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September 2021

 **4korners**  
Strengthening Community Vitality  
in the Laurentians



## How the vaccine passport works

[Wherever a vaccine passport is required](#), you will need to show a QR code that contains your protection status as proof of vaccination against COVID-19. You can show proof in one of three ways:

- [On paper](#)
- [In a PDF on your mobile device](#)
- [On the VaxiCode application](#)

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Whichever method you choose, you must also show photo ID.

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

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### COVID-19 RESOURCES

[Being vaccinated, it's a win!](#) to enter vaccination contest.

[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](#)



### Here's what's happening this month!

Be sure to double-check the location before registering.

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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**



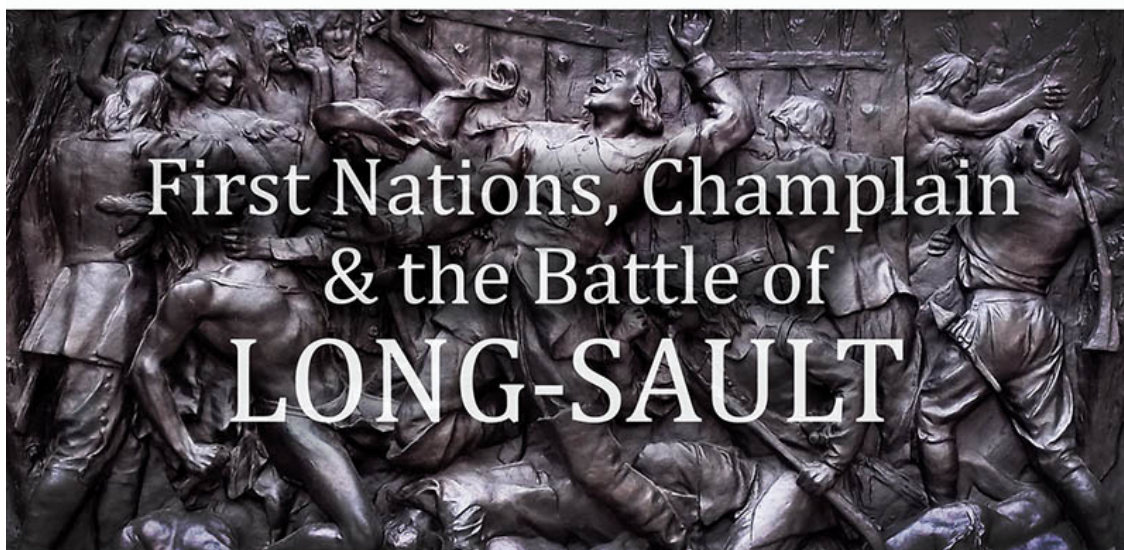
### Living Without Violence

Session to start late September / early October. Exact date and time to be confirmed.

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

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## 4K SPEAKER SERIES



Have you ever wondered what our country looked like when the first explorers canoed up the Ottawa River? Who were those people living on these lands? What are the traces left of their passage here? What was the real story behind the Battle of Long-Sault? In this lecture Historian Robert Simard explores our territory's transformation from the ice age to the coming of the French from overseas and their encounter with the indigenous people.

**Friday, September 17th at 1 p.m.**

Join us in-person at Chalet Bellevue  
27 Rue Bellevue, Morin-Heights  
or online via Zoom.

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



**Robert Simard**  
Historian & Storyteller

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil. Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.

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### 4K Speaker Series

Taking place in-person & online!

To register for the online presentation click [here](#)

To register for the in-person presentation at 27 rue Bellevue in Morin-Heights 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 activity · Activité en ligne  
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)**

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**CHSSN2** THE CANADIAN HUMAN SERVICES NETWORK **Canada**

## 4K Kids Club - Drawing Classes Online

Starting September 14th! [Register on Zoom](#)

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# 4K kids CLUB

SOCIAL & EMOTIONAL LEARNING ·  
APPRENTISSAGE SOCIAL ET ÉMOTIONNEL



This Social & Emotional Learning program is geared towards children in grades 4, 5 and 6. Children will learn about skills such as growth mindset, active listening, and teamwork while engaging in a wide range of fun & interactive activities. This activity takes place in English and is open to all.

