

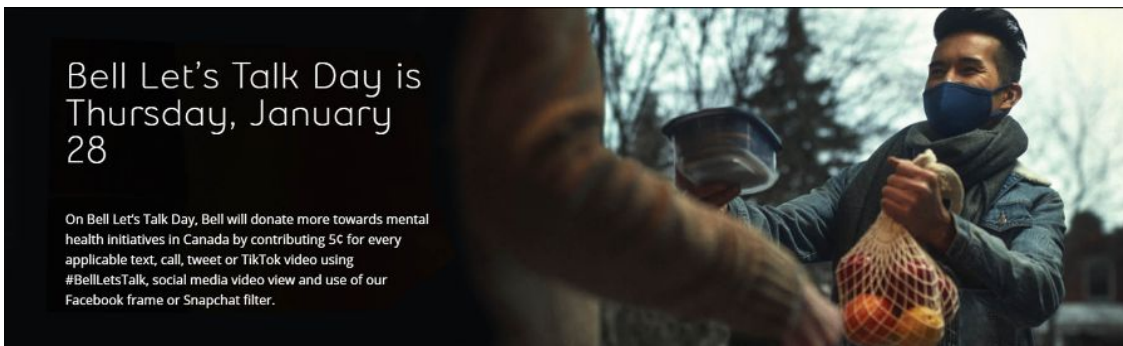
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January 2021



Bell Let's Talk Day

One of the biggest hurdles for anyone struggling with mental illness is overcoming the stigma attached to it. The annual [Bell Let's Talk awareness campaign](#) and Day is driving the national conversation to help reduce this stigma and promote awareness and understanding, and talking is an important first step towards lasting change.

Bell Let's Talk Day 2020 saw Canadians and people around the world take action, sharing a record 154,387,425 messages of support for mental health, resulting in a total of \$7,719,371.25 in Bell funding to mental health initiatives in Canada.

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[CISSS des Laurentides English only info site on COVID](#)

[English updates from the government of Quebec regarding Covid-19](#)

4kActivities

IMPORTANT! Please pay close attention to the locations and registration requirements for each individual activity as they may differ.



Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo)laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Verification and installation of car seats also offered.

Saturdays, January 16 - February 13, 3-5 pm

To register contact info at 450-974-3940 ext. 601, info@4korners.org

Classes offered online via Zoom & in person
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



LAURY'S PERINATAL

Canada 



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There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at our activity centre, 1650 chemin d'Oka, Deux-Montagnes**

In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or info@4korners.org

Special presentation by Julie Sirois from CAAP Laurentides!

The CAAP assists and supports anyone who wishes to file a complaint against any institution or organization that is part of the public health and social services network. Our objective is to ensure users' rights are respected. To do so, the CAAP informs, advises, and offers direct assistance to individuals throughout the complaint process. To learn more about CAAP Laurentides visit their [website](#).

January 12 at 10 a.m.

To register for this online presentation contact info at 450-974-3940 ext. 601 or info@4korners.org

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4K SPEAKER SERIES



Cemeteries are carriers of memory. Evocative of times gone by, they bear witness to the history of the settlement of Argenteuil. These heritage places reveal the funeral practices of our ancestors, practices characterized by the diversity of origins of pioneer families. In this conference, Robert Simard, historian of Argenteuil, will present the results of an inventory of cemeteries and burial places traced on the territory of the MRC of Argenteuil.



Robert Simard
Historian & Storyteller

Friday, January 15th at 1 p.m.

Join us in person

**Chalet Bellevue, 27 Rue Bellevue,
Morin-Heights or on Zoom to connect live!**

To register contact info@4korners.org or
1-450-974-3940 ext. 601

Robert Simard is the recipient of the Excellence Award at the 26th
Laurentians Culture Grand Prix, History and Heritage in 2015.



4K Speaker Series

Friday, January 15, at 1 p.m

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at Chalet Bellevue, 27 Rue Bellevue, Morin-Heights**

In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or
info@4korners.org

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Medical Emergency Preparedness for seniors



A Community Health Education Plan DVD will be shown followed by a discussion on how to respond to medical emergencies in seniors. How to respond as a caregiver and tips on how to respond if you experience a medical issue and are alone.

