



4 KORNERS FAMILY RESOURCE CENTER

Annual Report 2012-2013



Annual Report 2012-2013
June 19, 2013

The views expressed herein do not necessarily represent the official policies of the funders, sponsors or partners.

Thanks to your generosity, dear volunteers and donors, in 2012-2013, the Center reached over 370 children, 155 families, and 441 seniors. You donated over 3,100 hours of your time and over \$300,000 of your funds.



THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU
 THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU
 THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU

Financial support for projects and programs provided by:

The collage includes logos for: Agence de la santé et des services sociaux des Laurentides Québec; Health Canada / Santé Canada; CHSSN (Community Health And Social Services Network); L'APPUI POUR LES PROCHES AIDANTS LAURENTIDES; McGill; Canada; Québec; Centre de santé et de services sociaux du Lac-des-Deux-Montagnes; Emploi Québec; AVENIR D'ENFANTS DES COMMUNAUTÉS ENGAGÉES; Québec ENFORME; fondation Mathieu-Lafond; Rassembler Pour Aider - Aider Pour Rassembler; BOURSADIEU; PANDA; tops; K; VILLE DE DEUX-MONTAGNES; and ZUMBA with Leighann Dufault FITNESS.

AND DONATIONS BY GENEROUS PEOPLE LIKE YOU!

IN THIS YEAR'S ANNUAL REPORT

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GOVERNANCE

“BOARD MEMBER, YOUR FIRST RESPONSIBILITY IS TO ENSURE THAT THE MISSION OF YOUR ORGANIZATION CONTINUES TO MEET THE NEEDS IN YOUR COMMUNITY” LLOYD VANDERKWAAK

The 4 Korner Family Resource Center has always been blessed with a dedicated, hard-working group of individuals devoted to governing the organization and ensuring the needs of the communities are met. In 2012-2013, it was no different. Each of the following individuals occupied a post on the board during the 2012-2013 fiscal year.



Ms. Colleen Baxter-Sullivan
MRC Deux-Montagnes



Dr. Elizabeth Saccà
MRC Deux-Montagnes



Mr. Peter Andreozzi,
MRC Deux-Montagnes



Ms. Linda Supinski
MRC Deux-Montagnes



Ms. Linda Draycott
MRC Deux-Montagnes



Ms. Gertrude Dore
MRC Deux-Montagnes



Mr. Timothy Foreman
MRC d'Argenteuil



Ms. Brigitte Desjardins
Laval



Ms. Michelle Booth
MRC des Laurentides



Ms. Sarah Leboeuf
MRC Deux-Montagnes

THE TEAM

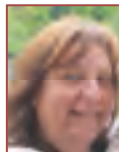
The knowledgeable staff at 4 Korner's Family Resource Center, whether in Deux-Montagnes or Sainte-Agathe-des-Monts, can always help you find the appropriate resource every time. Given the volatile nature of project funding, faces often change, but everyone is part of the team.

FULL-TIME STAFF

Rola Helou
Executive Director



Sylvia Schatrowski
Resource Coordinator



PART-TIME STAFF

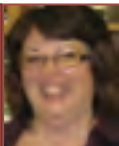
Harry Bleeker
Custodian



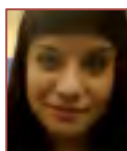
Kim Nymark
Communications Director
MRC des Laurentides and MRC
des Pays-d'en-Haut



Lyne Girard
Accountant



SPECIAL TASKS STAFF



Amanda Fougere
Resource and Administrative Assistants
Josée Delanev



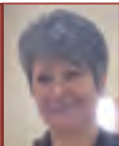
Cecile Bouchard
Daycare and caregivers project



Edith Ury
CHEP and caregivers project
MRC d'Argenteuil



Lisa Agombar
Fun Friends and caregivers



Joanne Gagné
Caregivers project



Dayna Morrow
Caregivers project
MRC Thérèse-de-Blainville



Laura Young
Fun Friends
MRC des Laurentides



It is with pride that we present this year's annual report. In fact, you too may feel quite proud with all our collective accomplishments this year. Thanks to you, dedicated volunteers, devoted staff and generous funders, over 3,000 people's lives were touched by the work we did together. Please allow us to take this opportunity to thank you all, each and every one of the over 80 volunteers, almost 600 members, 10 board members, 12 staff members and many, many donors, funders and partners.

