



IMPACT REPORT
2019-2020



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Peter Andreozzi
President

A handwritten signature in cursive script, appearing to read "Peter Andreozzi".



Stephanie Helmer
Executive Director

A handwritten signature in cursive script, appearing to read "Stephanie Helmer".

4KORNERS Increasing our impact!

Dear members,

As we sit here to write and reflect on the previous fiscal year, we are in the midst of the current world-wide pandemic. It is unprecedented in our time and despite that it only occurred in the last two weeks of 2019-2020, it is overpowering.

The 4Korners team was dedicated, resourceful and quick to adapt and respond with the tools and skills we have. We went into the 2020-2021 year true to our mandate while building new bestpractices for our continuing presence in the Laurentian communities.

The past year seems blurry now despite the amount of work done with multiple organizations and government partners however, there are some highlights that are clear in our minds.

We are proud to present to you our new logo and revised name, mission, vision and values. This was a long journey based on 2018-2019's strategic direction, mandate expansion and organizational restructuring. We also now have five key program areas that will continue to be developed in response to the communities and the funding provided to support the programs.

There are so many stories that we wish to share with you, but it is difficult to include them all in reports. A few stand out from our team and the dedicated work that they do in their communities. Spending time helping a homeless man find somewhere to use a toilet facility, a long and difficult journey to help a women get her partner into drug rehabilitation in English, endless phone calls and outreach to help a man who reached out to us for help with his violent tendencies. For the support with violence, there was not one person or organization in the Laurentian region that could help this man and we had to refer him to Laval. This is the unseen work of our staff and our existence as an organization.

4Korners will continue to work on behalf of human dignity in a collaborative and collective fashion with province and regional-wide groups of caring individuals that see past language barriers and support our values.

This is the key to our IMPACT.

We thank you,

The 4Korners team and Board of Directors.



WHO WE ARE...

4Korners is a registered Canadian charitable organization founded in 2005. We connect individuals of the Laurentians with programs and services to meet their identified needs in a secure and inclusive environment. We work collectively to serve and enrich the lives of communities in the Laurentian region.

AND WHAT WE STAND FOR...

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.

Vision

That all citizens of the Laurentians can thrive in an inclusive society.

Values

Inclusion We value diversity and appreciate that every individual is unique.

Dignity We recognize that all human beings are worthy of respect.

Equity We believe that every individual deserves access to the same opportunities.

Accountability We value a culture of open collaboration while respecting commitments made to ourselves and others.

37,555

This is the total amount of English-speaking community members of the Laurentians that we serve.

3785



total participants in last years various activities
6% increase vs last year!

472



regular users of our programs & services
154% increase vs last year!

360



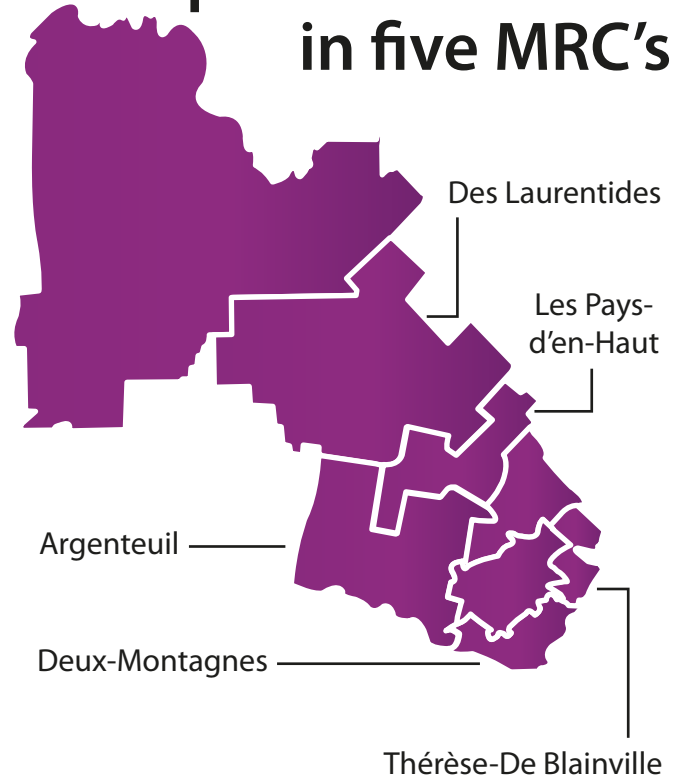
referrals to other organizations or service providers

OUR VOLUNTEERS



donated a total of 1228 hours

We support the entire Laurentian region & provide services in five MRC's



COMMUNICATION REACH

Social Media
847

Brochures &
Informational
Pamphlets
≈850

increase of
17%

Website
5098

E-bulletins
13,100



Our monthly newsletter saw an
**INCREASE IN SUBSCRIPTIONS
BY 14%
667 TOTAL SUBSCRIBERS!**



The 4K Community Cup goes to **Kathleen Gagne!**

Pre-pandemic, Kathleen Gagne estimated she would spend about 1-2 days a week volunteering, be it with 4Korners, with a mobile blood donor clinic, serving on the Lac des Deux Montagne Users' Committee or utilizing her seamstress abilities to help a neighbor. She is an asset to her community in Mirabel and is this month's winner of the 4K Community Cup.