Wednesday, January 13, 2021

10 a.m. to 12 p.m.

Online via Zoom or in person at our activity centre
1650 chemin d'Oka, Deux-Montagnes

To register contact info@4korners.org or 1-450-974-3940 ext. 601



Medical Emergency Preparedness for Seniors

Wednesday, January 13, 10 a.m. to 12 p.m.

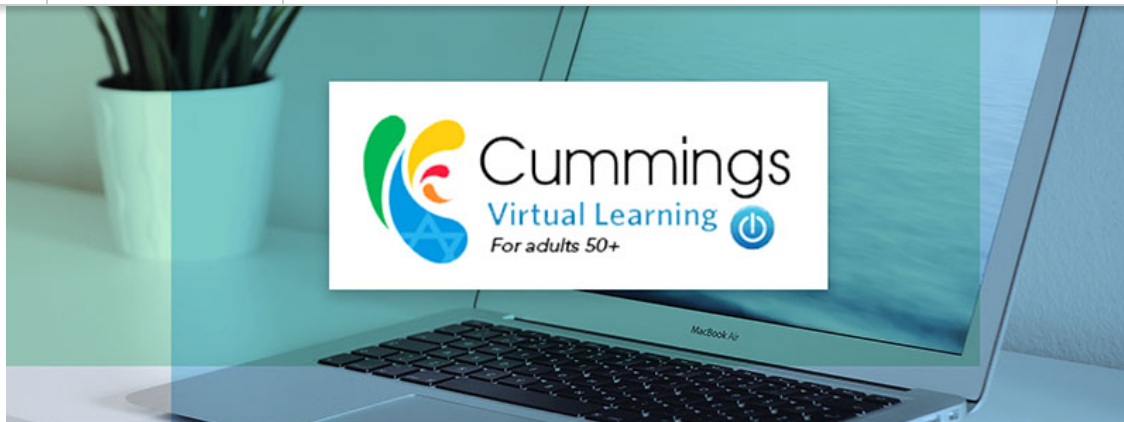
There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes**

In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or

info@4korners.org

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Free access to the Cummings Centre Virtual Learning Library for English-speaking adults aged 50 and over

With 220+ videos of Cummings Centre events, classes and lectures including : health and wellness, global affairs, music and art, exercise, entertainment and so much more, presented by experts in the field of well-aging.

To register contact info@4korners.org or 450-974-3940 ext. 601



Cummings Virtual Learning

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)www.4korners.org**WEDNESDAY WELLNESS**

Count Me In! with Aileen Borrue. Throughout this 8 week course we will discuss interesting topics related to community participation, emotional well-being and aging through interactive and reflective exercises (Such as: Identification of Strengths; Adaptation to Aging and Communication). This is a wonderful opportunity to connect and socialize with other seniors living in the community.

EVERY WEDNESDAY starting January 27

10:00 a.m. to 11:30 a.m.

1650, ch. d'Oka, Deux-Montagnes

Space is limited! Zoom option also available.

Participants MUST register in advance.

450-974-3940 ext. 601, info@4korners.org

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Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org

Wednesday Wellness - Count Me In!

Wednesdays, starting January 27, 10 a.m. to 11:30 a.m.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person** at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

To registrater contact info at 450-974-3940 ext. 601 or info@4korners.org

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COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

The Price We Pay for Safety—Managing Risk and Uncertainty in Life

Dr. Camillo Zacchia, Clinical Psychologist

WEDNESDAY, JANUARY 20, 2021

10:00 - 11:30 AM EST

VIA ZOOM

This session addresses managing risk and uncertainty in life. Join us with return presenter Clinical Psychologist Dr. Camillo Zacchia, Ph.D.

To register, please contact 4Korners
Melanie Wilson, melanie@4korners.org

*A CHSSN initiative funded through Health Canada's Official Languages
Health Contribution Program 2018-2023*



Video Conference - Managing Risk & Uncertainty in Life

Wednesday, January 20, 10 a.m. to 11:30 a.m.

