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March 2023



Strengthening Community Vitality  
in the Laurentians



**Neurodiversity  
Celebration  
Week**

**March 13 - 19, 2023**

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



This month, we're proud to be supporting Neurodiversity Celebration Week 2023!

From March 13 to 19, Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about people living with neurological differences.

Visit the Neurodiversity website to learn more or find out different ways you could support the cause, [here](#).

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Podcast host Bryce Metellus talks with Mike Calixte & Hugue Lonpré two regional coaches about issues and challenges that youth face while practicing some sports.

### **We're getting youth talking in the Laurentians!**

Youth Korner Jeunesse is a bilingual space where young Laurentian community members can 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 and are available on our [YouTube channel](#), as well as on Spotify and Apple Music (search Youth Korner Jeunesse). Check out the latest episode of the podcast above!



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

## [Adults](#)



### 4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from March 8<sup>th</sup> thru April 26<sup>th</sup> to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals.

#### Are you aware of the NEW benefit applications for financial support?

Apply now for the interim Canada Dental Benefit. This benefit is for eligible children under 12 years old on December 1, 2022 who do not have access to a private dental insurance plan.

Apply now for the one-time top-up to the Canada Housing Benefit. This benefit helps low-income renters with housing costs.

#### There are two ways to file your taxes with us & new locations added for 2023!

##### Option 1: In person

Make an appointment to have your taxes filed while you are present during one of our weekly clinics.

**DEUX-MONTAGNES** 1650 Chemin d'Oka, Wednesdays, from March 8 to April 26

**SAINT-SAUVEUR** 19 Av. de la Gare, local 19-C, Exclusively on April 6 and 13

**SAINTE-AGATHE-DES-MONTS** 31, rue Principale, Exclusively on March 23 and 30

**LACHUTE** 508, rue Principale, Exclusively on March 23 and 30

##### Option 2: Document Drop Off

You are welcome to drop off your tax documents during our opening hours at the following location: 1650 Chemin d'Oka, Deux-Montagnes.

You will need to phone in advance and a volunteer will contact you to follow-up.

**Spaces are limited. Please contact us to book an appointment.**

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

450-974-3940 ext. 601 | 1-888-974-3940 ext. 601

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Space is limited. Please contact us at [info](mailto:info@4korners.org) to book an appointment,  
or call 450-974-3940 ext. 601 | 1-888-974-3940



## Credit: It's Worth A Look

### Online Workshop

The goal of this presentation is to promote financial independence among young adults and new immigrants. The strategies maximize the learning transfer and promote the development of financial management autonomy and independence by using:

- Real-world examples that resonate with participants
- Exercises and activities with concrete applications
- An easy-to-use toolbox disguised as a reference document

The objective of Credit: It's Worth A Look is to explain how credit works and how can it be used with responsibility. We'll discuss about the credit report, the use of credit card, as well as the do's and don'ts while asking for a house/car loan.

**Tuesday, March 14 at 5:00 p.m.**

Online via Zoom

Spaces are limited.

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

1.888.974.3940 | 450.974.3940 ext. 601



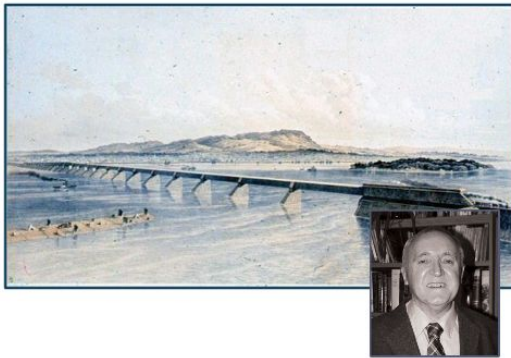
### Credit: It's Worth a Look

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

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This month we have three very special presentations all part of the 4K Speaker Series! They are scheduled as follows:

# 4K SPEAKER SERIES



## The Victoria Bridge The First 150 Years

History Buff Sam Allison will be speaking about the first 150 year of the Victoria Bridge!

Born in Scotland, Sam Allison immigrated to Canada in 1968. After teaching high school history and economics, he then taught in McGill's Faculty of Education. He served on numerous committees for Quebec's Ministry of Education, and has written educational books, articles, and websites. He was the 2016 recipient of the Gordon Atkinson Memorial Prize in Highland Military History, awarded annually by the Quebec Thistle Council.