Kathleen and I spend the first few minutes of our phone call talking about her hobby farm. I learn that now there is just the one horse, some laying hens, chickens, sheep, four cats and a dog. Hearing the 4Korners volunteer speak about the animals she cares for, including many strays she has taken in for veterinary care and the horse she once sat and read to because he was extremely depressed, it is very clear that caring for other beings is simply part of her DNA. When she describes feeding and caring for squirrels and how to humanely trap house mice, I decide not to mention MY current system that is rather more final. Caring for animals, be they domesticated or otherwise is just 'who we are' Kathleen tells me. She can trace this instinct back to her mother teaching her and her sister to share what little they had if someone was in need.

Kathleen's journey with 4Korners began 6 years ago when she was looking for somewhere to donate a collection of books she and her sister had long outgrown. Along with the books, Kathleen left her card with 4Korners and was called a month later and asked to start volunteering. Kathleen says it is one of the best things that could have happened. Recently retired, this gave her a way to continue to connect with people and to be of service, to seek out what needs to be done and do it. "Time is the only thing you really can't buy," she tells me, and goes on to talk about the importance of giving freely and checking your ego at the door. A self-described clown, Kathleen has been known to literally don a clown's nose and go to work in a onesie fleece pyjama. She says she will do anything (with the exception of singing in public—that is a non-negotiable) to help the cause. She also has little time for those who see themselves above washing a floor or doing dishes. "I'll make you a sandwich and send you on your way," she says with a laugh (aside: this is now my favorite way to politely tell people where to go).

Although she says she is dealing well with the current isolation measures because she is by nature a solitary person, Kathleen clearly loves a hilarious turn of phrase and enjoys interacting with people. "I will talk to a tree stump," is how she puts it. We are extremely grateful to have Kathleen as part of the 4Korners volunteer team and we can not wait to have her back as our very own 'chief cook and bottle washer.'



Programs & Activities

4Korners offers a wide range of programs for the Laurentian English-speaking population that focus on healthy lifestyles, mental health, foster creativity, and provide support for youth, families, individuals, seniors and caregivers of the elderly.

Networking & Partnership Initiative

Seniors & Caregivers of the Elderly

Individual, Family & Youth

Arts & Culture

Social & Economic Development

Networking & Partnership Initiative

A program designed to support Quebec's minority English-speaking communities in improving and maintaining access to Health and Social Services.

4Korners maintains an important partnership with the CISSS des Laurentides and our community partners to improve services. We support the community with referrals, information and resources.

Through this initiative we also sponsor several LESAN committees (Laurentian English Services Advisory Network) located throughout the Laurentians.

WORKING TOGETHER to build stronger communities



Through a grant from the CHSSN (Community Health and Social Services Network) and Health Canada, 4Korners sponsors a network called the Laurentian English Services Advisory Network (LESAN).

LESAN committees are made up of citizens associated with community organizations, public institutions and service providers to the English-speaking community. Our volunteer members participate in various roundtables and committees, which include French partners, in their respective municipalities. They work together to identify needs and find sustainable ways to deliver services to the Laurentian English-speaking communities.

4Korners is present on over 30 tables and 24 committees with French-speaking organizations, which includes 5 regional tables, in the MRC's of Argenteuil, Pays-d'en-haut, Laurentides, Thérèse-De Blainville, and Deux-Montagnes. We also facilitate/coordinate four LESAN committees. We represent the English-speaking community for the entire Laurentian region at tables with a focus on social and economic development, mistreatments of seniors and caregivers, early childhood development, seniors and caregivers, and access to health and social services in English.

Translations

Thanks to ERCC funding we are able to produce bilingual communications while encouraging partner organizations to do the same. Some examples include:

- Nourri-Source Laurentides website & brochure
- Bottin des Aînés, Argenteuil
- Centre Prévention Suicide Faubourg
- Mental Health Passport (below) in MRC's Argenteuil, Pays-d'en-Haut and Deux-Montagnes



Coronavirus (COVID-19)

The last two weeks of the fiscal year 89 events/activities/meetings were cancelled as a result of COVID-19. 4Korners quickly adapted to bring our programming online.

PROGRAMME D'ACCÈS AUX SERVICES DE SANTÉ ET AUX SERVICES SOCIAUX EN LANGUE ANGLAISE

Access to health and social services delivered in English is a right conferred by Quebec's Act respecting health services and social services (Article 15):

"English-speaking persons are entitled to receive health services and social services in the English language, in keeping with the organizational structure and human, material and financial resources of the institutions providing such services and to the extent provided by an access program referred to in section 348." Each public institution must develop a program of access to English-language health service and social services for the English-speaking population it serves.

