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4 Korner's February News

Programs, Information Sessions and Conferences

The month of February has arrived and 4 Korner's Family Resource Center has an assortment of activities that promotes healthy lifestyle choices. [Click here to see all the programs 4 Korner's offers in the Laurentians.](#)



Monday, Wednesday, Thursday & Friday

8:30 a.m. to 12:00 p.m.
12:30 p.m. to 3:30 p.m.

Tuesday

8:30 a.m. to 12:00 p.m.
12:30 p.m. to 5:00 p.m.

NEWS FOR CAREGIVERS

Who is a caregiver?

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares

FOR PARENTS

Family
ZONE

4 Korner's Family Resource Center, in partnership with [Cal en bourg](#) and [Avenir d'enfants](#) are proud to offer 'Family Zone' an English Play Group for children less than five years of age with their parent(s):

**Weekly on Thursdays from
January 21st to June 16th 2016
2:00 p.m. to 4:00 p.m.**

**Holy Trinity Church, 12 Préfontaine West,
Sainte-Agathe**

Each session is divided into two segments with time for free play and also organized activities.

FOR SALE NOW AT 4 KORNER'S FAMILY RESOURCE CENTER FOR \$10.00

The Caregivers Guide to the Elderly:
Maintaining Life Balance while Caregiving

Caregivers to the Elderly

Maintaining Life Balance while Caregiving



**Information and Support
Guide for Caregivers**

This project was made possible thanks to financial support from

L'APPU POUR LES
LAURENTIDES MONTAGNES

Centre d'information
et de soutien
des personnes âgées
du Laurentides
Québec

DID YOU KNOW THAT 4 KORNER'S FAMILY RESOURCE CENTER IN DEUX-MONTAGNES OFFERS MONTHLY SUPPORT GROUPS THE FIRST MONDAY OF EVERY MONTH?

For more information,
please call 1-888-974-3940
or email us at info@4kornerscenter.org

UPCOMING CONFERENCES FOR CAREGIVERS:

Driving, Is It As Safe As It Used To Be? (TWO PRESENTATIONS)

with the Canadian Automobile Association



charge! For more information on this program, please email: info@4kornerscenter.org.



AVENIR D'ENFANTS
DES COMMUNAUTÉS ENGAGÉES



Stressed about 2016?

Learn practical tools and strategies to help build resiliency in your family with **Josephine Piazza**

February 11, 2016 from 7 p.m. to 9 p.m.
at the Laurentian Literacy Centre
#302-505 Bethany Avenue, Lachute

The Good Food Box: A Healthy Choice For You and Your Wallet!

Funded and distributed by **Moisson Laurentides**, the **Good Food Box** program operates throughout the year with individuals placing orders for fruit and vegetables every

1:00 p.m. to 3:30 p.m.
4 Korers Family Resource Center
 1906 ch. d'Oka, Deux-Montagnes

and

Tuesday, February 23, 2016
1:00 p.m. to 3:30 p.m.
Louis-Renaud Community Center
 270 route du Canton, Brownsburg-Chatham

Call 1-888-974-3940 or email us at
info@4kornerscenter.org to register or for more
 information.

**7- WEEK WORKSHOPS FOR
 CAREGIVERS TO BEGIN IN
 DEUX-MONTAGNES AND
 ARGENTEUIL IN 2016.**

**For more information or to register,
 please contact 4 Korers at
 1-888-974-3940 or by email at
info@4kornerscenter.org**

Please note that no start date has been set at this time.

COMING SOON:

An English language newsletter for caregivers of the elderly from l'APPUI des Laurentides will soon be available. If you would like to be notified of the launch of the newsletter you can [click here to register](#) or call 1-855-852-7784.

vegetables and, according to the size selected, in a quantity that is sufficient to last one full week.

Small box (one person): \$8
 Medium box (two people): \$12
 Big box (one family): \$18



The upcoming deadlines to pay for your boxes are:

February 3, 2016 at 12:00 p.m. for delivery on
 February 9, 2016

February 17, 2016 at 12:00 p.m. for delivery on
 February 22, 2016

[Learn more about the Good Food Box](#)

**This Month's Community
 Health Education
 Program (CHEP)
 Videoconference**

February 24, 2016

The Health Risks of Smoking

Wednesday 10:00 a.m.

at the Community Learning Center

in the Lachute Regional High School

(448 Argenteuil, Lachute, QC)

Videoconference funded by

LAURENTIDES

LAURENTIDES

LIGNE INFO-AIDANT
1 855 8LAPPUI (852-7784) lappui.org



VIEACTIVE AT 4 KORNER'S

Are you aged 50 and up? Is getting physically active on your mind? 4 Korner's will be offering Viactive, a multi-level fitness program designed to get you moving with gentle stretching and light exercises.

This class will be offered in Deux-Montagnes on **Wednesdays from 1:00 p.m. to 2:00 p.m.** beginning Wednesday, January 20, 2016.

Call 1-888-974-3940 or [email us](mailto:email_us) at info@4kornerscenter.org to register or to inquire about Viactive.



EDUCALOÏ: LET'S TALK LAW IN THE LAURENTIANS (IN ENGLISH)



4 Korner's Family Resource Center is excited to announce a new partnership with [Éducaloï!](#)

Upcoming information sessions:

Wills & Testaments (DVD presentation) followed by a question period with Me. Stephanie Carriere, Attorney with a private practice in St-Sauveur

TWO PRESENTATIONS

February 16, 2016
from 1:30 p.m. to 3:30 p.m.
Presented at the CLC in LRHS
448, ave. Argenteuil, Lachute
and

February 23, 2016
from 1:30 p.m. to 3:30 p.m.
Presented at the United Church
(Admittance through the back door only)
831 Village Road, Morin Heights

[Featured this month: Practical Tools for Caregivers from Éducaloï](#)



Bonjour-santé^{MC}

Bonjour-santé is the health directory in Quebec that gives you access to over 36,000 health professionals.

Should you be seeking a doctor, dentist, nutritionist, chiropractor, dermatologist, psychologist or any other health professional, you will easily find their contact information [here on this site](#).

Subscription is free* and allows you to make appointments online, or to poll so that your health professional can offer their appointments online as well.

*Please note that you may be required to pay a fee for appointment making services.



Starting this March, a health caravan will be touring the Laurentians and coming to a place near you! You will have access to 3rd year health professionals who will offer blood sugar testing, blood pressure testing, information on nutrition and many other health related topics.

To find out more about all the programs offered by 4 Korner Family Resource Center, visit the [program section of our website!](#)

For more information on programs, services or activities, you can contact us toll-free at 1-888-974-3940 or email us at info@4kornerscenter.org

You can also visit us at www.4kornerscenter.org



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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info@4kornerscenter.org

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