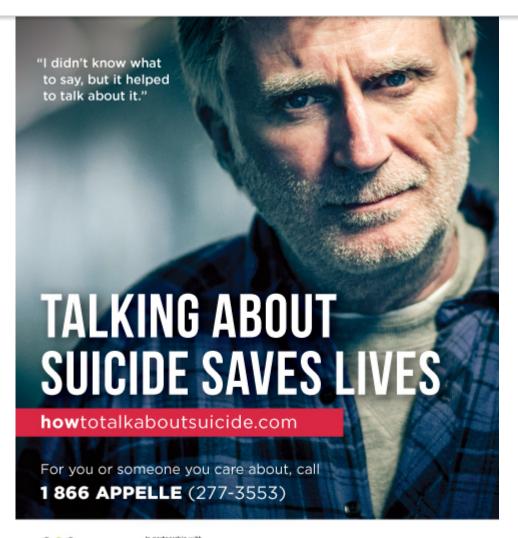
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LAURENTIANS
4K NEWSLETTER
February 2019











Call for support: 1 866 APPELLE (277-3553)

#### Recent activities at 4K:

4K organized a parent-child pizza-making activity for the Pre-K Parent Night at Sainte Agathe Academy.



Photo by 4 Korners staff

#### Jog Your Mind in Deux-Montagnes



Photo by Aileen Borruel

#### **Upcoming Activities in Argenteuil**

#### **Rouge Valley Days**

**Harrington Golden Age Club** 

420 Chemin de Harrington, Grenville-surla-Rouge

Lunch available each week for all

#### **Thursdays**

## Open Circle Lachute United Church, 232, ave. Hamford, in Lachute

Lunch available

#### Mondays February activities

are welcome.

By appoinment:
War Years\*, Foot care, Document &
Technology assistance\*
(\* for appointment, call Marlene at 450562-3719)

Impossible?
DVD Presentation **February 4**, starts at 1:00 p.m.

Painting workshop with Linda Peatman **February 18**, starts at 1:00 p.m.

Creating Greeting Cards: Come try your hand at making greeting cards. **February 25**, starts at 1:00 p.m.

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

#### Info session for seniors

Are you getting the benefits you deserve?

by Service Canada

Tuesday, February 12

12:00 p.m. to 3:00 p.m.

Light lunch served at 12:00 p.m., conference starts at 1:00 p.m.

Registration: Jody Anker. 450-562-2025, #3543

Gore community Centre

9, Cambria Street, Gore

#### **Videoconference on February 13**

#### **Women's Heart Health**

with Wendy Wray, Nurse Director of MUHC Women's Healthy Heart Initiative
From 10:00 a.m. to noon

Laurentian Regional High School

448, ave. Argenteuil, Lachute

#### **Upcoming Activities in Deux-Montagnes**

#### **Family Craft Night**

Kids of all ages: get ready to paint!

#### **Women's Wellness**

Laughter Yoga: how to feel more energetic and healthy

Monday, February 6,

6:30 p.m. to 7:30 p.m.

Thursday, February 7,

7:00 p.m. to 9:00 p.m.

202, Henri-Dunant, Deux-Montagnes

#### **Videoconference on February 13**

#### Women's Heart Health

with Wendy Wray, Nurse Director of MUHC Women's Healthy Heart Initiative 10:00 a.m. - 12:00 p.m.

#### **Wednesday Wellness**

**JOG YOUR MIND** - continues 10:00 a.m. - 12:00 p.m.

200, Henri-Dunant, Deux-Montagnes

**Upcoming Activities in Rosemère** 

#### **Playgroup**

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

Don't miss the fun! Rosemère Community Center 202, ch. de la Grand-Côte, Rosemère

**Upcoming Activities - Pays-d'en-Haut and Laurentides** 

#### **Women's Wellness Wednesdays**

FREE speaker series
Wednesdays, from 10:00 a.m. to 12:00 p.m.
Arundel Community Center
2, Chemin White

Essential Oils & Women's Wellness with Sue Rich - Essential Oil Educator February 6

Finding Meaning in the Second Half of Your Life
with James Hollis
February 20

Menopause, Aging, & Sexuality

# CAREGIVER SUPPORT 1 855 852-7784

#### LISTENING-INFORMATION-REFERRALS

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 access 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.



You care for them, we care for you.



Community Health And Social Services Network Réseau communautaire de santé et de services sociaux



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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