Success factors associated with linguistic access

- Organizational policies and procedures
- Services provided in the English language
- Co-operation among partners and organizational outreach
- Organizational support measures (documentation in English, access to interpretation services, translation, training, etc.)
- Performance, quality and risk management related to linguistic access

Legal Workshops participants = average number of participants

Meet & Greet with CISSS Argenteuil & Users Committee

Argenteuil - 1 session, 9 participants

Meet & Greet with Notary

Argenteuil - 1 session, 11 participants

Canada Revenue Agency

Brownsburg-Chatham - 1 session, 11 participants
Harrington - 1 session, 7 participants

Financial Insurance

Brownsburg-Chatham - 1 session, 11 participants
Harrington - 1 session, 6 participants

Wills & Related Documents

Argenteuil - 1 session, 17 participants

Palliative Care

Argenteuil - 1 session, 8 participants

Senior Aware Info Sessions

Laurentides - 3 sessions, 5 participants
Argenteuil - 1 session, 11 participants

Doing Your Taxes

Argenteuil - 1 session, 10 participants

Fraud Presentation by SQ

Brownsburg-Chatham - 1 session, 10 participants
Harrington - 1 session, 10 participants

Document Assistance

Argenteuil - 1 session, 1 participant

Road Safety - SAAQ

Argenteuil - 1 session, 8 participants

Security - Police Cadets

Argenteuil - 1 session, 10 participants

Seniors & Caregivers of the Elderly

By running Senior Wellness Centres in multiple communities and providing numerous programs, activities and support centred on stimulating social interaction, improving mental/physical health, learning new skills and receiving resources and information, we aim to break isolation and improve seniors and caregiver's overall quality of life.



Reminiscence Workshops

Deux-Montagnes - 10 sessions, 7 participants
Harrington - 7 sessions, 4 participants

Chair Yoga

Argenteuil
Harrington - 11 sessions, 6 participants
Brownsburg-Catham - 5 sessions, 6 participants

Tai Chi

Deux-Montagnes - 25 sessions, 8 participants
Argenteuil
Harrington - 9 sessions, 8 participants
Brownsburg-Catham - 37 sessions, 6 participants

Jog Your Mind

Argenteuil
Harrington - 2 sessions, 7 participants
Brownsburg-Chatham - 4 sessions, 7 participants

Vi-Active

Deux-Montagnes - 9 sessions, 10 participants

History & Travel Lessons

Argenteuil
Harrington - 2 sessions, 10 participants
Brownsburg-Chatham - 2 sessions, 10 participants

Health & Wellness Info Sessions

Argenteuil
Harrington - 4 sessions, 11 participants
Brownsburg-Chatham - 8 sessions, 9 participants

Scrapbooking

Memory & Fine Motor Training
Deux-Montagnes - 23 sessions, 10 participants

French Conversation Classes

Deux-Montagnes - 10 sessions, 7 participants

Intergenerational Workshops

Deux-Montagnes - 3 sessions, 2 participants

Café Partagé

Argenteuil - 37 sessions, 5 participants

Caregivers Walking Group

Deux-Montagnes - 10 sessions, 2 participants

Community Health Education

Program Video Conferences

Deux-Montagnes - 3 sessions, 3 participants
Lachute - 8 sessions, 7 participants

Art & Painting Sessions

Deux-Montagnes - 6 sessions, 10 participants
Harrington - 8 sessions, 12 participants
Brownsburg-Chatham - 9 sessions, 7 participants

Foot Care

By appointment with a podiatrist
Argenteuil - 14 sessions, 3 participants

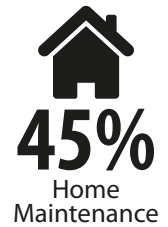
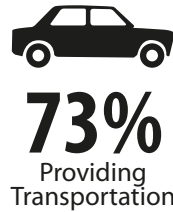
Internet Security & Tech Assistance

Argenteuil - 2 sessions, 5 participants

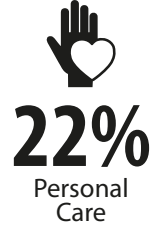
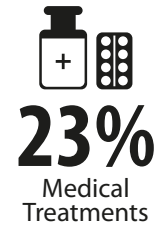
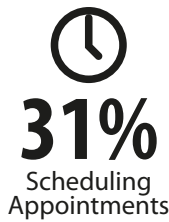
We hosted Lunch & Learns in four locations and served a total of 102 healthy buffet lunches!

A Day in the Life of a Caregiver

Have you helped your neighbour or a family member that is caring for someone lately? Did you know that isolation and burn out is common amongst those taking care of someone? Many hours per week are spent caring for these family members (median of 14 hours for spouses and 10 hours for children). Caregivers perform a range of tasks in caring for their family member or friend. Listed across are the tasks most commonly reported.



