

[View this email in your browser](#)

**LAURENTIANS  
4K NEWSLETTER  
June 2018**



## 30 ALS STORIES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

**June is ALS (Amyotrophic Lateral Sclerosis) Month**

[Click to find out more about the disease.](#)

From the previous month at 4K:



Source:

It was standing room only at the first two showings of the play *Losing Control* in Lachute. Congratulations to La Belle Gang theatre group for their moving performance of this play about caregivers.

There are two more showings: June 14 and 15, 7 p.m., at Centre d'art La petite église, 271, rue Saint-Eustache, Saint-Eustache.



Source: [www.facebook.com/LapointeLindaMP/videos/2049059428644294/](https://www.facebook.com/LapointeLindaMP/videos/2049059428644294/)

An area artist entertaining the crowd at 4 Korner's' first Open Mic night. Open Mic is held at Café Totumos each Friday evening.



*You are cordially invited to the*  
**Annual General Meeting**

**THURSDAY, JUNE 14, 2018 AT 6:00 P.M.**

*To be held at La petite église  
 271, rue Saint-Eustache, Saint-Eustache*

The play *Losing Control* will be performed in this historic venue.

Finger foods and drinks will be served.

Cost \$5

RSVP by June 7, 2018 at [info@4kornerscenter.org](mailto:info@4kornerscenter.org),  
 call 450-974-3940 or  
 drop by the office on 200, rue Henri-Dunant.



**Membership has its privileges!**

Active members have voting privileges at the A.G.M. which includes electing new board members.

**Upcoming Activities in Argenteuil**

Videoconference

**Why Can't I Sleep?**

June 13, 10 a.m. - 12 p.m.

Community Learning Center (LRHS)  
 448, av. Argenteuil, Lachute

Information Session

**Hearing Loss – What did you say?**

June 21, 10 a.m.

259, Harrington Rd  
 Harrington

## Emergencies and living in a rural community

911, defibrillator demonstration and

more

June 14 ,10 a.m.

259, Harrington Rd

Harrington



*You care for them,  
we care for you.*

NEW! in Deux-Montagnes and Rosemère

### ***Get ready for some outdoor fun!***

4 Korner's welcomes families with kids of all ages to play in the park. No registration necessary.



Source: <https://centdegres.ca>

---

## Upcoming Activities in Deux-Montagnes

### **Community Fun Day**

June 2

10 a.m. - 3 p.m.

Videoconference

### **Why Can't I Sleep?**

June 13, 10 a.m. - 12 p.m.

### Walking Group

Tuesdays  
9:45 -10:45 a.m.  
Meeting point: 4 Korner  
200, rue Henri-Dunant



### Annual General Meeting

Thursday, June 14  
6 p.m.-7 p.m.  
Centre d'art La petite église  
271, rue Saint-Eustache, Saint-  
Eustache

Lunch & Learn

### Wednesday Wellness Series

#### Dental Hygiene

June 6  
11 a.m.-1 p.m.  
4 Korner  
200, rue Henri-Dunant



### Theatre - Live Play by LA BELLE

#### GANG

**"Losing Control"**  
June 14 and 15, 7 p.m.  
Centre d'art La petite église  
271, rue Saint-Eustache, Saint-  
Eustache



### Women's Wellness Group

#### **Improvisation Workshop with Heather Tremblay**

June 8  
7-9 p.m.  
4 Korner  
200, rue Henri-Dunant

### **NEW! Park days**

Starts June 28, 9:30-11:30 a.m.  
Location variable.  
On June 28, we meet at Olympia  
Park, 1005, rue Guy

**Yoga** will be on hiatus this summer. The last session is June 20. Everyone is expected back on August 13, 2018.



Health Canada Santé  
Canada Canada

Upcoming Activites in Rosemère

Starts June 18, 9:00-11:00 a.m.

Charbonneau Park  
Rosemère



### Upcoming Activities - Upper Laurentians

**Ongoing:**

**Kids, Let's Talk**

with Laura Young

at Sainte Agathe Academy

Contact us for more information: or 819-323-1355

Click on the area of interest to receive more information.



# 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.



Facebook



Twitter



Website



Email

## Our Mission

In a spirit of respect, support and empowerment, the 4 Korner's 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.

Copyright © 2018 4 Korner's Family Resource Center, All rights reserved.

