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January 2023



GET READY FOR 2023!

We're so excited about all the activities we have lined up for the new year that we just couldn't wait until 2023 to unveil them! REGISTER NOW for your favorite activities before our two-week holiday vacation period/closure.

All 4Korners offices will be closed as of December 24th, 2022 and will re-open January 9th, 2023

Wishing our wonderful Laurentian community a very happy holiday season!

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Have you checked out the 4K 'Youth Korner Jeunesse' Podcast yet?

This podcast is run and created by youth, Youth Korner Jeunesse is a bilingual space where young Laurentian community members express themselves in the format of a dialogue-based podcast. Hosts share their thoughts on topics that matter to them and that also have an impact on the Laurentian region. We bring together young French and English-speakers, First Nations and immigrants established in the Laurentians with an aim to develop their leadership skills. New episodes will be released on Mondays! Episodes will be available on our [YouTube channel](#), as well as on Spotify and Apple Music (search Youth Korner Jeunesse). We hope that you will tune in!



Check out our upcoming activities!

[Arts & Culture](#)

[Individual, Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

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

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4K SPEAKER SERIES



François Guérin presents his book & shares his personal journey
My Answer to Dr. Parkinson

The verdict came down like the Hammer of Thor: "Mr. Guérin, you have Parkinson's disease." You're kidding!!! At my age? That's impossible... It's however what François found out in 2002, at the age of 49.

In 2016, François Guérin undertook to cross Canada, solo on his bicycle.

Through his 55 days / 5,557 km challenge, François shares how he lives with an incurable neurodegenerative disease and continues to maintain a fully active life and continues to sow seeds of hope.

Wednesday, January 25 at 10 a.m.

Live presentation (registration mandatory): In-Person at Chalet Bellevue
27 rue Bellevue, Morin-Heights (QC) J0R 1H0

Streaming: In-person at 12 Rue Prefontaine Ouest, Ste-Agathe-Des-Monts

Online presentation: connect on Zoom from the comfort of home

To register contact info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



4K Speaker Series

Online presentation register [here](#)

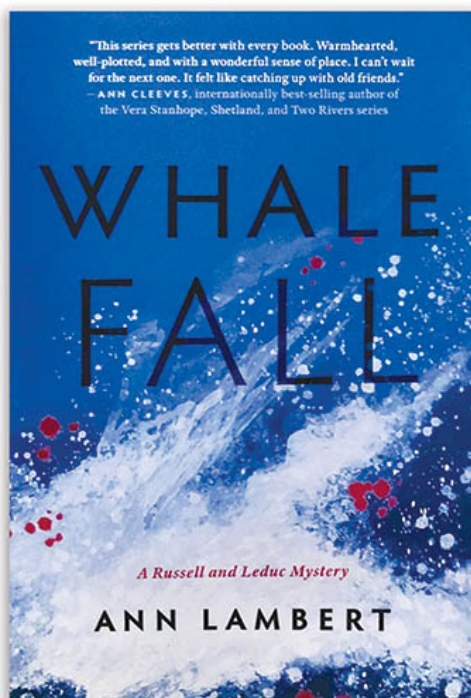
In-person presentations (locations noted on flyer) contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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4K SPEAKER SERIES



Ann Lambert Presents her New Book: **Whale Fall**

Ann Lambert was “just a kid with a dream” when she wrote her first novel at the age of sixty.

Join her for a discussion of her Russell and Leduc Mystery series, set right in the heart of the Laurentians, and help her celebrate the the release of the third book in the series, Whale Fall. There will be a reading and a Q and A afterwards.

Whale Fall

The Third Russell and Leduc Mystery

There's blood in the water...

Surrounded by friends and family in the heat of a lush Laurentian summer, Marie Russell and Detective Roméo Leduc are getting married at last, but the joyous occasion is overshadowed by an unexpected arrival: Magnus Sorenson, renowned eco-warrior – and Marie's first love. Magnus is planning a dramatic protest against a local resort development that will destroy a beloved nature preserve—but when the unthinkable occurs, Roméo and Marie are forced to abandon their honeymoon to bring a murderer to justice. Their investigation will plunge them into the bigger battle for environmental justice, and force them to dig up some long-buried secrets. Meanwhile, an elderly couple from a local seniors' residence have gone missing, and Romeo and Marie must join the race to find them before it's too late. Fast-paced and chilling, Whale Fall is a thrilling tale of love and vengeance.

ENCORE PRESENTATION! Friday, January 13 at 2 p.m.