### Wednesday, March 1 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](mailto:info@4korners.org) | 450-974-3940 | 1-888-974-3940 ext. 601



**Wednesday, March 1st:** View Flyer for In-person locations. Contact [info](#) to register.

Online presentation [register here](#)

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# 4K SPEAKER SERIES



## Gertrud Jurgenliemk Barwick Between Yesterday and Tomorrow

A Life Journey by Gertrud Jurgenliemk Barwick.

Born in Germany where she studied Fashion Design before immigrating to Quebec/Canada in 1959. She was a teacher at LTMHS for 25 years, also in her portfolio you will find a Masters in Art Therapy and a Ph.D in Counseling Psychology. Recipient of the Governor General's Caring Award in 2005 for her 50 years of volunteering. She is also a gifted artist.

**Wednesday, March 8 at 10 a.m.**

**Live presentation (registration mandatory):** In-Person at 1650 chemin d'Oka, Deux-Montagnes

**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](mailto:info@4korners.org) | 450-974-3940 | 1-888-974-3940 ext. 601



**Wednesday, March 8th:** View Flyer for In-person locations. Contact [info](#) to register.

Online presentation [register here](#)

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# 4K SPEAKER SERIES



## The Christian Invasion, Colonial Encounters in Context

Historian & Author Joseph Graham

The sixteenth-century European wars of religion were the launching pad for the mass migration to Turtle Island. Comparing European accounts with those from Indigenous perspectives illustrates the vast chasm that separated the understandings of these two civilizations. The path to reconciliation and living together as equals comes through acknowledging the truth of past actions.

Joseph Graham, historian and author of *Naming the Laurentians* and *Insatiable Hunger*, is also a columnist in both *Main Street* and the *Quebec Heritage News*. He has also been published in *The Gazette* and *Canada's History Magazine*. He has a deep interest in our history and explores who the non-Indigenous people were in the context of the Christian arrival here.

**Friday, March 24 at 1 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](mailto:info@4korners.org) | 450-974-3940 | 1-888-974-3940 ext. 601



**Wednesday, March 24th:** View Flyer for In-person locations. Contact [info](#) to register.

Online presentation [register here](#)

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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](mailto: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](#) 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



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## Family & Youth



# Walk the Talk

## Information Sessions with a Speech-Language Pathologist

**Open to anyone that is involved or interested in supporting the Speech & Language Development of children between the ages of 0 to 5 years!**  
**Parents, Teachers, Support-Staff, Grandparents come join us!**  
**A light dinner will be served during the presentation.**

**March 16th at 5pm**

Bilingualism, mythbusting and supporting your bilingual child.

**March 23rd at 5pm**

Let's Chitchat! Conversation skills – what they are and why are they important to your child's language development.

**March 30th at 5pm**

From Words to Stories, language development in preschool age children.

**April 6th at 5pm**

Get outside! Out schooling approaches and language stimulation through our natural environment.

**Sainte-Agathe Academy**  
**26 rue Napoleon, Sainte-Agathe-des-Monts**

**To register contact us at**

**1-888-974-3940 ext. 601 | 450-974-3940 ext. 601 | [info@4korners.org](mailto:info@4korners.org)**



### Walk the Talk

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

1.888.974.3940 | 450.974.3940 ext. 601

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

Canada

 Fondation Lucie  
et André Chagnon

 CHSSN

## 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](mailto: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](#) 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](mailto:info@4korners.org) | 450.974.3940 ext. 601

 **4korners**  
www.4korners.org

 Moisson  
Laurentides  
banque alimentaire

 Fondation Lucie  
et André Chagnon

 Canada  
 CHSSN

## Community Kitchen

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

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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](mailto:info@4korners.org)

1.888.974.3940 | 450.974.3940 ext. 601

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### 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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# 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](mailto:info@4korners.org)**

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

 **CHSN Canada**

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

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



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

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

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

ASSOCIATION  
**PANDA**  
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](#) 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 • 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

