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**LAURENTIANS
4K NEWSLETTER
April 2019**



Help us learn more about the
challenges of accessing health and
social services in English in Quebec.



From March 20th until April 20th the Community Health and Social Services Network (CHSSN) is implementing a survey through CROP polling firm. We are hoping to reach 3000 English-speaking Quebecers to develop a better understanding of the challenges of accessing health and social services in English in Quebec.

If you get a call, please answer the survey. It should not take more than 20 minutes and will have an important impact on our understanding of the situation and the ability to make progress on improving access.

For more information: www.chssn.org or call 418-684-2289

Lunch and Learn: Senior Aware

Detect and prevent abuse and fraud directed towards elders

Gore Community Center, 9, Cambria Street, Gore

Tuesday, April 9, 2019, 12:00 p.m. - 3:00 p.m.

For more information: 1-877-429-5858 X 226

Rouge Valley Days

259, Harrington Rd., Harrington

Thursdays

Lunch - everyone welcome

Foot care and document & technology assistance available by appointment, call for more information.

Open Circle/Cercle Ouvert

Lachute United Church,

232, ave. Hamford, Lachute

Mondays

Canada Revenue Agency presentation

Various deductions, credits and other information about your taxes, including the Disability tax credit, Caregiver amount and medical expenses.

April 8, 1:00 p.m.

Painting workshop, with Linda Peatman

No experience needed, all skill levels welcome

April 15, 1:00 p.m.

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

Videoconference "Staircase to Seniors Services - Government of Canada"

What services are available to seniors and how to obtain them.

April 17, 10:00 a.m. - 12:00 p.m.

Laurentian Regional High School, 448, ave. Argenteuil, Lachute

Family Craft Night

Monday, April 15, 6:30 - 7:30 p.m.

Spring Crafts!

At the NEW activity centre, 1650, ch.
d'Oka, Deux-Montagnes

Women's Wellness Group

Thursday, April 25, 7 - 9 p.m.

Healthy Eating And Diet Myths

With Katja Leccisi, nutritionist
At the NEW activity centre, 1650, ch.
d'Oka, Deux-Montagnes

Back by popular demand!**Wednesday Wellness**

Starts April 10

Wednesday mornings

10:00 a.m. - 12:00 p.m.

A different topic each week.

You must register for each week
separately.

At the NEW activity centre, 1650, ch.
d'Oka, Deux-Montagnes

Walking Group

Starts April 11

Now on Thursday mornings

From 9:45 a.m. – 10:45 a.m.

Starting point: 200, rue Henri-Dunant

Ongoing**A League of Our Own****Tuesday mornings**

9:30 to 11:30 a.m.

For children 0-6 years
and their parents or caregiver

At 200, rue Henri-Dunant

Nel's Yoga

Chair yoga accessible to all

Monday and Friday mornings

Starting April 5th, at the NEW activity
centre, 1650, ch. d'Oka, Deux-

Montagnes

Upcoming Activites in Rosemère**Playgroup**

Join us for this free activity

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

Rosemère Community Centre
202, ch. de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Feeling calm throughout the day

Conference with a light meal

Proven tips and daily habits to reduce stress and promote well-being.
Information on services offered by Palliaco and the CISSS des Laurentides

Thursday, April 4, 5:00 p.m. - 8:00 p.m.

Mont Tremblant City Hall, 1145, rue Saint-Jovite, Mont Tremblant

To register: 1 888-717-9646

Please note our offices will be closed on April 19 and 22.



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

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 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.





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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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