dunant



Upcoming Activities in Rosemère

A great activity for families:

January 15, 2018, the **Play Group** is back in Rosemère

Mondays, from 9:30 a.m. 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, chemin de la Grand-Côte, Rosemère



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

Health, Justice & Social Services Caravan



COMING SOON!

- February 28, 2018, in Deux-Montagnes
- March 14, 2018, in Sainte-Agathe
- March 21, 2018, in Morin-Heights and Gore
- March 28, 2018, in Lachute



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

If you have benefited from using 4 Korners' 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.

Click on the area of interest to receive more information.



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!



Éducaloi -

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



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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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