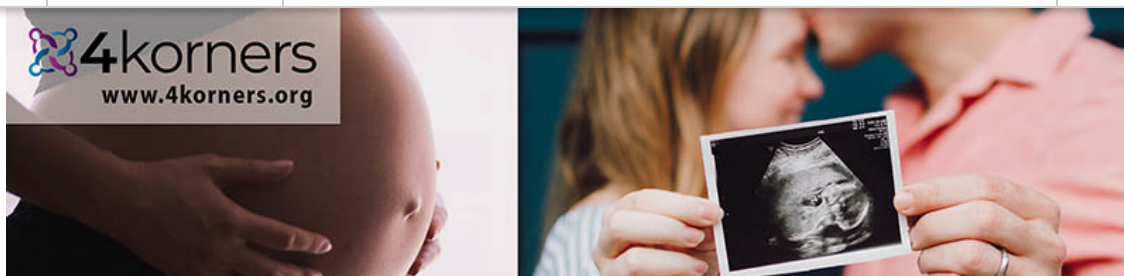
**Registration/inscription: [info@4korners.org](mailto:info@4korners.org)**

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

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

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## [Seniors & Caregivers of the Elderly](#)

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# Virtual Health CARAVAN 2023



**Free on-site test results! Free advice and consultation!**

## Screenings available:

- Electrocardiograms
- Blood pressure
- Cholesterol levels
- Glucose levels

- Recognizing heart attacks & stroke
- EpiPen Use
- CPR/AED
- Healthy choices
- Dental hygiene
- Nutrition
- Mental health
- Stress management
- Healthy aging

**Wednesday, March 15**

**1:30-4:00pm**

Margaret Rodger Memorial  
Presbyterian Church Hall  
463 Rue Principale, Lachute

**Wednesday, March 22**

**1:30-4:00pm**

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



Dialogue McGill



Health  
Canada

Santé  
Canada



**The Health Caravan is back in-person!**

No need to register!

For more information contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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# STAND UP!

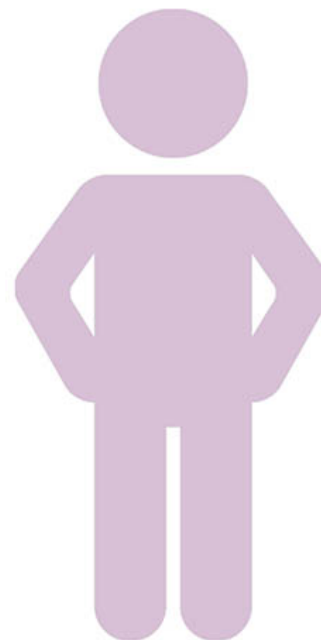
## FALL PREVENTION PROGRAM

- This program is designed to prevent falls and fractures among independent seniors living at home.
- STAND UP! helps improve seniors' quality of life by building their confidence in managing falls and enabling them to stay physically active.
- The program is led by a qualified professional. It is designed to ensure participants' safety and adapted to their capabilities.

For seniors who are 65 years and older, independent, and living in their home.

The purpose of the program is to prevent falls and injuries, build confidence in managing falls and enable you to stay physically healthy. Facilitated by a professional

- 10 weeks at 1.5 hours of group activity.
- individual evaluation before and after.



### MONDAYS & WEDNESDAYS

**April 3 to June 29, 2023**

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

1650 chemin d'Oka, Deux-Montagnes

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



### Stand Up!

Space is limited!

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

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# Wednesday WELLNESS

## Morning Activities

### MARCH 1 · 10 a.m.

#### 4K Speaker Series – Sam Allison - Victoria Bridge; The First 150 Years

History Buff Sam Allison will be speaking about the first 150 year of the Victoria Bridge! Sam Allison immigrated to Canada in 1968 from Scotland. Teacher, writer, and history buff. Sam was the 2016 recipient of the Gordon Atkinson Memorial Prize in Highland Military History, awarded annually by the Quebec Thistle Council.

Live In-Person

Morin-Heights, Chalet Bellevue, 27 rue Bellevue

Streaming - In person:

Deux-Montagnes, 1650, chemin d'Oka

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Online: via zoom

### MARCH 8 · 10 a.m.

#### 4K Speaker Series – Gertrud Jurgenliemk Barwick – Between Yesterday and Today

Immigrated from Germany where she studied Fashion Design, once in Canada, Gertrud taught at LTM for 25 years. Gertrud has a Masters in Art Therapy and a Ph.D in Counseling Psychology. Recipient of the Governor General's Caring Award in 2005 for her 50 years of volunteering.

