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April 2022



Every April Autism Speaks celebrates [World Autism Month](#), beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

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**LOOKING FOR A FAMILY DOCTOR?** Click [here](#) to register to find one.

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### [COVID-19 Vaccination Passport](#)

If you have trouble downloading your proof of vaccination or using VaxiCode contact 4Korners for assistance!

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

[ClicSante](#) to book your covid-19 vaccination appointment.

[Government of Quebec COVID-19 Vaccination Campaign](#)

[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)

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### **New this month!**

Be sure to double-check the location before registering.

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## 4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from March 9<sup>th</sup> thru April 27<sup>th</sup> to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals.

### There are three ways to file your taxes with us!

#### Option 1: Drop Off

You are welcome to drop your tax documents off any time during our opening hours  
Monday - Thursday 9am-4pm, Friday 9am-12pm at  
1650 chemin d'oka, Deux-Montagnes, A volunteer will contact you to follow up.

#### Option 2: 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 9<sup>th</sup> to April 27<sup>th</sup>  
Saint-Sauveur - 19 Av. de la Gare, local 19-C, exclusively on March 21<sup>st</sup>  
Sainte-Agathe-des-Monts - 195 Rue Brisette local 72, exclusively on March 25<sup>th</sup>

#### Option 3: Remotely

Make an appointment to have your taxes filed by means of a videoconference or telephone call without having to visit our office.

To schedule an appointment or for more information contact  
[info@4korners.org](mailto:info@4korners.org)  
450-974-3940 ext. 601 | 1-888-974-3940 ext. 601

### 4Korners Basic Income Tax Clinic

Until April 27

1650 chemin d'Oka, Deux-Montagnes

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

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4Korners  
www.4korners.org

*Bonjour*

*Comment  
allez-vous?*

## FRENCH CONVERSATION COURSES

Conversation workshops could help you become more confident, improve your pronunciation, and learn new vocabulary and expressions in an informal and friendly atmosphere. Participants should have some pre-intermediate or intermediate French skills already, and know enough French to be able to converse.

The workshops will take place in French, but certain explanations will be provided in English.

**April 12 to June 14, 2022**

Class 1: Tuesdays, 10:00 to 11:00 in-person & on Zoom

1650 chemin d'Oka, Deux-Montagnes

Class 2: Tuesdays, 1:00 to 2:00 Zoom only

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

Canada

### **French Conversation Courses**

April 12 to June 14

Class 1: Online & In-Person Tuesdays, 10 a.m. to 11 a.m.

Class 2: Online only Tuesdays, 1 p.m. to 2 p.m.

1650 chemin d'Oka, Deux-Montagnes

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

*Zoom link to be provided after groups are determined by the teacher.*

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### Cardio-Drumming

April 13 at 10 a.m.

Cardio-Drumming is a fun class that brings together drumsticks (long handled kitchen utensils) and an exercise ball (pillow, soft cushion). Mixed together with fantastic music and easy to follow patterns, cardio-drumming will be a memorable workout that you'll want to do again and again. Led by Nancy Morgan, Owner, The Workshop Dance Studio

### CHEP: Music Therapy

April 20 at 10 a.m.

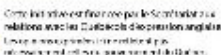
Music for Your Mind, Body and Spirit, by Victoria McNeil, Music Therapist, Cummings Centre

### Finding Purpose & Meaning In Life

April 27 at 10 a.m.

Every individual is unique and has the ability to contribute for the greater good of the world. Research has shown that living a life with purpose and well-being leads to a happier and healthier life. Through self-reflective exercises and interactive discussions, we will explore how you can begin your journey and process to find your purpose that will lead you to live a more meaningful life. Presented by Aileen Borruel, BSW

All workshops offered on ZOOM AND IN-PERSON, 1650 chemin d'Oka, Deux-Montagnes  
To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | [info@4korners.org](mailto:info@4korners.org)



## Wednesday Wellness

Wednesdays at 10 a.m.

### April 13 - Cardio Drumming

[online presentation](#) & in-person

### April 20 - CHEP: Music Therapy

[contact info](#) & in-person

### April 27 - Finding Purpose & Meaning in Life

[online presentation](#) & in-person

### In-person Locations:

**BACK IN HARRINGTON! 259, chemin Harrington (Rouge Valley Days)**

**Deux-Montagnes 1650, chemin d'Oka**

To register for in-person activities contact [info](#) or call 450-974-3940 ext. 601

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

### Ongoing 4K Activities

Be sure to double-check the location before registering.

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### **Dad, Let's Play (age 0-12)**

January 15 - April 30

Every Saturday 9:00 a.m. - 11 a.m.

École des Mésange - 203, 14th Ave. Deux-Montagnes

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

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### **Mother Goose (age 0-5)**

April 13 - June 15

Wednesdays 9:30 a.m. - 11 a.m.

378 rue Principale, Lachute

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

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### **Play to Learn (age 0-5)**

#### ***NEW LOCATION!***

Fridays 9:30 a.m. - 11:30 a.m.

2 rue du Ravin, Ste-Therese

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

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### **Parenting Circle (age 0-5)**

Mondays 9:30 a.m. - 11:30 a.m.

1650 chemin d'Oka, Deux-Montagnes

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

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### **Tiny Tots (age 0-5)**

#### ***Currently Full***

Thursdays, 9:30 - 11:30 a.m.

1650 chemin d'Oka, Deux-Montagne

Please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940 if you would like to place your name on the waiting list.

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### **Lunch Box Workshops (age 0-5)**

*\*Due to a delay in the construction of our new Blainville location we have had to delay the start date of this*

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### **4K Kids Club - Social & Emotional Learning (age 6-12)**

Wednesdays & Thursdays, 4:30 p.m. - 6:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

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

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

For kids aged 6-12

Tuesdays at 4:30 p.m.

[Register on Zoom](#)

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### **4K Co-Parenting Korner - New Facebook Group**

- Share information & tips on positive co-parenting
- Help parents navigate the challenges they face co-parenting
- Offer parents pertinent news & documents on co-parenting
- Provide parents with a space for questions & interactions with other parents

[Join the group here](#)

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### **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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### **Caregivers of the Elderly Support Group**

Once a month

Monday, April 25, May 16, June 20

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

In person at 200, rue Henri-Dunant, Deux-Montagnes

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

\*Please use the door located on the right-hand side when approaching from Henri-Dunant. We will use the



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### **Painting Classes - Seniors Wellness**

Spring Session - April 13 to June 15

Weekly on Wednesdays

12:30 - 2:30 p.m.

Register on Zoom [here](#)

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### **Drawing classes - Seniors Wellness**

Spring Session - April 12 to June 14

Weekly on Tuesdays

10:30 a.m. - 12 p.m.

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

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### **Chair Yoga - Seniors Wellness**

Spring Session - April 21 to June 30

Weekly on Mondays & Thursdays, 10 a.m. - 10:30 a.m.

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

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### **Tai Chi - Seniors Wellness**

Spring Session - April 12 to May 31

Weekly on Tuesdays, 1 p.m. - 2:30 p.m.

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

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### **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

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

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



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](tel: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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PROCHES AIDANTS  
D'AINES  
You care for them,  
we care for you.



#### 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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