To register contact melanie@4korners.org

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Our event's new date!

TOUCHER LE SOMMET – 2021 EDITION

Saturday, May 29, 2021, in Bromont

Toucher le sommet 2021 is a huge challenge for our organizers! We still want to “climb the mountain,” but a giant Plan B is being put together because we must respect the rules so that all of us are protected.

Be assured that we will keep you informed of all developments!

All events are held in French. Persévérans ensemble encourages youth from all backgrounds to join in, collaborate and create new links!

**Please note that Persévérans ensemble will ensure that its Toucher le sommet event will take place as long as the Covid-19 regulations regarding gatherings and safety in force during this period are respected.*

Toucher le sommet!

To register your teen for this amazing experience contact info at 450-974-3940 ext. 601 or info@4korners.org

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4Korners Live Music Sessions on Facebook Live

Did you know 4Korners Live Music Sessions have transitioned to Facebook Live! Now our entire Laurentian community can enjoy local talent from the comfort of home simply by going to our Facebook page [here](#).

For the months of December and January we will be airing edited repeat presentations from past 4Korners Facebook Live Music Sessions at 7:30 p.m. on the dates below!

Jan. 8 - Tom Foreman

Jan. 15 - Piper

Jan. 22 - Robert Bergeron

Jan. 29 - Jean Guy Lacroix

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Baby Sensory Classes Stimulation activities

Tuesdays 9h30-11h30
February 2nd - March 9th
For babies 6-12 months

Free workshop

www.carrefourperinaiance.org



Baby Sensory Classes

Tuesdays, February 2nd to March 9th
9:30 a.m. - 11:30 a.m.

Carrefour péri-naiance et familial, 509 Chemin de la Grande-Côte, Saint-Eustache

Contact 450-472-2555 to register!

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING PROGRAM



This 24-week Social & Emotional Learning program is geared towards students in grades 4, 5 and 6. Students will learn about skills such as growth mindset, active listening, and teamwork while engaging in a wide range of fun & interactive activities.

EVERY TUESDAY & WEDNESDAY

January 19 - June 30, 2021

4:15 p.m. to 6:15 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact

450-974-3940 ext. 601, info@4korners.org

We are happy to have the support from PANDA BLSO on this new program developed by Lindsay Parr!



4K Kids Club - Social & Emotional Learning Program.

Winter/Spring Session starts January 19th

NEW SCHEDULE! Tuesdays & Wednesdays, 4:15 p.m. - 6:15 p.m.

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Space is limited! Attendance must be confirmed weekly.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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4Korners
Kids Drawing Classes
Tuesdays, ages 5-7 & Thursdays, ages 8-12
at 4:15
Join us on Zoom!

4K Kids Drawing Classes

Tuesdays, ages 5-7 at 4:15 p.m.

Thursdays, ages 8-12 at 4:15 p.m.

To connect on Zoom and register click [here](#)

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Tiny Tots

An opportunity for moms and dads to come together with their children (0-5) to do a variety of activities. We will work on different aspects of development through fun games, exercises and activities.

Space is limited! Attendance must be confirmed weekly.

EVERY THURSDAY • TOUS LES JEUDIS
September, 2020 to June, 2021
septembre 2020 - juin 2021

Option 1: 9 a.m. to 10:30 a.m. • 9 h à 10 h 30
 Option 2: 11 a.m. to 12:30 p.m. • 11 h à 12 h 30
 1650, chemin d'Oka, Deux-Montagnes

Registration/inscription:
450-974-3940 ext. 601
info@4korners.org

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Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org



A shining start
for children
ages 0-5

Canada



Tiny Tots

Every Thursday

Option 1: 9 a.m. - 10:30 a.m.

Option 2: 11 a.m. - 12:30 p.m.

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Space is limited! Attendance must be confirmed weekly.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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Based on the Minipally program developed by the Centre de Psycho-Éducation du Québec. This program is designed for children under 5 years and teaches basic social skills such as communicating, expressing emotions, self-control and problem resolution. There is also a period dedicated to discussion and support amongst parents. This activity takes place in English.