Statistics Canada



WE HELPED 99 CAREGIVERS IN 2019-20!

PROGRAMS & TRAINING

Bringing peace of mind to the whole family

Stand Up - Balance Program

Partnered with the CISSS
Deux-Montagnes - 10 sessions, 9 participants
Harrington - 20 sessions, 6 participants

Monthly Caregiver Support Group

9 sessions, 3 participants

REASSURANCE CALL PROGRAM

Volunteers call seniors at their homes to chat, have social connection and to give their families peace of mind.

3 volunteers made 775 phone calls in 2019-20, and helped 5 families.

SUICIDE PREVENTION TRAINING

1 session, 11 participants
MRC Deux-Montagnes

One-on-One Support

45 sessions



Lunch & Learn Argenteuil



Art & Painting Sessions

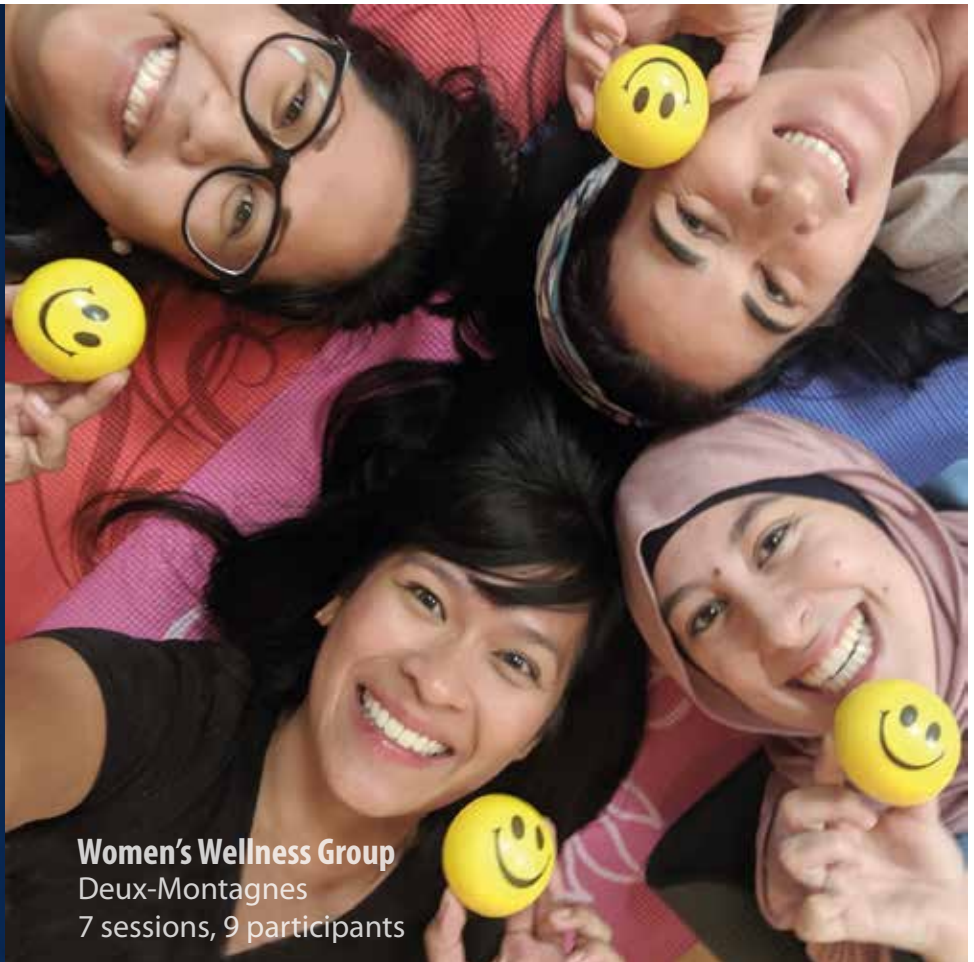


Nel's Yoga
Deux-Montagnes - 87 sessions, 15 participants

Individual, Family & Youth

We provide various programs, activities and support that focus on healthy lifestyles, mental health, and parental and caregiver support. We also work to enhance the well-being and educational success of English-speaking children and youth in the Laurentides.

We partner with schools to give children and youth access to a variety of enriching services.



