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January 2022



Strengthening Community Vitality
in the Laurentians



Happy New Year! Please note that our services will resume remotely as of January 3rd.

COVID-19 RESOURCES

[COVID-19 Vaccination Passport](#)

If you have trouble downloading your proof of vaccination or using VaxiCode contact 4Korners for assistance!

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[ClicSante](#) to book your covid-19 vaccination appointment.

[Government of Quebec COVID-19 Vaccination Campaign](#)

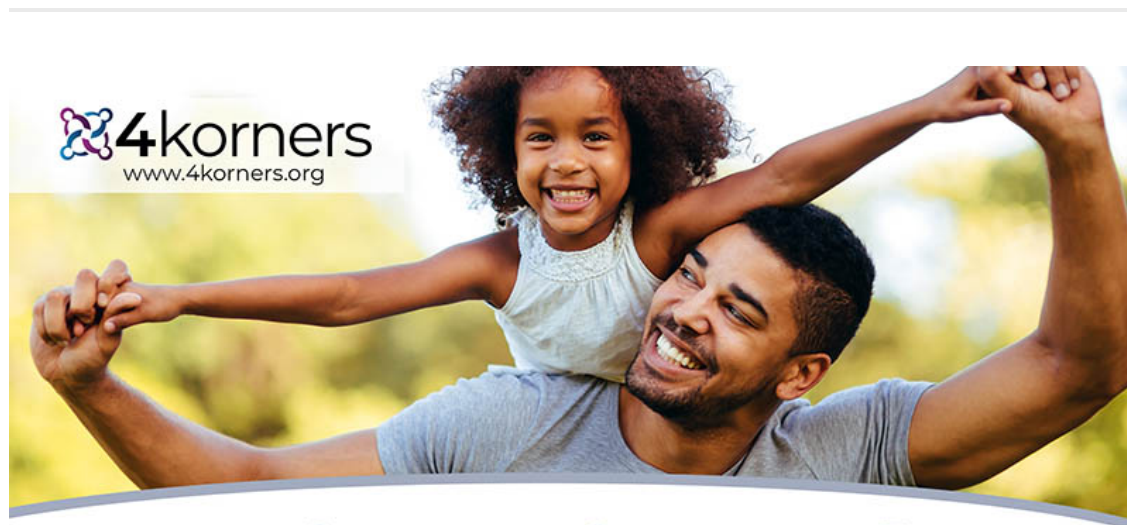
[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)

4kActivities

New this month!

Be sure to double-check the location before registering.



Dad, Let's Play

4Korners invites Dad's and their kids to join us for sports, fun and games!
Wear comfy clothes, bring your running shoes and let's have some FUN!!!

École des Mésanges - 203, 14th Ave. Deux-Montagnes

For dates, times & to register contact us at
450-974-3940 ext. 601 | info@4korners.org



Dad, Let's Play - ages 0-12

January 15 - April 30

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To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940



iPad Courses for Seniors

Tuesdays 1p.m. - 2 p.m., January 18 - March 8, 2022

Join us for an 8-week workshop to learn how to better use and understand your iPad. Don't have an iPad but still want to learn? Don't hesitate to reach out to us, we can help!

4Korners Activity Centre, 1650 chemin d'Oka, Deux-Montagnes
To register contact 450-974-3940 ext. 601, info@4korners.org

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec



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Cette initiative est financée par le Secrétariat aux relations avec les Québécois d'expression anglaise.
Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

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To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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ABC's of Sexuality

January 12 at 10 a.m.

Join us to gain an understanding of the acronyms in sexuality all while gaining a new perspective on Sexuality!

Presented by Jillian Donnelly, Student, Dawson Social Services Program

CHEP - Decluttering for your Health

January 19 at 10 a.m.

A CHEP (Community Health Education Program) presentation on fall prevention. Decluttering for your Health: Strategies for Chronic Disorganization, Hoarding, and Downsizing.

Presented by Kathleen Murphy, Certified Professional Organizer, Chronic Disorganization Specialist and Hoarding specialist

Joyful Living

January 26 at 10 a.m.

