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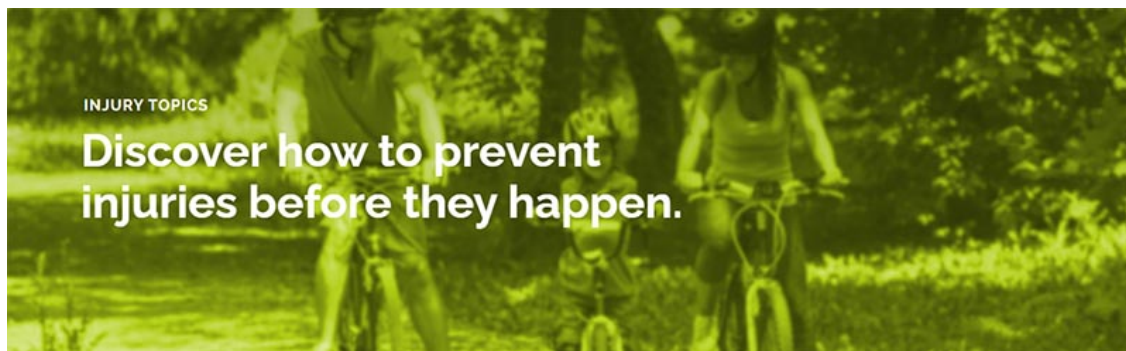
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July 2022



Strengthening Community Vitality
in the Laurentians



National Injury Prevention Day - July 5th

National Injury Prevention Day (NIPD) is a day to raise awareness around the importance of injury prevention and aid Canadians to live long lives to the fullest through education and advocacy. Visit parachute.ca to learn more about how you can prevent various types of injuries.

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Meet our Living Without Violence facilitator Conrad Popko. In this video he discusses the importance of time outs. To learn more about our Living Without Violence anger management program for men check out the flyer in our activities section below.

We're renovating!

Please note that our activity centre in Deux-Montagnes will be closed for the month of July during the renovations.

Should you require in-person assistance during this period please visit us at our temporary location at 1906 chemin d'Oka in Deux-Montagnes or you can always give us a call at 450-974-3940 ext. 601 or send us an [email!](#)

**Legal
Information and
Referrals Guide**



Educaloï has created a legal information and referrals guide. Check it out [here](#).

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resources then our website is the place to start.

Don't forget that you can also contact us by [email](#) or phone at 1-888-974-3940 ext. 601 and we'll be happy to assist you.

LOOKING FOR A FAMILY DOCTOR? Click [here](#) to register to find one.

COVID-19 RESOURCES

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

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



New this month!

Be sure to double-check the location before registering.



Summer Activities

For children aged 0-5
& their parents

Mornings in the Park

Weekly meetups in local parks with a variety of activities (arts & crafts, games, toys) for kids 0-5 and their parents!

MRC Deux-Montagnes - Thursdays 9:30 a.m. to 11:30 a.m.

Dates: June 30, July 14, 21 & 28, Aug 4, 11 & 25

Location: Contact us to register and we'll update you on which park we'll be visiting each week!

MRC Thérèse-De Blainville - Tuesdays 9:30 a.m. to 11:30 a.m.

Dates: June 28, July 12, 19 & 26, August 2, 9 & 23

Location: Contact us to register and we'll update you on which park we'll be visiting each week!

MRC des Laurentides (ages 0-12) - 9:45 a.m. to 11:30 a.m.

Dates & Locations:

July 5th : La Minerve / Parc de la bibliothèque / 100 chemin des fondateurs

July 6th : Val-David / Petite gare / 2525 rue de l'église

July 13th : Saint-Faustin-Lac-Carré / Parc de la gare / 420, rue de la Gare

July 19th : Mont-Tremblant / Parc du Centenaire / rue des Passe-Temps

July 20th : Val-Morin / Parc Poupart - Chapiteau / 6120 rue Morin

July 22nd : Ste-Agathe-des-Monts / Parc Lagny / 2 Rue Saint Louis

August 16th : Mont Tremblant / Parc du Centenaire / rue des Passe-Temps

August 17th : Val-Morin / Parc Poupart - Chapiteau / 6120 rue Morin

To register contact info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



Mornings in the Park

We're hosting our Morning's in the Park in three different MRC's!

1. **NEW!** MRC des Laurentides
2. MRC Deux-Montagnes
3. MRC Thérèse-De Blainville

Please note that due to unforeseen circumstances we had to cancel our Mornings in the Park activities in MRC Argenteuil. Hopefully we'll be back next

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Summer Fun Activities

Join us for various activities geared towards 6-12 year olds. A great chance to get out, socialize, meet new people and try new things. Activities include games, cooking tacos, scavenger hunt and diy crafts. Sign up for all four or choose your favourites.

MRC Thérèse-De Blainville - Wednesdays at 1 pm
July 13 & 20, August 10 & 17
2 rue de Ravin, Ste-Thérèse

To register contact info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



4K Kids Summer Activities

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

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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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Caregivers of the Elderly Support Group

Once a month

July 20 & August 17

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

In person at 200, rue Henri-Dunant, Deux-Montagnes (Salle Annette-Savoie)

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.

Prenatal Classes

For upcoming dates, details, 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!

4K Co-Parenting Korner - New Facebook Group

- Share information & tips on positive co-parenting
- Help parents navigate the challenges they face co-parenting
- Offer parents pertinent news & documents on co-parenting
- Provide parents with a space for questions & interactions with other parents

[Join the group here](#)

Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the

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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
LISTENING-INFORMATION-REFERRALS

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

Dialogue McGill |  Health Canada Santé Canada



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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