Basé le programme Brindami créée par Le Centre de Psycho-Éducation du Québec. Le programme est conçu pour les enfants en bas de cinq ans. Ils apprendront des habiletés sociales de base, de communication et d'expression des émotions, d'autocontrôle et de résolution de problème. Il y a aussi une période consacrée à la discussion et au soutien entre les parents. Cette activité se déroule en anglais.

EVERY FRIDAY • TOUS LES VENDREDIS

September, 2020- June, 2021 • septembre 2020 - juin 2021

9:30 a.m. to 11:30 a.m. • 9 h 30 à 11 h 30

Maison Parenfant, 310 Montée Sanche, Rosemère

Registration/inscription: 450-974-3940 ext. 601, info@4korners.org

FREE for 4Korners' members! GRATUIT pour les membres de 4Korners!

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info@4korners.org



Canada



Play to Learn Group

Fridays, 9:30 a.m. - 11:30 a.m.

In person at Maison Parenfant, 310 Montée Sanche, Rosemère

Space is limited! Attendance must be confirmed weekly.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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PARENTING CIRCLE

Join us every Monday from 9:30 to 11:30 to discuss topics of interest and learn new parenting skills, while sharing experiences.

Space is limited! Attendance must be confirmed weekly.
Sessions take place at our Activity Centre OR on Zoom
1650 chemin d'Oka, Deux-Montagnes

To register contact info at 450-974-3940 ext. 601
or info@4korners.org



Parenting Circle

Mondays, 9:30 a.m. - 11:30 a.m.

**In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes
OR online!**

Space is limited!

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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INTERACTIVE!**

FRENCH CONVERSATION COURSES



Winter session begins on January 18th on a new day with new times!

Level 1: Mondays, 10 a.m. - 11:30 a.m.

Level 2: Mondays, 1 p.m. - 2:30 p.m.

Level 3: Tuesdays, 10 a.m. - 11:30 a.m.

Registration necessary. Space is limited.

Contact info 1-888-974-3940 ext. 601 or info@4korners.org



Québec  Canada 

French Conversation Classes on Zoom*

Starting January 18th on a new day with new times!

Level 1: Mondays, 10 a.m. - 11:30 a.m.

Level 2: Mondays, 1 p.m. - 2:30 p.m.

Level 3: Tuesdays, 10 a.m. - 11:30 a.m.

Space is limited. Participants must register in advance.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A promotional banner for 4Korners Painting Classes. The background is a close-up of hands painting a white surface with a brush. The text is overlaid on a semi-transparent white box. At the top left, it says 'ONLINE & INTERACTIVE!' in white on a purple background. The main title '4Korners Painting Classes' is in large white font on a purple background. Below that, it says 'Painting workshops with Carol Lyng. Painting supplies will be needed to participate in this activity. Paint starter kits may be provided upon request!' in purple. The schedule 'Every Thursday from 1pm - 3pm' is in bold purple. 'Join us on Zoom to connect live!' is in bold purple. Contact info 'Contact info at 1-888-974-3940 ext. 601 or info@4korners.org for more info!' is in purple. At the bottom left is the 4Korners logo and at the bottom right is the Canada logo.

ONLINE & INTERACTIVE!

SENIORS WELLNESS

4Korners Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.
Paint starter kits may be provided upon request!

Every Thursday from 1pm - 3pm

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!

Painting Classes on Zoom

Thursdays 1 p.m. - 3 p.m.

Painting supplies will be needed to participate in this activity. Paint starter kits may be provided upon request.

To register click [here](#)

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INTERACTIVE!

SENIORS WELLNESS

4Korners Chair Yoga

Chair-adapted yoga with Josephine.
All you need is a sturdy chair (preferably with no arms)
Every Monday & Thursday from 10am - 11:30am

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Chair Yoga classes on Zoom

Mondays & Thursdays, 10 a.m. - 11:30 a.m.