Join us as we learn, through individualized and interactive exercises and discussions, how the practice of mindfulness, gratitude, self-acceptance, letting go and social connection are vital to our own happiness. We will also explore how laughter, humor and play are one of the key factors to joyful living.

Aileen Borrue, Joyful Connections

All workshops offered on ZOOM AND IN-PERSON, 1650 chemin d'Oka, Deux-Montagnes
To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | info@4korners.org

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Wednesday Wellness

Wednesdays at 10 a.m.

January 12 - ABC's of Sexuality

[online presentation](#) & in-person

January 19 - Decluttering for your Health

online [contact info](#) & in-person

January 26 - Joyful Living

[online presentation](#) & in-person

1650 chemin d'Oka, Deux-Montagnes

To register for in-person activities contact [info](#) or call 450-974-3940 ext. 601

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Baby Sensory Classes

Classes sensorielles pour bébés

A five-week sensorial workshop for babies aged 2-15 months focusing on activities geared to stimulate each of the five senses, as well as various games to help develop both fine and gross motor skills. There will also be a weekly discussion period for parents. This activity takes place in English and is open to all.

Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 15 mois, axé sur des activités visant à stimuler chacun des cinq sens ainsi que sur divers jeux permettant de développer la motricité fine et globale. Il y aura également une période de discussion hebdomadaire pour les parents. Cette activité se déroule en anglais et est ouverte à tous.

2 - 9 months/mois

TUESDAYS, January 11 - February 8

MARDIS, 11 janvier - 8 février

9:30 - 11:30

202 ch. de la Grande-Cote, Rosemere

8 - 15 months/mois

TUESDAYS, February 22 - March 22

MARDIS, 22 février - 22 mars

9:30 - 11:30

202 ch. de la Grande-Cote, Rosemere

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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www.4korners.org

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Prévention
Fondation Lucie
et André Chagnon

CHSSN2  ANS ENSEMBLE

4K Bright Beginnings (for ages 0-5) - Baby Sensory

Tuesdays 9:30 - 11:30

2 - 9 months - Jan. 11 to Feb. 8

8 - 15 month - Feb. 22 to Mar. 22

202 ch. de la Grande-Cote, Rosemere

To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Online presentation register [here](#)

In-person: 1650 chemin d'Oka, Deux-Montagnes

To register for the in-person presentations contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

4K SPEAKER SERIES

The Role of the ARGENTEUIL MILITIA & RANGERS in the Conflicts of the 19th Century

The Argenteuil pioneer family participated in volunteer militia all throughout the 19th century. This lecture is going to focus on their role and participation in the many conflicts that occur in America from the war of 1812 and the rebellion to the Fenian raids.

Friday, January 21 at 1 p.m.

Join us in-person at Chalet Bellevue
27 Rue Bellevue, Morin-Heights
or online via Zoom.

To register contact info@4korners.org
or call 1-888-974-3940 | 450-974-3940 ext. 601



Robert Simard
Historian & Storyteller

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil. Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.

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Online presentation register [here](#)

In-person: 27 rue Bellevue, Morin-Heights (registration mandatory)

To register for the in-person presentations contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940



Behind the Music Sessions

Get to know the artists that have been performing over the last 18 months with our new "Behind the music sessions" series. In this series, we will get to know the artists better, all while appreciating their musical work.

January 14 at 7 p.m. - Frank Raffa

January 28 at 7 p.m. - Angelique Savoie

February 11 at 7 p.m. - Tom Foreman

Exclusively on our [Facebook page](#)

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This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).
Free & confidential. Open registration. Join any time.

Registration: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

Ongoing 4K Activities

Be sure to double-check the location before registering.

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4K Bright Beginnings (for ages 0-5) - Mother Goose

Starting January 19th

Wednesdays 9:30 a.m. - 11 a.m.

