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4 Kornerers' September Newsletter

Please join us for the
Grand Opening Ceremony
of our new Deux-Montagnes location.
200, rue Henri-Dunant, Deux-Montagnes

Monday, September 19, 2016
6 p.m. to 8 p.m.

AGENDA for the evening
6 p.m. to 7 p.m.: Program registration for Fall activities and 2016-2017 Membership renewal
7 p.m. : Ribbon cutting ceremony with Deux-Montagnes city officials.

Light refreshments will be served.
RSVP by calling 450-974-3940 or by email at info@4kornerscenter.org

A smaller version of the 4 Kornerers logo, featuring the stylized '4' and 'K' symbols above the text '4 Kornerers'.



Renew your membership

Become a 4 Korner member

Community Events

Come and visit 4 Korner Family Resource Center in your community!

4 Korner's upcoming Lunch and Learns:

Wills and Testaments

followed by a question period with local notary Sarah Dwyer

TWO PRESENTATIONS:

Harrington Golden Age Center
259, Harrington Road, Harrington
Thursday, September 15, 2016
10:00 a.m. to 1:00 p.m.

and

Avoca Community Center
192, Avoca Road, Grenville-sur-la-Rouge
Wednesday, October 5, 2016
10:00 a.m. to 1:00 p.m.

Do you know all the ins and outs of Wills and Testaments?

Not sure? Join 4 Korner in discovering essential information on wills and testaments, followed by a question and answer period with Sarah Dwyer, notary.

A 4 Korner kiosk will be on site at the **Morin Heights Family BBQ.**

148, chemin Watchorn, Morin Heights
Sunday, September 11, 2016

Fun for the whole family: face painting, inflatable rides, community booths. Small fee for BBQ only. For more information call 450-226-2844

A 4 Korner kiosk will also be on site at the
Salon des Aînés d'Argenteuil (Seniors Day)

Polyvalente Lavigne
452, avenue d'Argenteuil, Lachute
Saturday, September 24, 2016
9:00 a.m. to 4:00 p.m.

[See the poster here.](#)

**Arundel Lecture Series: 4 Korner Family Resource Center
Working With the English Community**

Arundel Public Library
2, rue du Village, Arundel
7:00 p.m. to 9:00 p.m.

The Arundel public library holds a free lecture series during the year on various topics of interest. September will feature 4 Korner Family Resource Center. For information, see the schedule of lectures in the events calendar or contact the library. Call 450-974-3940 or email info@4kornerscenter.org

[Register Now](#)



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INFORMATION EMPOWERS

BACK TO SCHOOL

Bullying: How to

Recognize It and Act



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

For Caregivers

FOR PARENTS

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.

4 Korner's Family Resource Center offers **monthly support groups** the first Monday of each month in Deux-Montagnes. All caregivers are welcome to join.

DEUX-MONTAGNES What's for Dinner?

A weekly program designed for parents of pre-school children under the age of 6. Each week, a facilitator will guide in the preparation of a healthy meal for parents and their children and provide information sessions that deal with meal preparation and healthy eating habits.

If you are interested in joining with your child, [send us an email](#) or call us

caregivers are also available in Deux-Montagnes and Argenteuil

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



This month's Community Health Education Program videoconference

Self Esteem and Aging:

Do we become invisible as we age? What contributes to our lack of self-esteem as we get older? Join us with your questions about this important topic as we explore self-esteem and aging.

With return presenter Norma Gilbert, Social Worker, coordinator with Health Promotion for Seniors Program with the CSSS Cavendish, Montreal. Norma developed the Jog Your Mind and Stress Management for Caregivers programs. She has been involved in many research projects regarding healthy aging.

Wednesday, September 28

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

SAINTE-AGATHE Kids, Let's Talk (*Coming soon*)

A parent-child activity that will help develop and use stimulating and positive strategies to assist in language and communication. Parents will learn new ways to play with their child while placing the accent of language stimulation, via easy, structures and supervised activities. Each themed workshop has a song, two games, a snack and a story; the series of 8 workshops are all different and will begin mid-October.

If you are interested in joining with your child, [send us an email](#) or call us at 450-974-3940.



Deux-Montagnes

- Yoga for seniors
- Reassurance Calls
- Tai Chi*
- Scrapbooking*
- Information sessions on various health topics
- iPad courses*

*Small cost for program, reduced fee for [members](#).

Lachute

- Information sessions on various health topics
- [Community Health Education Program videoconferences](#)



LESAN is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services in their language. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved access to services in English.

If you would like to join a LESAN committee in your area, contact [4 Korner Family Resource Center](#)

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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