Women's Wellness Group
Deux-Montagnes
7 sessions, 9 participants

Craft Night in Deux-Montagnes



Thank you Fonds Lili Homier for funding a teen mental health project in MRC Pays-d'en-Haut

Children's Mindfulness

Argenteuil
10 sessions, 25 participants

Zootherapy for Kids

Argenteuil
8 session, 15 participants

Espace Libre

Indoor free play space
(partnership with local
community orgs)
Deux-Montagnes
13 sessions,
10 participants

Family Yoga

Deux-Montagnes
8 sessions, 8 participants

Craft Nights

Deux-Montagnes
7 sessions, 12 participants

Homeschool Group

Deux-Montagnes
2 sessions, 9 participants

Kids Art Workshops

Laurentides
3 sessions, 12 participants

Junior Chefs

Laurentides
4 sessions, 15 participants

Education System

Parental Rights Workshop

Deux-Montagnes
1 session, 12 participants

Parent/Teacher Night

Laurentides
1 session, 15 families

Family Mindfulness

Argenteuil
1 session, 6 participants

We also offered a Stay Home Safe course and Babysitting course in the MRC's of Pays-d'en-Haut, and Laurentides



Supporting English-speaking Children & Families in the province of Quebec



Model developed by CHSSN Community Health And Social Services Network Réseau communautaire de santé et de services sociaux

Financial contribution by Health Canada Santé Canada

Baby Sleep Workshop

Deux-Montagnes
1 session, 5 participants

Parents & Tots

Deux-Montagnes
22 sessions,
15 participants

Mille Pattes Mille Mots Bright Beginnings

Deux-Montagnes
1 session, 9 participants

Play-to-Learn Group

Thérèse-De Blainville
3 sessions, 8 participants

Play & Learn Activities

Laurentides
12 sessions, 8 participants

The Bright Beginnings initiative is inspired by the CHSSN/NPI model and adopts many of its strategies and principles. This model emphasizes the implementation of knowledge, networking, representation, outreach and partnerships as key strategies to support local, regional and provincial partners to improve existing services for the English-speaking 0-17 population.

Parents & Tots

Thank you Regroupement Tandem 0-6 ans de la MRC de Deux-Montagnes and Avenir d'Enfants for funding our Parents & Tots program for the last 10 years. We're happy to announce that this program will continue to be funded by the federal government through the Healthy Early Years program!



Arts & Culture

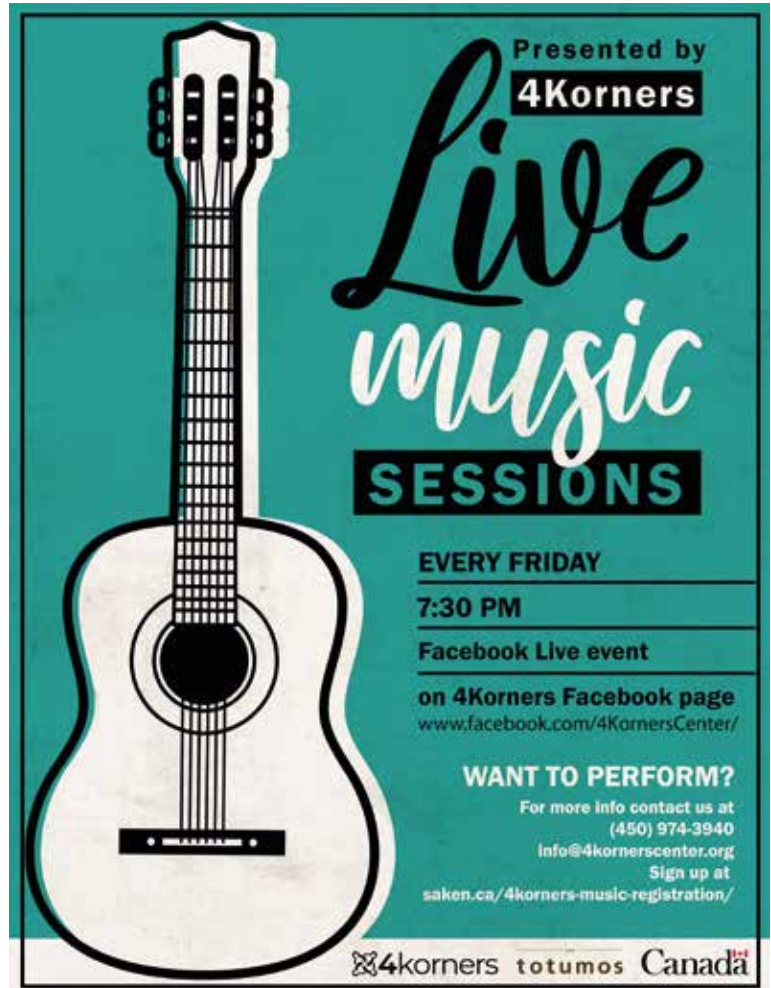
We provide cultural and creative community programs and activities that strengthen and enrich our minority-language community with partners collectively.

Helping communities thrive!

Live Music Sessions in Deux-Montagnes continues to bring community together to listen to and play music. This intergenerational initiative aims to improve community vitality, as well as give a space to youth leaders. It's also a great way to support the local economy. "A wonderful mix of generations and music locally. So needed here" said one of the many weekly spectators.

Live Music Sessions run on Fridays since its debut in 2018. At the end of March 2020 it transitioned to Facebook Live due to Covid-19. It's open to all community members, and we are excited to see what amazing artists will grace the stage next year!