Ce programme d'apprentissage social et émotionnel s'adresse aux enfants de 4e, 5e et 6e années. Les enfants apprendront des compétences telles que l'esprit de croissance, l'écoute active et le travail d'équipe tout en participant à un large éventail d'activités amusantes et interactives. Cette activité se déroule en anglais et est ouverte à tous.

**WEDNESDAYS & THURSDAYS · MERCREDIS & JEUDIS**

**16:30 - 18:30**

1650 chemin d'Oka, Deux-Montagnes

September 2021 - June 2022 · septembre 2021 - juin 2022

**Registration / inscription**

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

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

Nous sommes heureux d'avoir le soutien de PANDA BLSO pour ce nouveau programme élaboré par Lindsay Parr.

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

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

**CHSSN2**  
CHASSEMENT

**Canada**

## 4K Kids Club - Social & Emotional Learning

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 2-9 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 9 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.

**TUESDAYS, September 14 - October 12**

**MARDIS, 14 septembre - 12 octobre**

**9:30 - 11:30**

**7 70 Avenue O. Blainville**

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

**1.888.974.3940 | 450.974.3940 ext. 601**

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 Canada

 **Prévention**  
Fondation Lucie  
et André Chagnon

 **CHSSN2**  
ANS ENSEMBLE  
C'est mieux

### 4K Bright Beginnings - 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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Join us weekly as we share and discover new ways to make lunches creative, fun and healthy. We'll prepare dishes together and you'll bring a tasty masterpiece home to enjoy as a family. Participate with or without your little ones. This activity takes place in English and is open to all.

Joignez-vous à nous chaque semaine pour partager et découvrir de nouvelles façons de rendre les lunchs créatifs, amusants et sains. Nous préparerons des plats ensemble et vous ramènerez chez vous un chef-d'œuvre savoureux à déguster en famille. Participez avec ou sans vos enfants. Cette activité se déroule en anglais et est ouverte à tous.

**EVERY WEDNESDAY • TOUS LES MERCREDIS**

10:00 - 12:00

7 70 Avenue O. Blainville

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

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## 4K Bright Beginnings - Lunch Box Workshops

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



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Bright  
Beginnings



## 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 MONDAY • TOUS LES LUNDIS**

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

September 2021 to June 2022 • septembre 2021 - juin 2022

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

1.888.974.3940 | 450.974.3940 ext. 601

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### 4K Bright Beginnings - 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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Play-to-Learn is an activity designed for children aged 0-5 and takes place as a group experience with parents. Children will learn basic social skills such as communicating, expressing emotions, self-control and problem resolution through play in a fun and stimulating environment. Parents will gain skills and confidence to give their children healthy early experiences with language and communication. This activity takes place in English and is open to all. The Blainville Play to Learn activities are based on the Minipally program developed by the Centre de Psycho-Éducation du Québec. The Lachute Play to Learn activities are based on the Mother Goose program.

Jouer pour apprendre est une activité conçue pour les enfants âgés de 0 à 5 ans et se déroule en groupe avec les parents. Les enfants apprendront les compétences sociales de base telles que la communication, l'expression des émotions, la maîtrise de soi et la résolution de problèmes par le jeu dans un environnement amusant et stimulant. Les parents acquerront les compétences et la confiance nécessaires pour offrir à leurs enfants des expériences précoces et saines en matière de langage et de communication. Cette activité se déroule en anglais et est ouverte à tous. Les activités de Blainville sont basées sur le programme Minipally développé par le Centre de Psycho-Éducation du Québec. Les activités de Lachute sont basées sur le programme Mère l'Oie.

**LACHUTE**

Wednesdays/mercredis 9:30 - 11:00

378 rue Principale, Lachute

September 2021 to June 2022 • septembre 2021- juin 2022

**BLAINVILLE**

Fridays/vendredis 9:30 - 11:30

7 70 ave O, Blainville

September 2021 to June 2022 • septembre 2021- juin 2022

**Registration/inscription info@4korners.org**

1.888.974.3940 | 450.974.3940 ext. 601


  
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Bibliothèque  
Jean-Marc-SéguinPrévention  
Inclusion Jeune  
et Adulte ChagrinLLECC  
Laurentian  
Literacy Centre**4K Bright Beginnings - Play to Learn**To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940**4K Bright Beginnings - Tiny Tots****CURRENTLY FULL!**

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

1650 chemin d'Oka, Deux-Montagne

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### **French Conversation Classes**

Starting the week of September 6th.