Live presentation (registration mandatory): In-Person at Chalet Bellevue
27 rue Bellevue, Morin-Heights (QC) J0R 1H0

Online presentation: connect on Zoom from the comfort of home

To register contact info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Meet the Author **Ann Lambert**

Ann's first novel, *The Birds That Stay* was published in 2019 and was a finalist for the Concordia Best First Book Prize that same year. Her second book in the series, *The Dogs of Winter*, was published in the fall of 2020, and was a finalist for the Canadian Crime Writers Award of Excellence. Both books were released as audiobooks in the fall of 2020, narrated by Ann herself. *The Dogs of Winter* won an Audiophile Award in 2021.

Ann has also written over 20 plays for the stage and radio over forty years in the theatre. Several of her plays, including *The Wall*, *Self Offense*, *Parallel Lines*, *Very Heaven*, *The Mary Project*, *Force of Circumstance* and *Two Short Women* have been performed in Canada, the United States, Europe and Australia. Ann is the former head of The Playwriting Program at the National Theatre School of Canada.

Ann recently retired from Dawson College in Montreal where she was a teacher of English literature for almost thirty years, and where for the last 13 years, she wrote, directed and produced shows with The Dawson Theatre Collective.

Ann is the co-founder of Theatre Ouest End in Montreal, which was launched in the spring of 2019. It is dedicated to producing work new work that brings together an intergenerational community of both emerging and experienced theatre artists.

www.theatreouestend.ca

Ann is also the vice-president of The Theresa Foundation, dedicated to supporting AIDS-orphaned children and their grandmothers, the education of Malawian girls, and alleviating food insecurity in several villages in Malawi. (www.theresafoundation.com)

Ann lives in Montreal and Ste. Lucie des Laurentides, Quebec with her husband David, a school principal, and their dog, Lucy. Her daughter Alice is a playwright, librettist and video game writer. Her son Isaac is a high school Social Sciences teacher.



4K Speaker Series (Encore Presentation)

Online presentation register [here](#)

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[Individual, Family & Youth](#)



READY FOR A FRESH START?

This workshop aims to help you take stock of your life and develop your Life Project for the years to come. It is a structured process that requires your reflection and intuition. Get to know yourself better by clarifying your needs, and limitations.

THEMES TO BE EXPLORED:

- The foundations of choices and decisions in our lives.
- The missions and roles we take on.
- Our most frequent challenges.
- Some techniques to structure self reflection.
- The definition of the Life Project, its realization.
- Affirmation: be yourself without forgetting or imposing yourself.

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

January 17th to February 21st

Online via Zoom

Registration deadline: January 10th.

Registration: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



Life Path / Life Project - Online

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This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, 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, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).
Free & confidential. Open registration. Join any time.

Registration: info@4korners.org

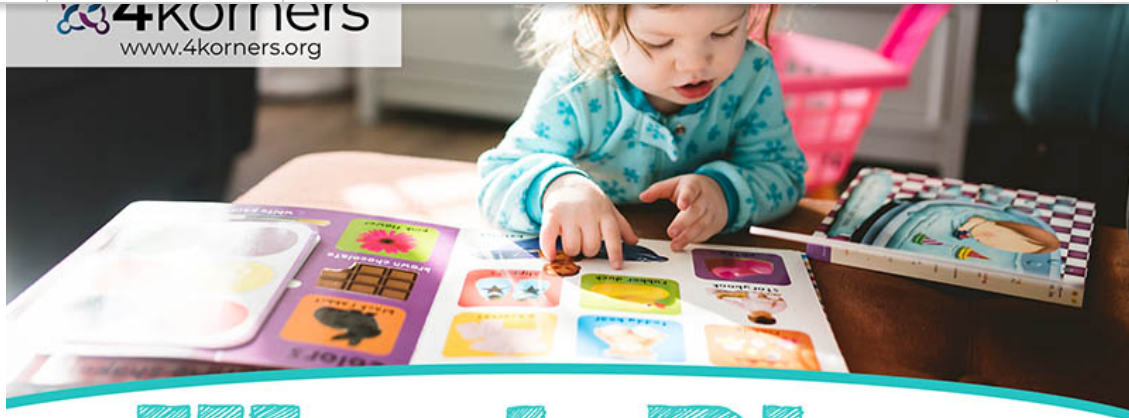
1.888.974.3940 | 450.974.3940 ext. 601



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

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

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Word Play

Parent-Child Workshops

Become an active player in your child's language development!