Thanks to new program funding from Canadian Heritage we can now offer multiple cultural and creative activities.



Presented by
4Korners

Live music SESSIONS

EVERY FRIDAY
7:30 PM
Facebook Live event
on **4Korners Facebook page**
www.facebook.com/4KornersCenter/

WANT TO PERFORM?
For more info contact us at
(450) 974-3940
info@4kornerscenter.org
Sign up at
saken.ca/4korners-music-reglstration/

4korners totumos Canada



Ukulele Classes (above)
After-school program in partnership with Mountainview Elementary

Painting Classes (left)
at the Seniors Wellness Centre in Harrington

Social & Economic Development

We work with partners in the employment sector to encourage youth to build skills with training, internship programs, entrepreneurship, and potential work placements. We offer bursaries for students in Health and Social Service through the McGill Retention Program. We are also working collectively on local social support programs such as food security.

Deux-Montagnes en Fête

Intercultural Picnic

Deux-Montagnes

Paint Nite

Deux-Montagnes

McGill Career Fair

Laurentides

Career Fair

Laurentian Regional High School

Salon Jeunesse

Deux-Montagnes - LTM, Des Patriotes

Kanehsatake Wellness Fair

McGill Bursary

McGill NGO and Community Sector Job Fair

ARE YOU STUDYING IN A HEALTH & SOCIAL SERVICES PROGRAM?

You could be eligible for a bursary of up to \$10,000 through Dialogue McGill's Health and Social Services Community Leadership Bursary Program!

Eligible students must:

- Be from the Laurentian region
- Possess acceptable English and French language skills
- Be pursuing full-time studies in an admissible health and social services program at a government recognized educational institution inside or outside of their home region (depending on the category of bursary applied for)

Apply Now! Contact us!

1.888.974.3940 or info@4korners.org

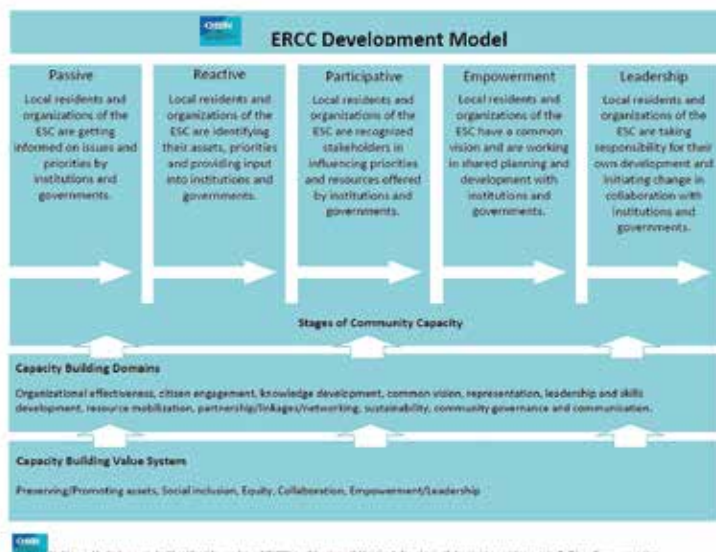
 4korners

 Dialogue McGill
Better Communication for Better Care

A \$5000 bursary was awarded to a Bachelor of Social Work student from the University de Montreal!

Youth Employability Project

Develop services to integrate young anglophones into the Quebec labor market in partnership with the Carrefour Jeunesse Emploi.



Enhancing Regional Community Capacity Initiative (ERCC)

The CHSSN-ERCC initiative, supported by an investment from the Secretariat for relations with English-speaking Quebecers (SRQEA), supports English-speaking community organizations to expand their capacity to better represent the needs and priorities of their English-speaking populations with government stakeholders and extend the reach and scope of their activities.

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THE NORTH SHORE News

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 Pointe-Calumet, Sainte-Marthe-sur-Lac, Sainte-Thérèse, Saint-Eustache

Dominic Breton

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Christopher Skeete meets Anglophone leaders



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North Shore Liberals ousted by Bloc Québécois

(NSN) An electoral drought that afflicted the Bloc Québécois on the North Shore for around nine years after they last won House of Commons seats in the area was finally broken on Oct. 21 when the party prevailed in two key ridings: Thérèse-De Blainville and Rivière-des-Mille-Îles.

Liberals beaten



In Thérèse-De Blainville Louise Chabot (photo left), defeated incumbent Liberal Ramez Ayoub with 41 per cent of the votes, with the Conservatives and

NDP trailing in distant third and fourth places respectively.

Although the NDP had won the riding in

the 2011 election during the Orange Crush, there was no sign this time around of voter support for the party that had briefly held the most seats in Quebec. Chabot was one of 32 Bloc Québécois MPs elected in Quebec in this election.

"This victory I owe to my volunteers, to the members and to the voters in Thérèse-de-Blainville," Chabot said in a message posted on her Facebook page. "Thank you infinitely. I will represent you proudly on behalf of Quebec."