Live In-Person

Deux-Montagnes, 1650, chemin d'Oka

Streaming In-person:

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Online: via zoom

### MARCH 15 · 10 a.m.

#### Eating well to both prevent and live with diabetes

Streaming In-Person:

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Online: via Zoom

## Weekly Afternoon Activities in...

### Sainte-Agathe-des-Monts

Wednesdays - Every Week

In-person: 12 Rue Prefontaine Ouest

11:30 a.m. - Chair Yoga and Meditation

12:15 p.m. - Light lunch (March 1st & 15th)

1:30 p.m. Live Stream Seniors' Painting Class

### Harrington - Rouge Valley Days

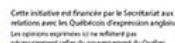
Wednesday, March 8th & 15th

In-person: 259 chemin Harrington

11:30 a.m. - 12:30 p.m. - Exercise class

1:30 p.m. - Live Stream Seniors' Painting Class

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



## Wednesday Wellness

Online via Zoom registration:

- March 1 - 4K Speaker Series - Online registration [here](#)
- March 8 - 4K Speaker Series - Online registration [here](#)
- March 15 - Eating Well - Online registration [here](#)

In-Person registration:

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

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www.4korners.org

# Drama Therapy

## Thérapie par l'art dramatique

### 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**

**March 15th to April 26th | 15 mars au 26 avril**

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

Online via Zoom | en ligne via zoom

**Registration/inscription: [info@4korners.org](mailto: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 23<sup>rd</sup> & 30<sup>th</sup>, February 6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup>, March 6<sup>th</sup> & 13<sup>th</sup>

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

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

## Chair Yoga & Tea Social | Yoga sur chaise & thé social

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

## 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

## Chair Yoga & Tea Social | Yoga sur chaise & thé social

Feb./fév. 27, 2023 | 13:00 - 15:00

## Chair Yoga & Tea Social | Yoga sur chaise & thé social

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

## 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. 27, 2023 | 13:00 - 15:00

## Registration | inscription: [info@4korners.org](mailto:info@4korners.org) | 450-974-3940 ext. 601

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

For more information contact | Pour plus d'informations, veuillez contacter  
[info@4korners.org](mailto:info@4korners.org)



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
Québec

CHSN



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.

## NEW ACTIVITIES & PARTNERSHIP!

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

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



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Santé et bien-être des aînés à Gore

# Seniors Health & Wellness *in Gore*

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



**Monday, March • lundi le 6 mars**

**10 a.m.**

### Music Therapy (video presentation)

This presentation will cover a brief description of what music therapy is and how it benefits your neurological, emotional, physical and mental health. Individuals will be able to understand how music may help them or someone they know. Led by Victoria McNeill, Music Therapist.

### Musicothérapie (présentation vidéo)

Cette présentation couvrira une brève description de ce qu'est la musicothérapie et comment cela profite à votre santé neurologique, émotionnelle, physique et mentale. Les individus seront en mesure de comprendre comment la musique peut les aider ou aider quelqu'un qu'ils connaissent. Dirigé par Victoria McNeill, musicothérapeute.

**11:15 a.m.**

### Guided Chair-yoga and meditation (video-streaming)

Chair yoga for seniors how practice can reduce the risk of falling. Yoga helps enhance balance, flexibility, mobility and strength

### Yoga sur chaise et méditation guidés (vidéo-streaming)

Le yoga sur chaise pour les personnes âgées comment la pratique peut réduire le risque de chute. Le yoga aide à améliorer l'équilibre, la flexibilité, la mobilité et la force.

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

**Gore Community Centre, 2 chemin Cambria, Gore**

For more information contact | Pour plus d'informations, veuillez contacter  
[info@4korners.org](mailto:info@4korners.org)



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
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CHSSN



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Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

## NEW ACTIVITIES & PARTNERSHIP!

### Seniors Health & Wellness in Gore (in-person)

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

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**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](mailto:info@4korners.org)  
 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
Québec



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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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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](mailto: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](mailto:info@4korners.org)  
450-974-3940 | 1-888-974-3940 ext. 601




### Painting Classes

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



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

## 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](mailto: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, 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!



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](#)

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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

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we care *for you*.



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**VILLE DE DEUX-MONTAGNES**

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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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