Learn and integrate language stimulation strategies and techniques all while playing with your child.

- Do you have a child on the waitlist for speech-language services?
- Do you have a child whose sibling has been identified as having a communication disorder?
- Does your child have factors that may impact their speech and language development?

Join us for this free series of 6 [online workshops](#) with a speech-language pathologist.

January 26th, 6:30 p.m.

January 28th 10 a.m.

February 4th, 10 a.m.

February 11th, 10 a.m.

February 18th, 10 a.m.

February 21st, 6:30 p.m.

To register contact us at
 1-888-974-3940 ext. 601 | 450-974-3940 ext. 601 | info@4korners.org



Word Play Workshops

To register and receive the Zoom link contact [info](#) 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 2-15 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 15 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.

2 - 9 months/mois

January 16, 23, 30 & February 6, 13

16, 23, 30 janvier & 6, 13 février

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

8 - 15 months/mois

February 27 & March 6, 13, 20, 27

27 février & 6, 13, 20, 27 mars

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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www.4korners.org

Canada

 Fondation Lucie
et André Chagnon

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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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A weekly activity for parent and children to spend time with others enjoying a variety of activities and games. Children will have the opportunity to learn basic social skills through play while parents connect and share experiences. This activity takes place in English.

Une activité hebdomadaire permettant aux parents et aux enfants de passer du temps avec d'autres personnes en profitant d'une variété d'activités et de jeux. Les enfants auront l'occasion d'acquérir des compétences sociales de base par le jeu pendant que les parents se connectent et partagent leurs expériences. Cette activité se déroule en anglais.

Fridays · vendredis

January 20 - March 24 • 20 janvier - 24 mars

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

To register contact · pour s'inscrire contacter:

info@4korners.org | 450.974.3940 ext. 601

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www.4korners.org

 Canada

 Fondation Lucie
et André Chagnon

 CHSSN

Play to Learn

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

 Service
Canada

Special Play to Learn Activity presented by Service Canada
Info Session on Programs for New Parents

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A Service Canada representative will be present to discuss topics such as Parental Caregiver Leave – sick kids & work, Sick Leave, Maternity Leave, registering for your child's Social Insurance Numbers, RESPs and much more. This will take place during Play-to-Learn activity...everyone is welcome. Children will be free to play during the info session.

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

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Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

Jan. 18 | Feb./fév. 1 | Feb./fév. 15 | Mar. 1 | Mar. 22

9:30 - 11:30

2 rue du Ravin, Sainte-Thérèse

Registration/inscription:

info@4korners.org | 450.974.3940 ext. 601

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www.4korners.org

 Moisson
Laurentides
banque alimentaire

 Fondation Lucie
et André Chagnon

 Canada
 CHSSN

Community Kitchen

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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 TUESDAY • TOUS LES MARDIS

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

January 17, 2023 – March 21, 2023 • 17 janvier 2023 - 21 mars, 2023

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

 **4korners**
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Parenting Circle

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Tiny Tots

Tout-petits

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.

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

Group/groupe 1: 9:30 - 11:30

Group/groupe 2: 13:00 - 15:00

1650, chemin d'Oka, Deux-Montagnes

January 12 - June 15, 2023 • 12 Janvier - 15 Juin 2023

Registration/inscription:

info@4korners.org

450-974-3940 ext. 601



Tiny Tots

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

SOCIAL & EMOTIONAL LEARNING
APPRENTISSAGE SOCIAL ET ÉMOTIONNEL



Calling all kids in grades 4, 5, and 6!

Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills. This activity takes place in English.

Appel à tous les enfants de 4e, 5e et 6e année !

Cherchez-vous à mieux comprendre vos pensées et vos émotions, à devenir un bon joueur d'équipe ou même à gérer des conflits avec des amis ? Si la réponse est OUI, alors c'est l'endroit qu'il vous faut ! Venez vous faire de nouveaux amis, vous amuser après l'école et développer des compétences pour la vie. CETTE ACTIVITÉ SE DÉROULE EN ANGLAIS

MONDAYS | LUNDIS 17:00 - 18:30

2 rue du Ravin

Starts January 16. Light after-school snack is provided upon arrival.

Commence le 16 janvier. Une collation légère sera servi.

Registration | inscription

450-974-3940 ext. 601, info@4korners.org

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www.4korners.org

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

CHSSN Canada

4K Kids - Social & Emotional Learning - Sainte-Thérèse

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



Calling all kids in grades 4, 5, and 6!