As the expansion into the Laurentians continues, the need for increased access to services in English becomes more apparent. As we expand and work with more partners, we are happy to witness an openness and willingness to work together to bring more information, resources and services to the English-speaking population in the Laurentians.

One particular point of pride is the opening of the 4 Korner satellite office in Sainte-Agathe-des-Monts. 4 Korner is now better equipped to serve the population of the upper Laurentians. This, of course would not have been possible without the collaboration and support of the English Communities Committee and the CSSS des Sommets.

It is one example of partnership and collaboration leading to innovative ways of meeting the needs of the English-speaking communities of the Laurentians. Many more examples are provided in the next few pages. None of the successes of the past year would have been possible without each and every one of you: devoted board members, dedicated volunteers, generous donors, supportive funders and hard working staff members.

Enjoy the fruits of your contributions!

Respectfully,



Peter Andreozzi, President



Rola Helou, Executive Director

MISSION

In the spirit of respect, support and empowerment the 4 Korner's 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.

VALUES

We believe that it is important for people who share a common language to have an accessible, affordable and comfortable place to meet to build social support networks, exchange information and develop projects and programs for itself.

We believe in our right to receive health and social services in English.

We believe that each person contributes to his/her own health and well-being and to that of the community.

We believe that each voice is valuable within an organization, a system or a community and therefore a strong sense of belonging and responsibility should be encouraged.

We believe that there is strength in collaboration, partnerships and networks.

We believe that healthy families are the building blocks of a healthy community.

OBJECTIVES

To promote mental and physical health by delivering programs and services to individuals marginalized by factors such as isolation, language, and other risk factors.

To provide early stimulation programs for pre-school children.

To offer programs to prevent isolation, frailty and other conditions associated with aging.

Dear Volunteers,

Often, I have wondered, “Where would 4 Korners be without the walls you brought in? Where would 4 Korners be without the countless hours – that went uncounted – you gave freely and generously simply because you wanted to help? How many – or few – people would we be able to reach without your dedication?”

**Thank you for
donating over 3,100
hours of your time!**

I am afraid to answer these questions because the answers would be, “Not very far. Not much. Not very many.”

There are not enough ways to say THANK YOU! Allow me, nonetheless, to try, on behalf of the board, the staff, the participants, the partners and the English-speakers in the Laurentians.

Thank you
Merci
YOU=awesome, ME=grateful
When it comes to making an
impact, you rule!

Nia:wen
Gracias

Obrigada
شكراً

Dziękuję
Wliwni

You're a spark plug for good.
Thanks for sparking something
amazing!

So, it turns out, if you Google it, there are many, many ways to say thank you! Just know I am eternally grateful for all that you do! And, I am not the only one.

A million thanks...

Respectfully,



**Thanks to you,
over 800
referrals were
made**

One of the many roles of 4 Korner is to provide referrals, accompaniment and specific information to our members. The *Resource Korner* contains a collection of English language pamphlets describing the various programs and services available in the region, and the collection is constantly growing. Recently, a *Resource Komputer* was added to the *Resource Korner* to allow people to access information online.

Knowledgeable staff members can find information and make referrals to appropriate services. Referrals are made to an in-house service or to one of the other resources available in English in the Laurentians. When necessary, individuals are accompanied in their search for resources and services.

Did you know that over 3,000 people walked in the 4 Korner Head Office last year?



