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June 2023


**4korners**  
 Strengthening Community Vitality  
 in the Laurentians



**BE A TEAM**  
*right from the start*

Semaine Québécoise  
**DE LA Paternité**

From June 12 to June 18, it's the Semaine Québécoise de la Paternité / Quebec Paternity Week! The theme for the 11th edition of this special week is "Be a team right from the start."

The desire of Quebec parents to work as a team and have an egalitarian relationship is becoming increasingly apparent. A growing proportion of fathers wants to be both fully involved from the moment a child is conceived and to share tasks equally with their partners.

This year, the Semaine Québécoise de la Paternité will focus on encouraging parents to team up right from the start, and it invites organizations and institutions to fully integrate co-parental and paternal realities during the perinatal period.

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fathers and their children on June 15th. Check out our special event on the Semaine Québécoise de la Paternité website [here](#)! Throughout this week, we will also be continuing to emphasize and share resources related to family support.

To learn more about the Semaine Québécoise de la Paternité or find out ways you can support the cause, visit the official website [here](#).

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# Annual General Meeting Assemblée générale annuelle

Wednesday, June 14th 2023 at 6:30 p.m.  
Mercredi, 14 juin 2023 à 18h30  
503 Rue Cedar, Deux-Montagnes & via Zoom

Space is limited - Registration required  
Places limitées - Inscription requis

Seven seats on the 4Korners Board of Directors will be up for election during the Annual General Meeting. 4Korners members have voting privileges. It costs only \$10 annually to become a member.

Sept sièges du conseil d'administration de 4Korners seront à pourvoir lors de l'assemblée générale annuelle. Les membres de 4Korners ont le droit de vote. Devenir membre est possible au coût de \$10 par année.

#### ***Are you interested in helping your community?***

4Korners is currently recruiting new board members! If you would like to participate and are available for 6 to 8 meetings per year, please send a letter of intent by June 1st to Peter Andreozzi, [president@4korners.org](mailto:president@4korners.org)

#### ***Aimeriez-vous soutenir votre communauté?***

4Korners recrute de nouveaux membres pour son conseil d'administration! Si vous souhaitez vous impliquer et êtes disponible pour six à huit réunions par année, veuillez envoyer une lettre d'intention avant le 1er juin à Peter Andreozzi, [president@4korners.org](mailto:president@4korners.org).



***Following the meeting there will be a stand up comedy show! Cash bar and snacks will be provided.***

***19h30 - 20h30***

***Suivant l'assemblée il y aura un spectacle d'humour! Bar payant et grignotines seront fournies.***

Registration through [Eventbrite](#)

For assistance, contact [info@4korners.org](mailto:info@4korners.org) | 450.974.3940 | 1.888.974.3940  
[www.4korners.org](http://www.4korners.org) | [www.facebook.com/4KornersCenter/](https://www.facebook.com/4KornersCenter/)

## **AGM - June 14**

In-person presentation:

Register via Eventbrite [here](#)

Online presentation:

Register via Eventbrite [here](#)

Contact [info](#) for assistance with registering if needed.

**4korners**  
**SUMMER KICKOFF**

JOIN US FOR AN EVENING FULL OF FUN FOR THE WHOLE FAMILY!

**JUNE 23 4 - 8 P.M.**  
 1650 CHEMIN D'OKA, DEUX-MONTAGNES

HAVE A BITE TO EAT FROM OUR GRILL, SNACKS, GAMES, FACEPAINT AND SO MUCH MORE! WHAT BETTER WAY TO WELCOME SUMMER THAN CELEBRATE WITH YOUR COMMUNITY!

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



**4Korners Summer Kickoff - June 23**

Register via Eventbrite [here](#)

**We're getting youth talking in the Laurentians!**

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Hosts share their thoughts on topics that matter to them and that also have an impact on the Laurentian region. We bring together young French and English-speakers, First Nations and immigrants established in the Laurentians with an aim to develop their leadership skills.

Season 2 of the podcast is here, and we will be releasing more episodes periodically through out the months. All episodes are available on our [YouTube channel](#), as well as on Spotify and Apple Music (search Youth Korner Jeunesse).

Check out the latest episode of the podcast below!



 **4kActivities**

**Check out our upcoming activities & support services!**

[Adults](#)

[Family & Youth](#)



## Adults



### **READY FOR A FRESH START?**

This workshop aims to help you take stock of your life and develop your Life Project for the years to come. It is a structured process that requires your reflection and intuition. Get to know yourself better by clarifying your needs, and limitations.

### **THEMES TO BE EXPLORED:**

- The foundations of choices and decisions in our lives.
- The missions and roles we take on.
- Our most frequent challenges.
- Some techniques to structure self reflection.
- The definition of the Life Project, its realization.
- Affirmation: be yourself without forgetting or imposing yourself.

**This workshop is offered online via Zoom**

**Registration: [info@4korners.org](mailto:info@4korners.org)**

**1.888.974.3940 | 450.974.3940 ext. 601**

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any time.

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



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](mailto: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.

