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**LAURENTIANS  
4K NEWSLETTER  
August 2017**





August 19 is recognized as World Humanitarian Day.

“Don’t look for big things, just do small things with great love....The smaller the thing,  
the greater must be our love.” Mahatma Gandhi

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## In Memoriam



4 Korners honours the memory of Nel McChristie who passed away after a car accident in St-Eustache on July 7, 2017.

Nel has been a member of the 4 Korners since it began. She was a dedicated leader to the yoga program. Her smile, compassion and zest for life will be deeply missed.

Nel was an inspiration to us and so many other people in our community.

A memorial service will taking place on August 5, 2017 at 14:00

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240A 10th Ave, Deux-Montagnes, Quebec J7X 4B1

Our condolences go out to her family.

Peter Andreozzi  
President

Stephanie Helmer  
Executive Director

4 Korner Family Resource Center

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# MENTAL HEALTH FOR A CHILD = MENTAL WEALTH FOR ALL



"75 per cent of mental health problems and illnesses have an onset in childhood, adolescence or young adulthood. Investing in mental health promotion and early intervention can stem the tide of economic losses and lessen the human burden of illnesses".

– Mental Health Commission of Canada, 2017

### ONE IN FIVE

Each year 1 in 5 **CANADIANS** experience a mental health problem.

### ONE IN FOUR

Only 1 in 4 who are **CHILDREN** or youth seek and receive services.

### ONE IN FIVE

Each year in **QUEBEC** 1 in 5 people experience a mental health problem.

**MEN**

**WOMEN**

Compared to the general population, their **LIFE EXPECTANCY** is reduced by 8 years for men and 5 years for women.

### ONE IN THREE

1 in 3 Quebec **KINDERGARTEN CHILDREN** living in a disadvantaged environment is vulnerable to problems in their development.

Children with **ACCESS TO CHILD CARE SERVICES** are 1/2 as likely to be vulnerable as their peers with no services.

### 2 - 3 TIMES

**MORE QUEBEC HIGH SCHOOL STUDENTS** have a high level of self-esteem when they receive a high level of social support from family, friends, school.

The risk of **DROPPING OUT** of school decreases among students receiving high social support.

### 40% VS 17%

The **RISK OF DROPPING OUT** among young people with ADHD is higher than among those without it (40% versus 17%).

**YOUNG PEOPLE** between 1 and 17 years of age with ADHD have more than tripled in Quebec since 2000.

ADHD  
19,500

ADHD  
63,600

2000-2001      2013-2014

Agir contre la maladie mentale  
Action on mental illness

http://cehmh.ubpsb-cc.ca

A capture from previous months at 4K



4 Korers is pleased to unite with partners to work to end the mistreatment and abuse of seniors.

*Melanie Wilson (Specialized Educator) - center, 7 from left.*

*Photo taken at a press conference in Lachute on June 16, 2017*



*4 Korers Specialized Educator (Caitlin Sigouin, front, 3rd from right) sits on a Senior's Table (Table de concertation 3ième âge, in the MRC Thérèse-de-Blainville).*



4 Korner's at Deux-Montagnes en fête!

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### Upcoming Activities in Deux-Montagnes

#### *Walking group*

**For Caregivers, for Parents, for Seniors, for Youth, for ALL!  
Take a stroll and chat.**

Tuesdays

Meet at 9:45 a.m.

Deux-Montagnes Head Office

200, rue Henri-Dunant

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### Upcoming Activities in Rosemère

*On-going workshop registration*  
**For Caregivers**

Rosemère Community Center

202, chemin de la Grand-Côte, Rosemère

**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:

lucie@4kornerscenter.org

**Kids, Let's Talk with Laura Young**

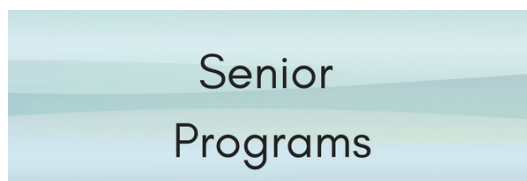
Returning this fall!

Sainte Agathe Academy

Visit our website or read the next newsletter for

dates and times.

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



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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