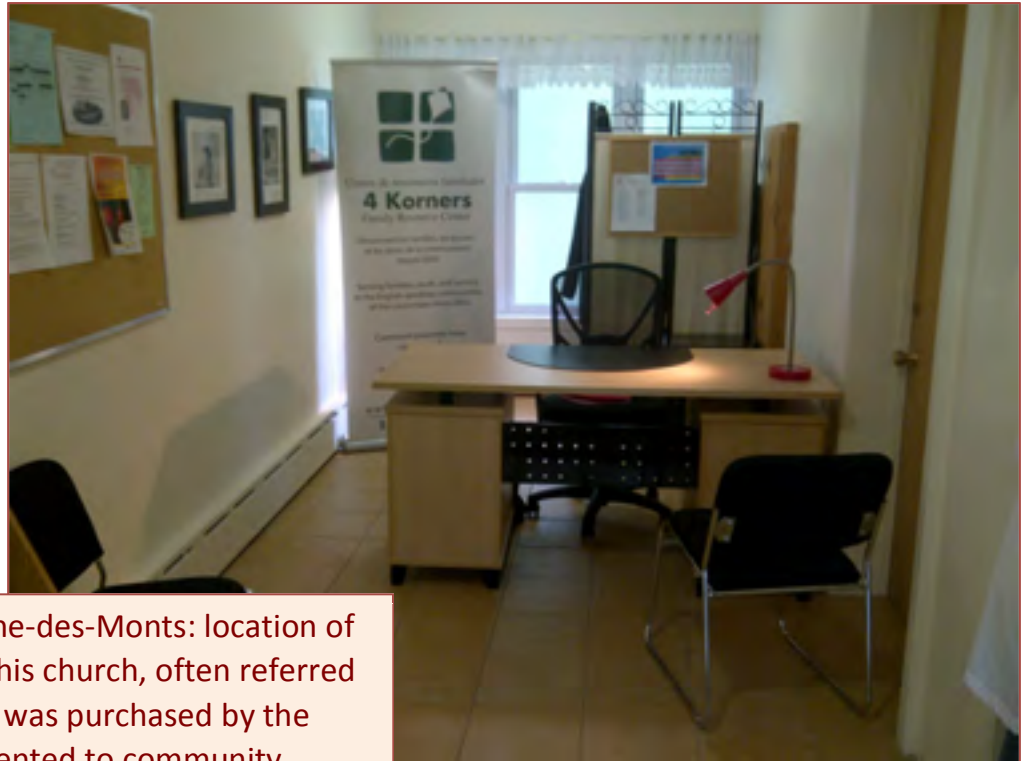
Resource Korner: contains English documentation.



Resource Komputer: for online information.

Thanks to the dedication of volunteers from the English Communities Committee, mainly ECC President Sheila Eskenazi, and the openness and willingness of the CSSS des Sommets to improve access to English services, the 4 Korner's Family Resource Center's satellite office was opened at the end of August 2012.

Thanks to you, over 40 people were served in Ste-Agathe.



50, rue Corbeil, Sainte-Agathe-des-Monts: location of 4 Korner's' satellite office. This church, often referred to as the old Fatima church, was purchased by the Fondation Medicale and is rented to community organizations.

ACTUALITÉS COMMUNAUTAIRE
Plus de services pour les anglophones
L'Information du Nord
Sainte-Agathe



An article appeared in the French *l'info du Nord* announcing more services for Anglophones in Sainte-Agathe.

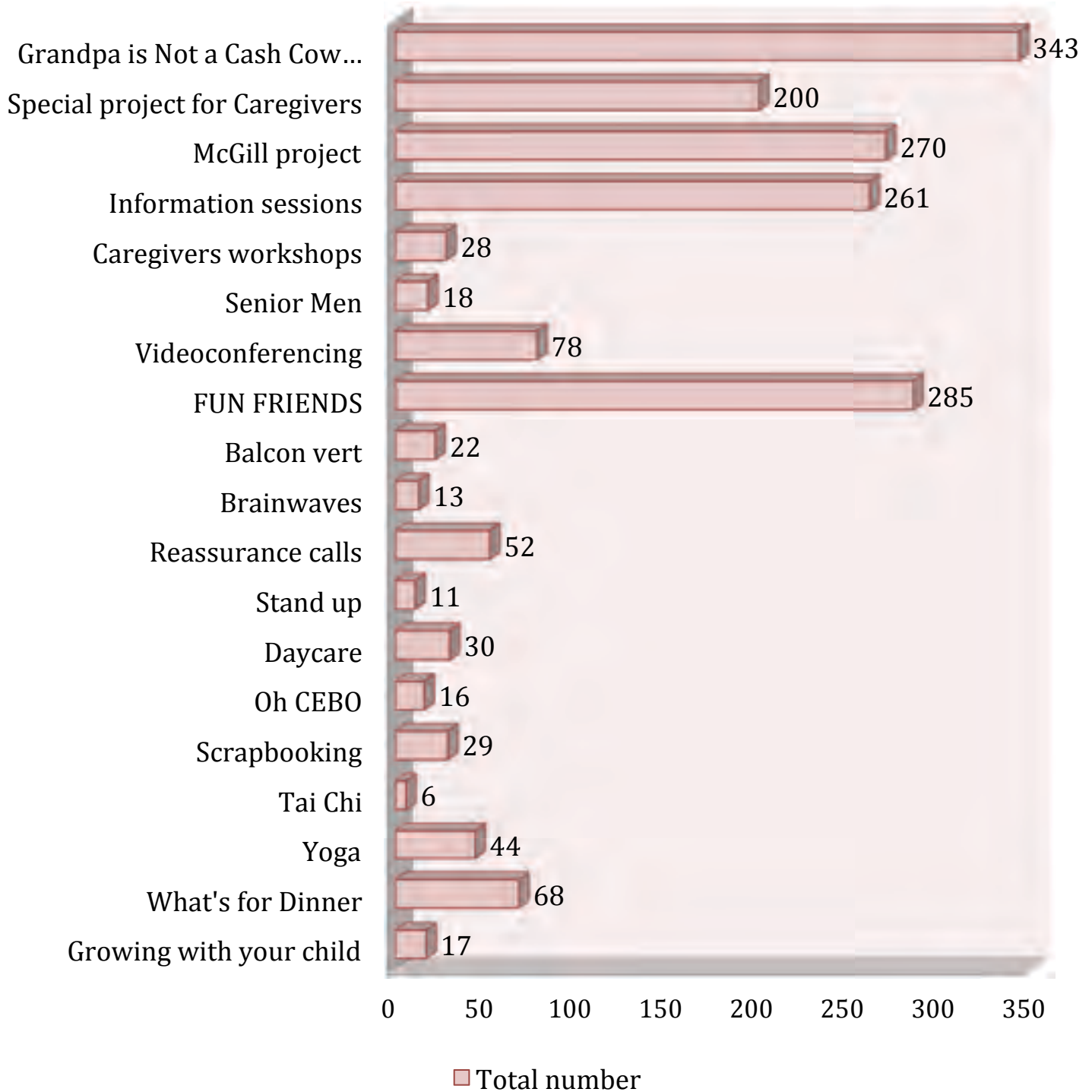
An advertisement for the 4 Korner's Family Resource Center. The ad features a logo with four green squares and a white paper airplane. The text reads: "The 4 Korner's Family Resource Center is now open in Sainte-Agathe-des-Monts". Below this, it says "Le Centre de ressources familiales 4 Korner's est maintenant ouvert à Sainte-Agathe-des-Monts". The ad also includes contact information: "50, rue Corbeil, Sainte-Agathe-des-Monts", "1-888-974-3910", and "www.4kornerscenter.org". There is a small photo of a family in the center of the ad.

