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4 Korner's June Newsletter

Summer has arrived! This month's highlights include our 11th Annual General Meeting, the upcoming summer hours at our offices and exclusive opportunities for 4 Korner's members.



4 Korner Family Resource Center's activities will come to an end and the Deux-Montagnes offices close for the summer on **Friday, June 17th at 3:30 p.m.**

Please note that our team will be responding to inquiries and requests for assistance by **phone** or **email** during this time.

Thank you for your understanding.



Call for nominations!

4 Korner's board of directors is looking for new members.

DO YOU... believe that together we can build a healthy community?
Believe that the official language minority communities should have access to services in their language? Have experience on a variety of boards?
Have an understanding of the health and social services network?



**Now is the ideal time to submit your resume
for one of two available positions!**

Email us at info@4kornerscenter.org
for more information.

New members are elected to 4 Korner's Family Resource Board of Directors at the **ANNUAL GENERAL MEETING** which will be held on Wednesday, June 15, 2016.

Friday, July 8th
10:00 a.m. to 7:30 p.m.
1906, chemin d'Oka,
Deux-Montagnes

GARAGE SALE
Exclusive pre-sale

Members only

Don't have a 4 Korner's membership? Did you forget to renew your membership? No problem! You can pay for the 2016-2017 year at our three locations during opening hour (with cash or check only) or **online**.

Memberships are valid from July 1st to June 31st of each year.

**Click here to learn more about
4 Korner's programs and services**

**Click here to
explore internships
in the Laurentians**

**Click here to
explore careers
in the Laurentians**

**THE HEALTH PASSPORT
& THE HEALTH PASSPORT APP**

A pocket-sized edition of the Health Passport is now available in the Laurentians! You can pick up your copy in all three of 4 Korner's Family Resource Center's locations.



THE FIRST PRINT EDITION OF THE
HEALTH PASSPORT ADAPTED TO
THE LAURENTIANS

This booklet serves as a guide to make it easier for an English-speaking person to communicate with French-speaking health professionals.

Funding provided in part by:

CHSSN

ENGLISH - LANGUAGE
**SERVICES
DIRECTORY**
LAURENTIANS REGION
2016

Directories are available to the public at our three locations during opening hours or [online as a PDF](#).

**IS YOUR ORGANIZATION
INTERESTED IN RECEIVING
COPIES?**

[Email us](#) for more information on requesting copies.

Funding provided by:

**Centre intégré
de santé
et de services sociaux
des Laurentides**

Québec 



Canada Canada

IS YOUR ORGANIZATION INTERESTED IN RECEIVING HEALTH PASSPORTS?

Email us at
info@4kornerscenter.org for more
information on requesting copies.

PREFER GOING PAPERLESS?

You can also use the online Health
Passport on your smartphone or
tablet, and the app will save your
information on your mobile device.



[To explore the
Health Passport
online](#)

For Caregivers

Caregivers can be anyone; a son,
daughter, sibling, friend or spouse of any
age who cares for an aging loved one
who requires extra attention.



Funded and distributed by **Moisson
Laurentides**, the **Good Food Box
program** operates throughout the year
with individuals placing orders for fruit
and vegetables every two weeks. The
boxes are sold at a set price and contain a
variety of top quality fruit and vegetables
and, according to the size selected, in a
quantity that is sufficient to last one full
week.

Don't live in Deux-Montagnes? [Here is a
list of drop off points in the Laurentians.](#)

Upcoming payment deadlines:
Wednesday, June 8 for delivery
Tuesday, June 14

(Please note that you can pick up
your box as of 1:00 p.m.)

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

FOR PARENTS

groups the first Monday of each month in Deux-Montagnes? All caregivers are welcome to join.

7-week programs tailored to caregivers are available in Deux-Montagnes and Argenteuil

For more information or to register, please contact 4 Korner at [450-974-3940](tel:450-974-3940) or [888-974-3940](tel:888-974-3940) or by email at info@4kornerscenter.org

Upcoming conference for Caregivers:



"Touched by Stress" presented by Ms. Josephine Piazza

1:00 p.m. to 3:00 p.m.

Louis Renaud Community Center
270, route du Canton, Brownsburg-
Chatham, QC, J8G 1R4

Change your relationship
with stress...

[Register now](#)

What some former participants had to say about the speaker, Ms. Josephine Piazza

ZONE

4 Korner 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):

There's still time to join in on the fun!

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-des-Monts

Each session is divided into two segments with time for free play and also organized activities. You don't have to sign up, just bring a snack and come join the fun. Did we mention that this activity is also **free of charge!** For more information on this program, please email: info@4kornerscenter.org.



The speaker was dynamic and had a lot of good suggestions/help.

- Entertaining as well as informative.

- I am very satisfied with this presentation, I hope to come to another, it did me some good.



This month's Community Health Education Program videoconference

DNR and Palliative Care:
what you really need to know.

Wednesday, June 8, 2016

10:00 a.m. to 12:00 p.m.

presented at the **CLC Lachute** in

the **Laurentian Regional High School**

448, ave. Argenteuil, Lachute,

QC, J8H 1W9

[Register now](#)

Always respected
Never abused
Elder Abuse Awareness Week
15 - 22 June

Starts on
World Elder
Abuse Awareness
Day June 15

Hours
of Operation

1-888-974-3940,

Deux-Montagnes

1-888-974-3940

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.

**Please note that our Summer schedule come into effect on Friday, June 17, 2016.*

Sainte-Agathe-des-Monts

819-324-4000

Extension 4330

Open on Tuesdays

9:00 a.m. to 3:00 p.m.

Lachute Satellite Office

508, rue Principale,

Lachute

450-562-3553

Open on Tuesdays

9:00 a.m. to 3:00 p.m.

For more information on programs, services or activities, you can contact us at [450-974-3940](tel:450-974-3940) or toll-free at [888-974-3940](tel:888-974-3940) or email us at info@4kornerscenter.org



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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