Linda Lapointe ousted



The scenario was similar in Rivière-des-Mille-Îles, where Bloc Québécois candidate Luc Desjèts (photo left), outdistanced incumbent Liberal

Linda Lapointe by 2,748 votes. As was the case in Thérèse-De Blainville, the other contending candidates weren't even close. This despite the fact that the NDP had won the seat in 2011 during the Orange Crush.

Louise Chabot has a background in nursing and was president of the Centrale des syndicats du Québec (CSQ) from 2012 to 2018. She has also served on her party's governing board. For defeated Liberal Linda Lapointe, the experience of losing this election was not an easy one to take.

Odds are she'll be back

However, Lapointe is a veteran of provincial and federal politics. She served in the National Assembly as an Action démocratique du Québec MNA for Groulx from 2007 to 2008. As well, she has a well-established track record as a champion and lobbyist for small business

Bloc took 32 seats

in Boisbriand and the North Shore areas. So the outcome of this election isn't likely to keep her down for long.

Desjèts was conciliatory in his remarks after learning he had won. "To find myself here is fantastic," he said in an interview with a local media on election night. Desjèts was also conciliatory towards his main adversary, saying he respected her personally for the hard work she did as MP, although he didn't share her political values.

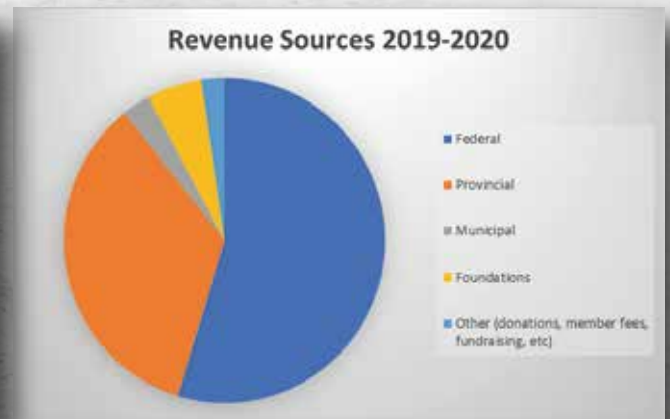
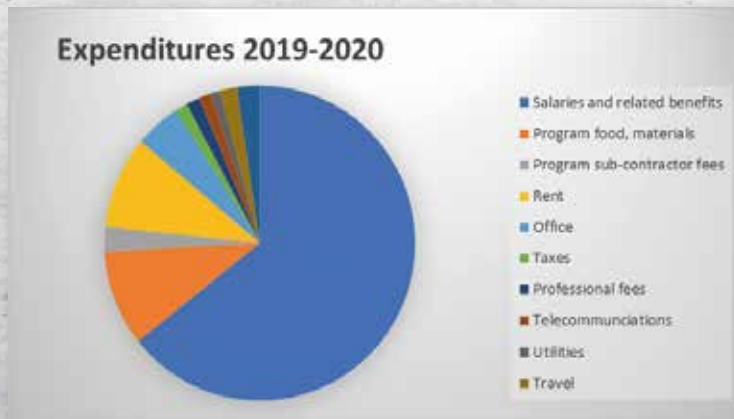
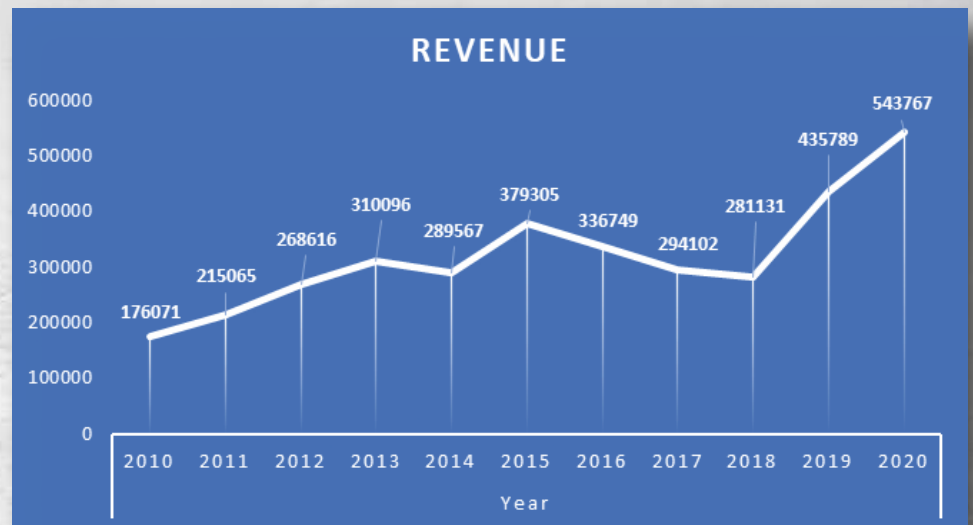


In partnership with the Regroupement pour la valorisation de la Paternité 4Korners is developing a program for fathers.



