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4 Korner's December News

Programs, Information Sessions and Conferences

December is here and 4 Korner Family Resource Center is getting ready for the holiday season. [Click here to see all the programs 4 Korner offers in the Laurentians.](#) Please note that many of our activities are finishing in December and will resume in January 2016.



PLEASE NOTE

4 Korner will be closing from
December 23, 2015 at noon.
 We will resume our regular hours
 of operation on **January 4, 2016.**

Happy holidays!

NEWS FOR CAREGIVERS

Who is a caregiver?

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.

AVAILABLE NOW AT 4 KORNER FAMILY RESOURCE CENTER FOR \$10.00

The Caregivers Guide to the Elderly:

HOURS of Operation



Monday, Wednesday, Thursday & Friday

8:30 a.m. to 12:00 p.m.

12:30 p.m. to 3:30 p.m.

Tuesday

8:30 a.m. to 12:00 p.m.

12:30 p.m. to 5:00 p.m.

The Good Food Box: A Healthy Choice For You and Your Wallet!



**GOOD
FOOD
BOX**

Funded and distributed by **Moisson Laurentides**, the **Good Food Box program** operates throughout the year with individuals placing orders for fruit and vegetables every two weeks. The boxes are sold at a set price and contain a variety of top quality fruit and vegetables and, according to the size selected, in a quantity that is sufficient to last one full week.

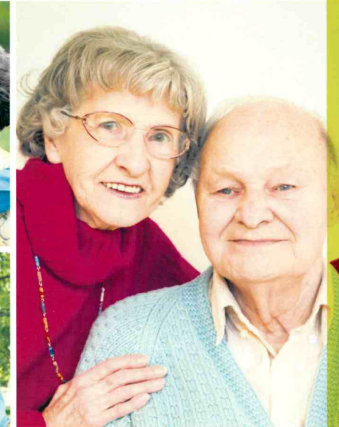
Small box (one person): \$8

Medium box (two people): \$12

Big box (one family): \$18

Caregivers to the Elderly

Maintaining Life Balance while Caregiving



Information and Support Guide for Caregivers

This project was made possible thanks to financial support from

L'APPU POUR LES FAMILLES LAURENTIDES

Centre québécois de services à la personne Québec

DID YOU KNOW THAT 4 KORNERERS FAMILY RESOURCE CENTER IN DEUX-MONTAGNES OFFERS MONTHLY SUPPORT GROUPS THE FIRST MONDAY OF EVERY MONTH?

For more information,
please call 1-888-974-3940
or email us at info@4kornerscenter.org

NEXT CONFERENCE FOR CAREGIVERS

Learn More About Alzheimers With Patrick Lavigne

Thursday, December 10, 2015

9:30 a.m. to 12:00 p.m.

at the Louis Renaud Community Center
270, Route du Canton, Brownsburg-Chatam
(St. Phillippe)

Call 1-888-974-3940 or email us at info@4kornerscenter.org to register or for more information.



The upcoming deadlines to pay for your boxes are:

December 9, 2015 at 12:00 p.m. for delivery on December 15, 2015

January 20, 2016 at 12:00 p.m. for delivery on January 26, 2016

[Learn more about the Good Food Box](#)

Upcoming Community Health Education Program (CHEP) Videoconferencing Topics

January 20, 2016

Memory Disorders & Dementia
(Not Alzheimer's)

February 17, 2016

The Health Risks of Smoking
The above video conferences are offered on Wednesdays at 10:00 a.m. at the Community Learning Center in the Lachute Regional High School (448 Argenteuil, Lachute, QC)

*Video conferences funded by



An English language newsletter for caregivers of the elderly from l'APPUI des Laurentides will soon be available. If you would like to be notified of the launch of the newsletter you can [click here to register](#) or call 1-855-852-7784.

L'APPUI POUR LES PROCHES AIDANTS D'ÂÎNÉS
LAURENTIDES

LIGNE INFO-AIDANT
1 855 8LAPPUI (852-7784) lappui.org

EDUCALOÏ: LET'S TALK LAW IN THE LAURENTIANS (IN ENGLISH)



4 Korner Family Resource Center is excited to announce a new partnership with [Éducaloï](#)!

[Éducaloï](#) is a registered charity whose mission is to inform Quebecers about the law by providing legal information in everyday language. Their activities focus on three areas: legal information, legal education and promoting the use of plain language when it comes to the law.

First information session

Wills & Testaments
(featuring Christina Kassab, Attorney)

December 9, 2015

1:30 p.m. to 3:30 p.m.

at 4 Korner Family Resource Center



For more information on programs, services or activities, you can contact us toll-free at 1-888-974-3940 or email us at info@4kornerscenter.org
You can also visit us at www.4kornerscenter.org



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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info@4kornerscenter.org

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