Mondays & Tuesdays, 10 -11:30 a.m.

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

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### **CHEP Online - Medical Emergencies & Seniors**

Join us to learn about the most common medical emergencies that seniors and caregivers may face and how to handle them. Knowledge is power, and the more we know the quicker and better we can act.

**September 15, 9:50 - 11:30**

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

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### **Caregivers Support Group**

Monday, September 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 stairs from the outside to enter. If this is inconvenient for you please let us know so we can arrange for you to use an alternate entrance.

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

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

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

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

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

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

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

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

1650 chemin d'Oka, Deux-Montagnes

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

### Prenatal Classes

For upcoming dates, detail, 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

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

**Live music SESSIONS**  
**CALLING ALL MUSICIANS!**

4Korners, Laurentian community network, is looking for musical performers of all backgrounds, languages, ages and genres to perform in our upcoming Live Music Sessions currently being held virtually.

We are also on the hunt for new performance spaces! If you're in the Laurentian region and are interested in hosting one of our Live Music Sessions (as soon as we can go live again) please contact us!

**4korners Séances de musique EN DIRECT**  
**APPEL À TOUS LES MUSICIENS!**

4Korners, le réseau communautaire des Laurentides, recherche des artistes musicaux de tous horizons, langues, âges et genres pour se produire lors de nos prochaines sessions de musique en direct qui se déroulent actuellement de manière virtuelle.

Nous sommes également à la recherche de nouveaux lieux de représentation! Si vous êtes dans la région des Laurentides et que vous êtes intéressé à accueillir l'une de nos sessions de musique en direct (dès que nous pourrons reprendre le direct), veuillez nous contacter!

Canada info@4korners.org www.4korners.org



**4K Community Cup winner for September 2021  
Dakota Sbrega**

Long before he was being paid to do so, Dakota Sbrega was trying to be a positive role model for the youth in Pays e'en Haut. Sbrega is a skateboarder living in Saint-Sauveur who helped build the local skate park at John H. Molson Park by fundraising with friends as a teenager. When Dakota noticed that some teenagers were creating an intimidating environment at the skate park, he saw an opportunity to be a positive influence on the kids hanging out there. "It's always nice to be the hand that was never given to me as a child" he observed. He began taking kids under his wing, teaching them not just how to land an ollie but how to have good values around the sport.

Dakota did this long enough that he drew the attention of Marie-Lyne Dubé, Recreation Coordinator for the city of Saint-Sauveur. After seeing Dakota day in and day out at the park helping kids, she decided to offer him a job. For the past 4 years Dakota has been acting as caretaker for the infrastructure and the social activity in the park. He may be paid by the municipality, but for Dakota it's not the financial reward that keeps him motivated. "Teaching a kid how to do a kickflip and then seeing him land it for the first time and seeing that FACE of excitement...it's once in a lifetime for every kid. So if I can be part of that

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Dakota says sometimes the kids just want someone to talk to and he is there to offer a sympathetic ear and, if needed, direct them to services and support that are available to them in the region. At 22, he is close enough in age to be accepted by the young people in the park yet mature enough to rein things in when they start going sideways. I get an up-close example of this when Dakota's eagle eye catches a kid about to take a bb gun out of his backpack in the park and he hollers "No no, put that away, not in the park!" The kid quickly tucks his bag out of sight without a word of protest.

Dakota says that oftentimes the kids listen to him more than to their parents, so he tries to wield that power for good, such as helping parents get their young kids to the car when they don't want to leave the skate park. (As the mom of a strong-willed 4-year-old, I can say he is doing God's work out here, people!)

Dakota is at the park Wednesday to Friday from 2:00pm-9:00pm and weekends from 10:00am-5:00pm. You can drop in anytime for a lesson or just to hang out. Above all, what he hopes the kids understand is that they can achieve their dreams if they put in the effort, and that they have someone there to support them. "I hope they take away that they can be the best version of themselves if they truly want to. It takes time and it takes effort and it's not every kid that's willing to do that, but they don't have to do it alone."

To recommend someone for the 4Korners Community Cup please email [andie@4korners.org](mailto:andie@4korners.org)

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

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# Become a member!

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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### 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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