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## Social Support Group for Men

**June 17 · 11 a.m. - 12 p.m.**

This monthly online social support group for men is a safe and confidential space where men can come together, let their guard down and share their experiences, struggles, and triumphs. The group's purpose is to provide emotional support, encouragement, and finding comfort in sharing one's experiences with those who have gone through similar situations. Meeting dates and times are determined monthly.

To register contact [info@4korners.org](mailto:info@4korners.org)  
1.888.974.3940 | 450.974.3940 ext. 601



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

### **Social Support Group for Men - June 17**

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

## [Family & Youth](#)





# 4korners

## MOVIE NIGHT

### SPECIAL PATERNITY WEEK

June 15th 2023, 17h30  
 1650 Ch d'oka, Deux-Montagnes, QC, J7R 1M9)  
 Limited spaces, register via Eventbrite →



**4Korners Movie Night - In celebration of Semaine Québécoise de la Paternité - June 15**

Register via Eventbrite [here](#).  
 Spaces Limited.

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## 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

**Mondays 9:30 a.m. to 11:30 a.m.**

July 3, 10, 17, 24 & 31, Aug 7, & 14

### MRC Thérèse-De Blainville

**Thursdays 9:30 a.m. to 11:30 a.m.**

July 6, 13, 20 & 27, August 3, 10 & 17

**Contact us at [info@4korners.org](mailto:info@4korners.org) to register**  
and we'll update you on which park we'll be  
visiting each week!

1.888.974.3940 | 450.974.3940 ext. 601

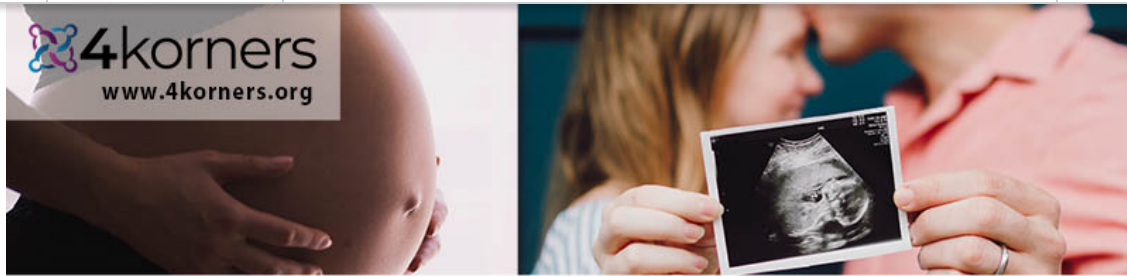
The logo for the Government of Canada, featuring the word 'Canada' in a serif font with a small Canadian flag to its right.

The logo for CHSSN (Centre de santé et de services sociaux), featuring the letters 'CHSSN' in a bold, sans-serif font with a stylized human figure to its left.

The logo for the Fondation Lucie et André Chagnon, featuring a stylized human figure in orange and blue, followed by the text 'Fondation Lucie et André Chagnon' in a sans-serif font.

### Mornings in the Park

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

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# Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo), laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Led by Laury Peroff from Laury's Perinatal.

**For upcoming dates, details, and to register contact**  
**[info@4korners.org](mailto:info@4korners.org) | 450-974-3940 ext. 601**

Classes offered online via Zoom & in person  
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

## Prenatal Classes

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

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## [Seniors & Caregivers of the Elderly](#)

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# Wednesday WELLNESS

## Morning Activities 10 a.m.

### JUNE 7 · Non-Violent Communication

Most of us have been educated to compete, judge, demand, diagnose and communicate in terms of what is "right" and "wrong". Without wanting to, even people with the best of intentions create needless conflict. If you would like to learn and practice a new way of communication, this workshop will certainly interest you.

Presented by Johanne Robitaille, Humanistic mediator.

Streaming in Sainte-Agathe-des-Monts and online via Zoom.

### JUNE 14 · Technology Conference on understanding how to better use your device

Do you feel overwhelmed or intimidated by technology? Do you think it is too complicated or difficult to understand? With some patience and practice anyone can learn to use technology. Please join Tim Foreman as he guides you through the basic tools for applications, emails, and any questions you may have with your personal device.

Live in Harrington. Streaming in Sainte-Agathe-des-Monts and online via Zoom.

### JUNE 21 · Community Tools for taking the fear out of prostate screening and follow up

with Jennifer Hobbs

SHARP (Services for Healthy Aging in the Right Place)

Streaming in Sainte-Agathe-des-Monts, Harrington and online via Zoom.

## Weekly Afternoon Activities in...

### Sainte-Agathe-des-Monts

June 7, 14 & 21

11:30 a.m. Chair Yoga and Meditation

12:15 p.m. Light lunch (June 21)

1:30 p.m. Live Stream Seniors' Painting Class

### Harrington - Rouge Valley Days

June 14 & 21

11:30 a.m. Exercise class

1:30 p.m. Live Stream Seniors' Painting Class

Sainte-Agathe-des-Monts  
12 Rue Prefontaine Ouest

Harrington  
259 chemin Harrington

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



## Wednesday Wellness Presentations

### Online via Zoom registration:

- June 7 - Non-Violent Communication - Online registration [here](#)
- June 14 - Technology Conference on understanding how to better use your device - Online registration [here](#)
- May 17 - Community Tools for taking the fear out of prostate screening and follow up - Online registration [here](#)

### In-Person registration:

(Locations noted on flyer) contact [info](#) or call 450-974-3940 ext. 601 | 1-888-



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Santé et bien-être des aînés à Mille-Isles  
**Seniors Health & Wellness**  
*in Mille-Isles*

Activities take place in English and are open to all!  
 Les activités se déroulent en anglais et sont  
 ouvertes à tous!

