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**LAURENTIANS
4K NEWSLETTER
July 2017**



July 24th is International Self-Care Day. Take care of your precious self!
[Click the image to visit the ISF website.](#)



Together, we can do something to prevent maltreatment. There are solutions. We need to do everything we can to give all our children the best possible start in life.

They are our future.

Handwritten signature of Fannie Dagenais.

Fannie Dagenais
Director, Early Childhood Observatory



Take a break! [Read more about summer vacations at home with your children.](#)

A capture from the previous month at 4K



4 Korner start to an Annual Community Picnic in June was not completely rained out! Cherished community members came to eat and chat in the Community Hall instead.

Upcoming Activities in Deux-Montagnes

Walking group start!

July 4, 2017

Tuesdays at 10:00 a.m.

4 Korner Head Office

Caregivers Support Group

July 5, 2017

10:00 - 11:00 a.m.

4 Korner Head Office



Health
Canada Santé
Canada



Upcoming Activites in Rosemère

On-going workshop registration **For Caregivers**

Rosemère Community Center
202, chemin de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Do you live in the Mont Tremblant area and want to know what is happening in the English-speaking community?

Register to the electronic Community Bulletin Board by sending an email to:

info@4kornerscenter.org

**For more links to 4 Korner programs and activities,
click on the area of interest below.**

Caregiver
Workshops

Senior
Programs

Resources for
Parents

Careers in
the Laurentians

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 come to 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.



Join an activity and become a 4 Korner member now [DONATE](#) or [RENEW](#) your membership to help support and grow 4 Korner activities and services in the region for everyone.



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Our Mission

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