At 4K Kid's Club, we play games and get creative... all while learning more about ourselves! Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills.

TUESDAYS & THURSDAYS

16:30 - 18:30

1650 chemin d'Oka, Deux-Montagnes

Winter/Spring Session: January 17 - June 15

Attendance on both days is mandatory. A light after-school snack is provided upon arrival.

Registration

450-974-3940 ext. 601, info@4korners.org

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

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ASSOCIATION
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BASSES-LAURENTIDES SUD-OUEST

 **Moisson
Laurentides**
banque alimentaire

CHSSN Canada

In partnership with Panda BLSO · En partenariat avec Panda BLSO!

4K Kids - Social & Emotional Learning Deux-Montagnes

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

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The poster features a central yellow banner with the text 'Drawing Classes' in a large, black, hand-drawn font. Above this, the '4K Kids Club' logo is displayed. Below the main title, the text 'Cours de dessin' is written in a smaller font, followed by 'Tuesdays/mardis - 16:30', 'Online • en ligne', and the dates '01/17/2023 - 03/21/2023'. It also states 'For kids aged 6-12 • pour enfants 6-12 ans' and 'Activity takes place in English • Activité se déroule en anglais'. At the bottom of the banner, the registration information 'Registration/inscription: info@4korners.org' is provided. The background of the poster is filled with various hand-drawn icons such as a pencil, apple, clock, skull, cloud, car, star, lightbulb, bear, carrot, ice cream, and rabbit. At the bottom left, the '4korners' logo and website 'www.4korners.org' are shown. At the bottom right, the 'CHSSN Canada' logo is displayed.

4K Kids Club

Drawing Classes

Cours de dessin

Tuesdays/mardis - 16:30

Online • en ligne

01/17/2023 - 03/21/2023

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

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CHSSN Canada

4K Kids Online Drawing Classes (age 6-12)

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

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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 or cal 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, details, and to register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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

[Seniors & Caregivers of the Elderly](#)

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7-week workshop for seniors and caregivers

This activity takes place in English and is open to all.

Drama Therapy seeks to facilitate personal change by providing a creative outlet for emotional expression and for working through emotional distress.

Join in to gain new perspectives on life challenges!

Atelier de 7 semaines pour les personnes âgées et les proches-aidants

Cette activité se déroule en anglais et est ouvert à tous.

La thérapie par l'art dramatique vise à faciliter le changement personnel en fournissant un exutoire créatif pour l'expression émotionnelle et la gestion de la détresse émotionnelle.

Rejoignez-nous pour acquérir de nouvelles perspectives sur les défis de la vie !

Wednesdays | les mercredis

Jan. 11th to Feb. 22nd | 11 jan. au 22 fev.

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

Trinity Church, 12 rue Prefontaine O, Sainte-Agathe-des-Monts

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



Drama Therapy

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

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Caregivers Workshop



A structured 7-week workshop for Caregivers of the elderly.

- Build upon your resiliency skills & strategies through guided content.
- Exchange with other Caregivers.
- Benefit from support offered in a non-judgemental environment that respects your personal comfort level.

Mondays 1:30 p.m. to 3 p.m.

January 23rd & 30th, February 6th, 13th & 27th, March 6th & 13th

In-Person at 1650 chemin d'Oka, Deux-Montagnes

Deadline to register: January 16th

Contact info@4korners.org | 450-974-3940 ext. 601



Caregivers Workshops

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

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WEDNESDAY WELLNESS

January 11**10 a.m. Modern Addictions Presentation**

Guidelines for healthy consumption and an overview of definitions and services offered.

In-Person Streaming Presentations & Online via Zoom

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

11:30 a.m. Light Lunch

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

12:15 p.m. Chair Yoga & Meditation

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

1 p.m. Drama Therapy

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

January 18**10 a.m. Financial Health & Stigma: The hidden Cost of Debt Videoconference**

In-Person Streaming Presentations & Online via Zoom

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

12:15 p.m. Chair Yoga & Meditation

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

1 p.m. Drama Therapy

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

January 25**10 a.m. 4K Speaker Series - François Guérin – My Answer to Parkinson's**

Live & Streaming In-person Presentations & Online via Zoom

Live In-person: Morin-Heights, 27 rue Bellevue

Streaming Presentations: Deux-Montagnes, 1650, chemin d'Oka

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

11:30 a.m. Light Lunch

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

12:15 p.m. Chair Yoga & Meditation

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

1 p.m. Drama Therapy

Sainte-Agathe-des-Monts, 12 Rue Prefontaine Ouest

To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | info@4korners.org

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

Cette initiative est financée par le Secrétariat aux
relations avec les Québécois d'expression anglaise.
Les espaces exposés ci-ne reflètent pas
nécessairement celles du gouvernement du Québec.