378 rue Principale, Lachute

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

4K Bright Beginnings (for ages 0-5) - Play to Learn

Starting January 14th

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

**Due to a delay in the construction of our new Blainville location we are temporarily hosting the Blainville group at 202 chemin de la Grande-Cote, Rosemere*

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

4K Bright Beginnings (for ages 0-5) - Parenting Circle

Starting January 10th

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

1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

4K Bright Beginnings (for ages 0-5) - Tiny Tots

CURRENTLY FULL!

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

1650 chemin d'Oka, Deux-Montagne

Please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940 if you would like to place your name on the waiting list.

4K Bright Beginnings (for ages 0-5) - Lunch Box Workshops

**Due to a delay in the construction of our new Blainville location we have had to delay the start date of this activity until March 2022.*

4K Kids Club (for ages 6-12) - Social & Emotional Learning

Starting January 12

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To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

4K Kids (for ages 6-12) - Drawing Classes Online

For kids aged 6-12

Tuesdays at 4:30 p.m.

[Register on Zoom](#)

Monthly Caregivers Support Group

Monday, Jan.17, Feb.21 & Mar. 21

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

In person at 200, rue Henri-Dunant, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

*Please use the door located on the right-hand side when approaching from Henri-Dunant. We will use the stairs from the outside to enter. If this is inconvenient for you please let us know so we can arrange for you to use an alternate entrance.

Seniors Wellness - Painting Classes

Now weekly on Wednesdays starting January 12th

12:30 - 2:30 p.m.

Register on Zoom [here](#)

Seniors Wellness - Drawing classes

Weekly on Tuesdays starting January 11th

10:30 a.m. - 12 p.m.

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

Seniors Wellness - Chair Yoga classes

Weekly starting January 10th

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

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

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Starting January 10th

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

In-person: 1650 chemin d'Oka, Deux-Montagnes

contact [info](#) or call 450-974-3940 ext. 601

Online: register [here](#)

Prenatal Classes

For upcoming dates, detail, and to register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!



4Korner Community Cup Winner for December Gertrude Dore!

During her time as a nurse in the Quebec healthcare system, Gertrude Dore was often asked to help her colleagues with an English-speaking patient and would jokingly agree for the nominal fee of 5\$. At her retirement party she was

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joke but the realities are pretty dire. It is one of the reasons Gertrude decided to jump right into volunteering once her nursing career was over. She started working with Maison Sercan, which offers free palliative care to cancer patients. She would meet with families, provide transport to medical appointments, and tried to get the organization to publish their brochures in English. I asked her if that work was emotionally taxing, but she says it was in fact something she enjoyed very much. "The discussions we had were fantastic." She recalls the stories she would hear from people in their final months of life and says this is a gift that she will treasure forever.

In 2010 Gertrude began volunteering with 4Korners doing office work or, as Gertrude puts it, "I learned to play on the computer." She represented 4Korners at Agape, a non-profit community organization serving the English-speaking and multicultural families of Laval, and remains with Agape where she is now the president. Gertrude also sits on the board of the Saint-Agapit food bank, prepares hot meals for people in need every Tuesday with Out to Lunch Kitchen and just to round out a busy workload, Gertrude is also the president of Women's Time Out, a social group that meets every Wednesday and supports various non-profit organizations with donations and non-perishable food items.

Gertrude says that when she retired from nursing she couldn't just sit home and do nothing but admits that it has snowballed to the point that she will need to step back from some of this soon. She says at 73, physically she can do it and enjoys the work but would be more than happy to pass the baton to someone sooner rather than later. Gertrude says that when the body says enough is enough, she will stop...but she is not there yet. Gertrude wishes there were more programs to encourage young people to volunteer especially with seniors who are spending their final years in a CHSLD. She circles back to what she learned while with Sercan when I ask what she would say to encourage more young people to follow in her footsteps. "It is so rewarding. These people have LIVED. They have stories." I thank Gertrude for sharing HER story with me and we are proud to name her as the 4Korners Community Cup winner for January!

To recommend someone for the 4Korners Community Cup please

email andie@4korners.org

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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



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](tel: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

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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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