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LAURENTIANS
4K NEWSLETTER
March 2019



March 8th is International Women's Day

Innovation and technology can help empower women and girls. Yet a growing digital divide means that women are underrepresented in fields like science, technology, engineering, and math (STEM). Let's reverse this trend.

Do you know a woman making a difference in STEM? This International Women's Day, celebrate her achievements using the hashtag #InnovateForChange!

Recent activities at 4K:

Artists hard at work at Family Craft
Night

This service dog is a frequent visitor at the Playgroup in Rosemère.

He's so calm, everybody loves him!



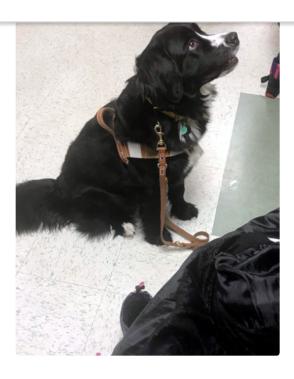


Photo by 4 Korners staff

Photo by Pat Nicholson



The Women's Wellness Group discovered all the benefits of Laughter Yoga.

Don't miss the next workshop on March 14!

Photo by Aileen Borruel

Painting and card making at Open Circle





Photos by 4 Korners staff

Upcoming Activities in Argenteuil

Rouge Valley Days

259, Harrington Rd., Harrington **Thursdays**

10:00 a.m. On-going - Jog your mind
12:00 p.m. Lunch - everyone welcome
1:30 p.m. Chair Yoga – everyone
welcome, no experience needed
Foot care services available, call for more
information

Open Circle/Cercle Ouvert

Lachute United Church, 232, ave. Hamford, Lachute Mondays

10:30 a.m. Games – everyone welcome12:30 p.m. Lunch – everyone welcome1:00 p.m. Information sessions, artworkshops, travel experiences, etc.

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

Upcoming Activities in Deux-Montagnes

Family Craft Night

Monday, March 11, 6:30 to 7:30 p.m. **Get creative with puppets!** 202, Henri-Dunant, Deux-Montagnes

Women's Wellness Group

Friday, March 14, 7:00 - 9:00 p.m.

Entrepreneurship as a way to be autonomous

202, rue Henri-Dunant, Deux-Montagnes

On-going

A League of Our Own Tuesday mornings

Parent and Tot Group

Free daycare during the activity

Tra

and their parents or caregiver

outings!

Upcoming Activites in Rosemère

Playgroup

Join us for this free activity

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

Mom, Dad and grandparents, bring the kids for fun activities while you sip on tea or coffee!

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

Upcoming Activities - Upper Laurentians

Are you getting the benefits you deserve?

Arundel Community Center
2, Chemin White, Arundel

Monday March 11, 1:30 – 3:30 p.m.

Chalet Bellevue 27, Bellevue, Morin-Heights Friday, March 15, 1:30 – 3:30 p.m.

Zootherapy Info Session

Gore Community Center
9, Cambria Street, Gore
Tuesday, March 12, 12:00 – 3:00
p.m.

Your Life, Your Legacy

Arundel Community Center
2, Chemin White, Arundel
Thursday, March 21, 9:30 - 11:30
a.m.

Women's Wellness Wednesdays

Arundel Community Center 2, Chemin White, Arundel

Mindfulness & Women's Wellbeing Natural Wellness Therapies and Help with Chronic Pain

Health, Justice and Social Services Caravan

Sainte Agathe Academy 26, Napoléon, Sainte-Agathe-des-Monts Wednesday, March 20, 2:45 - 5:00

p.m.

Margaret Rodger Memorial
Presbyterian Church
463, Principale, Lachute
Wednesday, March 27, 1:30 - 4:00
p.m.

Feeling calm throughout the day

Lunch conference

Holy Trinity Church
12, Préfontaine ouest, SainteAgathe-des-Monts
Tuesday, March 26, 3:15 - 7:00
p.m.

Royal Canadian Legion
127, chemin Watchorn, MorinHeights
Thursday, March 28, 5:00 - 8:00
p.m.



Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In





Éducaloi -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.



You care for them, we care for you.





Centre intégré de santé et de services sociaux des Laurentides











Our Mission

In a spirit of respect, support and empowerment, the 4 Korners 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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