To connect by Zoom and to register click [here](#)

Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 4Korners from any and all claims or causes of action.

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ONLINE & INTERACTIVE! **SENIORS WELLNESS**

4Korners Tai Chi

Join us for a session of Tai Chi with Christine.
We suggest that you wear loose fitting clothing.
Every Tuesday from 1pm - 2:30pm

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Tai Chi

Tuesdays, 1 p.m. - 2:30 p.m.

To connect by Zoom and to register for classes in the new year click [here](#)

Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 4Korners from any and all claims or causes of action.

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.
All you need is a piece of paper and a pencil.
Every Tuesday from 10am - 11:30am

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Drawing Classes on Zoom

Tuesdays, 10 a.m. - 11:30 a.m.

To connect by Zoom and to register click [here](#)

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This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who are experiencing the same challenges, and allows you to share your experiences.

**Upcoming dates: January 22, February 19, March 19, April 16
1 p.m. - 3 p.m.**

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.
or online via Zoom! Space is limited!

To register contact info@4korners.org or 450-974-3940 ext. 601

L'APPU POUR LES PROCHES AIDANTS *You care for them,
we care for you.*

Caregivers Support Group

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who are experiencing the same challenges, and allows you to share your experiences.

Once a month on Fridays from 1 p.m. to 3 p.m.

Jan 22, 2020

Feb 19, 2020

March 19, 2020

April 16, 2020

Online via Zoom [register here](#)

OR In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.

Space is limited!

For in person registration contact info at 450-974-3940 ext. 601 or

info@4korners.org

ONE-ON-ONE SUPPORT & REFERRALS

**Consultations privée, soutien
et références**

...parce que c'est bien de demander de l'aide

**...because it's
okay to ask
for help!**

Contact us / Pour nous joindre

1.888.974.3940

info@4korners.org

 **4korners**
www.4korners.org

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L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites! info@4korners.org

For support or referrals visit us during our business hours or contact info at 1-888-974-3940 ext. 601 or info@4korners.org



**4K Community Cup winner for January 2021
Jennifer Turcotte**

As we all continue to go about our lives trying to avoid catching a virus, it is important to remember that acts of kindness are just as contagious. It is in this spirit that Jennifer Turcotte decided to launch her Purse Project this holiday season. The idea was to collect and repurpose gently used purses and fill them with toiletries; shampoo, conditioner, toothbrush, soap, anything that someone might use on a daily basis and distribute them to people in need. Jennifer also encouraged those donating to add a sweet note and some treats.

Jennifer grew up in Montreal, raised by a widowed mother of five children who, despite working hard to support a large family, always found time to offer a helping hand to those in need. When Jennifer moved to Morin-Heights she continued to be inspired by the generosity of her community and began

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Organization) and volunteer coordinator at Morin-Heights Elementary School, Jennifer somehow found the time this past November to execute her grassroots Purse Project. She put the word out on Facebook, placed a basket for collection outside her front door and the response from the community was overwhelming. Some people donated purses, some donated hotel items and some donated extra help with phone calls and support.

All told, Jennifer collected 28 filled purses, 3 empty purses that she and a friend filled and two big boxes of mini hotel toiletries that were divvied up among all the purses donated. The purses were then offered to nearby shelters with the majority being donated to Laurentian Regional High School to be distributed alongside their Christmas baskets.

Jennifer is hoping to continue to grow this project in the coming years: “The overwhelming support and being able to witness firsthand the generosity of our community has honestly been more rewarding than anything I had ever expected.” For her ongoing volunteer work and the inaugural Purse Project, Jennifer Turcotte is January’s 4Korners Community Cup winner!

To recommend someone for the 4Korners Community Cup please email andie@4korners.org

Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to: info@4korners.org

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Become a member!

It's never been easier to [become a 4Korners member](#)! Your annual donation will help us continue to deliver services to the communities of the Laurentians!

Kids Help Phone 

Need help now?
Text CONNECT to [686868](#)
or call a counsellor:
1-800-668-6868



[Éducaloi](#) -

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

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

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4Korners

Laurentian Community Network

Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

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