Winners of a food security project

Financial Highlights



OUR FUNDERS



Special thanks to our Supporters, Partners and Project Sponsors

Agapé Deux-Montagnes
Alan Petten
Alzheimer's Society
Arundel Elementary School
Carol and Gord Wetmore
C.E.S.A.M.E.
Cafe Totumos
Centre d'Action bénévole solidarité Argenteuil
Centre Marie Eve
Centre pédiatrie sociale cœur des Laurentides
Centre Prévention Suicide le Faubourg
CISSS des Laurentides
City of Arundel
City of Blainville
City of Deux-Montagnes
City of Lachute
City of Morin Heights
City of Rosemère
City of Sainte-Eustache
City of Sainte-Marthe-sur-le-Lac
City of Mont-Tremblant
Community Learning Center Morin Heights
Community Connections
Community Learning Center Lachute
Community Learning Center St-Agathe
Coop Bon-Ménage
Coop Coup de Pouce Argenteuil
Dawson College
Deidre (Deedy) Shipton
Deux-Montagnes Lions Club
Deux-Montagnes regional police
Fonds communautaire d'accès au micro-crédit
Fonds d'Emprunts des Laurentides
Harrington Golden Age Center
Heritage Social Club
John Abbott College
Joseph Graham
Kanesatake Health Center
La Citad'elle Lachute
Lake of Two Mountains High School
L'Antr'Aidant
Laurentian Club of Canada
Laurentian Elementary School

Laurentian Literacy Center
Laurentian Regional Cancer Support Group
Laurentian Regional High School
Laurentian United Church
Le Carrefour Peri-naissance et familiales
Les artisans de l'aide
Loisirs Arundel
Mainstreet Newspaper
Maison de la Famille Argenteuil
Maison de la Famille du Nord
Maison des jeunes Deux-Montagnes
Maison du Citoyen Deux-Montagnes
Maxi St-Marthe-sur-le-Lac
Mesure alternatives des Basses Laurentides
Morin-Heights Elementary School
Morin-Heights Chalet Bellevue
Mountainview Elementary School
Municipality of Arundel
Municipality of Grenville-sur-la-rouge
Municipality of Harrington
Nourri-Source
Palliacco
PANDA BLSO
Parkinson Quebec
Petite Maison Pointe-Calumet
Portail Lac2M
Prévoyance envers les Aînés des Laurentides
Regroupement de la valorisation de la paternité
Sainte-Agathe Academy
Seniors Action Québec
SERCAN
Sheila Eskenazi
Sir Wilfred Laurier School Board
SOS jeunesse
Ste Adèle Elementary School
Sûreté du Québec
Tom Whitton
Town of Grenville
Vanier College
Ville de Brownsburg-Chatham
Ville de Sainte-Agathe-des-Monts
Youth Philanthropy Initiative

Governance

- 24 members not including Board and Staff attended the last Annual General Meeting
- 6 board meetings in 2019/2020, and 4 new board members
- 201 members renewed or joined by paying the annual fee in 2019/2020

Board of Directors

Peter Andreozzi - President, Private sector

Julie Piette - Vice-President, Education sector

Salinda Hess - Education sector

Adam Gordon - Community member

Gordon Wetmore - Community member

Allison Vanderbolt - Community member

Martin Neveau - Private sector

Tom Whitton - Private sector

Ellen Coady Holdaway - Community member

Current Team

Stephanie Helmer - Executive Director

Melissa Grandmaison - Assistant Director

Joyce Piette - Payroll

Rebecca Boudreau - Bookkeeper

Daniela Silvestri - Administrative Assistant

Betty Millien - Family and Youth Program Manager, MRC Deux-Montagnes

Caitlin Sigouin - Individual & Family Support Specialist, MRC Deux-Montagnes and MRC Thérèse-De Blainville

Lilia Idinarene - Project Coordinator, MRC Deux-Montagnes

Jaime Bisailon - Family & Youth Coordinator, MRC Deux-Montagnes & Thérèse-De Blainville

Melanie Wilson - Seniors & Caregivers Coordinator and Specialized Educator, MRC Argenteuil

Chloée Alary - Community Development Coordinator, MRC Laurentides

Andie Bennett - Community Development Coordinator, MRCs Pays-d'en-Haut

Josephine Piazza - Outreach Coordinator Seniors and caregivers, MRC Pays-d'en-Haut

Laura Young - Family & Youth Coordinator, MRC des Laurentides

Joanne Lamarre - Family & Youth Coordinator, MRC des Laurentides

Ken Duff - 4Korners Live Music Sessions Coordinator

Lisa Agombar - Caregivers Support, MRC Deux-Montagnes

Contact us:

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Office hours for all locations Monday to Thursday 9am - 4pm. Friday 9am - 12pm.
Closed 2 weeks per year in December.