**June | juin 19 1:00 p.m. - 3:00 p.m.**

**Vision Board/Gratitude Conference and Tea Social**

**Conférence sur le tableau de visualisation et la gratitude, thé social**

Gratitude is the cornerstone of a happy and fulfilled life. It opens up our hearts to the blessings of the present moment and allows us to attract more abundance into our lives. Vision boards, on the other hand, are powerful tools for manifestation. Please join us to create your very own Vision Board.

Topics that will be covered include:

- What is a vision board and how does it work?
- The science behind gratitude and how it affects our brain and well-being
- Techniques for cultivating gratitude in different areas of life

La gratitude est la pierre angulaire d'une vie heureuse et épanouie. Elle ouvre notre cœur aux bénédictions du moment présent et nous permet d'attirer plus d'abondance dans notre vie. Les tableaux de vision, quant à eux, sont de puissants outils de manifestation. Rejoignez-nous pour créer votre propre tableau de bord.

Les sujets suivants seront abordés

- Qu'est-ce qu'un tableau de bord et comment fonctionne-t-il?
- La science derrière la gratitude et comment elle affecte notre cerveau et notre bien-être
- Techniques pour cultiver la gratitude dans différents domaines de la vie

1262 Chem de Mille Isles, Mille-Isles, Quebec

Room/salle: Strong Community room

For more information or to register contact | Pour plus d'informations ou pour vous inscrire:

[info@4korners.org](mailto:info@4korners.org) | 450-974-3940 ext. 601



**Seniors Health & Wellness in Mille-Isles (in-person)**

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

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Santé et bien-être des aînés à Gore

# Seniors Health & Wellness *in Gore*



Activities take place in English and are open to all!  
Les activités se déroulent en anglais et sont  
ouvertes à tous!

**June 26 • 26 juin**

**1:00 p.m. - 3:00 p.m.**

**CHSSN - CHEP Hearing Issues Video Presentation**

**CHSSN - CHEP Présentation vidéo sur les problèmes d'audition**

Webinar on Hearing Loss and Seniors with Sylvie Auger, Audiologist. CHEP Program financed by Health Canada.

Webinaire au sujet de la perte auditive et les personnes âgées avec Sylvie Auger, audiologiste. Programme CHEP financé par Santé Canada.

**Yoga Tout exercise course**

**Cours d'exercices de Yoga Tout**

Develop your equilibrium and balance in this video session (gentle practice) wear comfortable clothes and bring a mat if you are not using a chair.

Développez votre équilibre dans cette session vidéo (pratique douce) portez des vêtements confortables et apportez un tapis si vous n'utilisez pas de chaise.

**Registration | inscription: [info@4korners.org](mailto:info@4korners.org) | 450-974-3940 ext. 601**

**Gore Community Centre, 2 chemin Cambria, Gore**

For more information contact | Pour plus d'informations, veuillez contacter  
[info@4korners.org](mailto:info@4korners.org)



## NEW ACTIVITIES!

### Seniors Health & Wellness in Gore

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

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**ONLINE & INTERACTIVE!**

# SENIORS WELLNESS

## Yoga for Balance

Join 4korners and Josephine from YogaTout Laurentides as we learn to develop muscles, awareness, and balance for fall prevention.

**Join us on Zoom to connect live!**

**Mondays, 10 a.m. - 11 a.m.**  
**April 10 - June 19**

Contact us for more info:  
info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations avec les Québécois d'expression anglaise  
**Québec** **CHSN** **Canada**  
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.

### Yoga for Balance

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

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**ONLINE & INTERACTIVE!** **SENIORS WELLNESS**

**4Korners Tai Chi**

**Every Thursday from 1:00 p.m. - 2:30 p.m.**

**Join us on Zoom!**

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



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Quebec   Canada 

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.

### Tai Chi

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



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ONLINE &  
INTERACTIVE!

SENIORS WELLNESS

## 4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.  
All you need is a piece of paper and a pencil.

**Join us on Zoom to connect live!**

Tuesdays, 10 a.m. - 11 a.m.

April 11 - June 13

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



### Drawing Classes

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

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**ONLINE & INTERACTIVE!** **SENIORS WELLNESS**

## 4Korners Painting Classes

Painting workshops with Carol Lyng.  
 Painting supplies will be needed to participate in this activity.

**Join us on Zoom to connect live!**  
**Wednesdays, 1:30 p.m. - 3:30 p.m.**  
**April 12 – June 14**

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




### Painting Classes

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

### Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

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

To register 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!



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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](#)**  
**or call a counsellor:**  
**1-800-668-6868**



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**Appui**  
proches aidants

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

**Dialogue McGill**



Health  
Canada

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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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