Centre intégré
de santé
et de services sociaux
Québec

Concordia
UNIVERSITY

CHSSN

Wednesday Wellness**Please be sure to consult the flyer for exact in-person activity locations**

- January 11 - Modern Addictions Presentation - Online registration [here](#)
- January 18 - Financial Health & Stigma - Online registration [here](#)
- January 25 - 4K Speaker Series - Online registration [here](#)

In-Person registration (locations noted on flyer) contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Santé et bien-être des aînés à Mille-Isles

Seniors Health & Wellness *in Mille-Isles*

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!

Decluttering for your health (video presentation) & Chair Exercises

Le désencombrement pour votre santé (présentation vidéo) et exercices sur chaise

Jan. 9, 2023 | 13:00 - 15:00

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

Chair Yoga | Yoga sur chaise

Jan. 23, 2023 | 13:00 - 15:00

Registration | inscription: Darina Belanger at Mille Isles 450-438-2958 ext. 2610

Fall Prevention (video presentation) & Valentines Tea Social

Prévention des chutes (présentation vidéo) et thé social de la Saint-Valentin

Feb./fév. 13, 2023 | 13:00 - 15:00

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

Chair Yoga | Yoga sur chaise

Feb./fév. 27, 2023 | 13:00 - 15:00

Registration | inscription: Darina Belanger at Mille Isles 450-438-2958 ext. 2610

Chair Yoga | Yoga sur chaise

Mar. 6, 2023 | 13:00 - 15:00

Registration | inscription: Darina Belanger at Mille Isles 450-438-2958 ext. 2610

St Patrick's Day Social and Trivia - Wear green, bring your Irish spirit

Fête sociale et jeu-questionnaire de la Saint-Patrick - Portez du vert, apportez
votre esprit irlandais

Mar. 20, 2023 | 13:00 - 15:00

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

1262 Chem de Mille Isles, Mille-Isles, Quebec, J0R 1A0

For more information contact info@4korners.org

Pour plus d'informations, veuillez contacter info@4korners.org



NEW ACTIVITIES & PARTNERSHIP!

Seniors Health & Wellness in Mille-Isles (in-person)

Please consult the flyer for registration details as some of the activities are hosted by the city of Mille-Isles and some are hosted by yours truly, 4Korners!

If you would like more info contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940



ONLINE & INTERACTIVE!

SENIORS WELLNESS

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!

Mondays, 10 a.m. - 11 a.m.
January 16 - March 27

Contact us for more info:
info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Yoga for Balance

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

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ONLINE & INTERACTIVE! SENIORS WELLNESS

4Korners Tai Chi

Every Friday from 12:30 p.m. - 2 p.m.

Join us on Zoom!

To register contact info@4korners.org
 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec



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.

Tai Chi

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

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ONLINE &
INTERACTIVE!

SENIORS WELLNESS

4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.
All you need is a piece of paper and a pencil.

Join us on Zoom to connect live!

Tuesdays, 10 a.m. - 11 a.m.

January 17 – March 21

To register contact info@4korners.org
450-974-3940 | 1-888-974-3940 ext. 601



Drawing Classes

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

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

4Korners Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!
Wednesdays, 1:30 p.m. - 3:30 p.m.
January 18 – March 22

To register contact info@4korners.org
450-974-3940 | 1-888-974-3940 ext. 601




Painting Classes

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



Caregivers Support Group

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who have similar challenges, and to exchange with others. Join us for supportive discussions in a nonjudgemental and confidential setting.

Monthly Support Group in Deux-Montagnes.
Contact us for upcoming dates and location.

To register contact info@4korners.org or 450-974-3940 ext. 601

L'APPU POUR LES PROCHES AIDANTS *You care for them, we care for you.*

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Monday, January 16, 2023

Monday, February 20, 2023

Monday, March 20, 2023

In person at 1650 chemin d'Oka. Deux-Montagnes

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

Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

In-person at 1650 chemin d'Oka, Deux-Montagnes

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

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

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



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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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A shining start
for children
ages 0-5



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

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Health
Canada

Santé
Canada



VILLE DE DEUX-MONTAGNES

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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