An ad went into the Fondation Medicale's annual agenda. Our partners at the Fondation graciously offered the space free of charge!

ACTIVITIES MADE POSSIBLE BY YOU IN DEUX-MONTAGNES

Activity	Health Impact	Number of interventions	Dedicated Volunteer(s)
Yoga for the rest of us...	Reduced isolation among seniors, improved physical and mental health.	An average of 11 people 3 times per week for 52 weeks.	Nel McChristie
Tai Chi	Improved physical and mental health.	An average of 3 people once each week for 20 weeks.	Christine Neumeyer
Daycare	Respite for parents, stimulation and socialization for children.	An average of 10 children once a week for 27 weeks.	Pia Sobhee Margaret Weston Raj Cockburn
Reassurance Calls	Support for seniors living alone, prevention or early intervention, improved mental health.	An average of 227 calls per volunteer each year.	Gertrude Dore Carol Distasio Geri Belanger Doreen Draycott Irene Hirschbach Linda Cook Carole Morrisson Carolyn Plesz
Counseling	Improved mental health and psychosocial support.	An average of 6 hours twice per week for 32 weeks.	Joanne Gagné
Scrapbooking	Reduced isolation, improved memory, improved fine motor skills.	An average of 11 people 2 hours each week for 27 weeks.	Carol Knight Linda Supinski
Balcon Vert	Reduced isolation, increase of healthy choices, improved mental and physical health.	An average of 22 people benefit from the program over the summer (12 weeks).	Rene Heibel Carol Distasio Jim Distasio Colleen Baxter-Sullivan Michael Sullivan
Senior Men's Group	Reduced isolation, increase of healthy choices, improved mental and physical health.	An average of 6 men meet once each week for 32 weeks.	Donald Maillet Doug Craig
Brainwaves Tutoring	Improved school success. Long-term: improved health outcomes and reduced social isolation.	An average of 5 students for two hours each week for 27 weeks.	Heather Tremblay Laurie King Naomi Bellos
Computers for Seniors	Improved access to resources, reduced isolation.	An average of 8 seniors met weekly for 20 weeks.	Stella Cox Karl Valois Matthew Knechtel

PROGRAM PARTICIPATION FROM APRIL 2012 TO MARCH 2013



**You helped us reach over 1700
community members!**



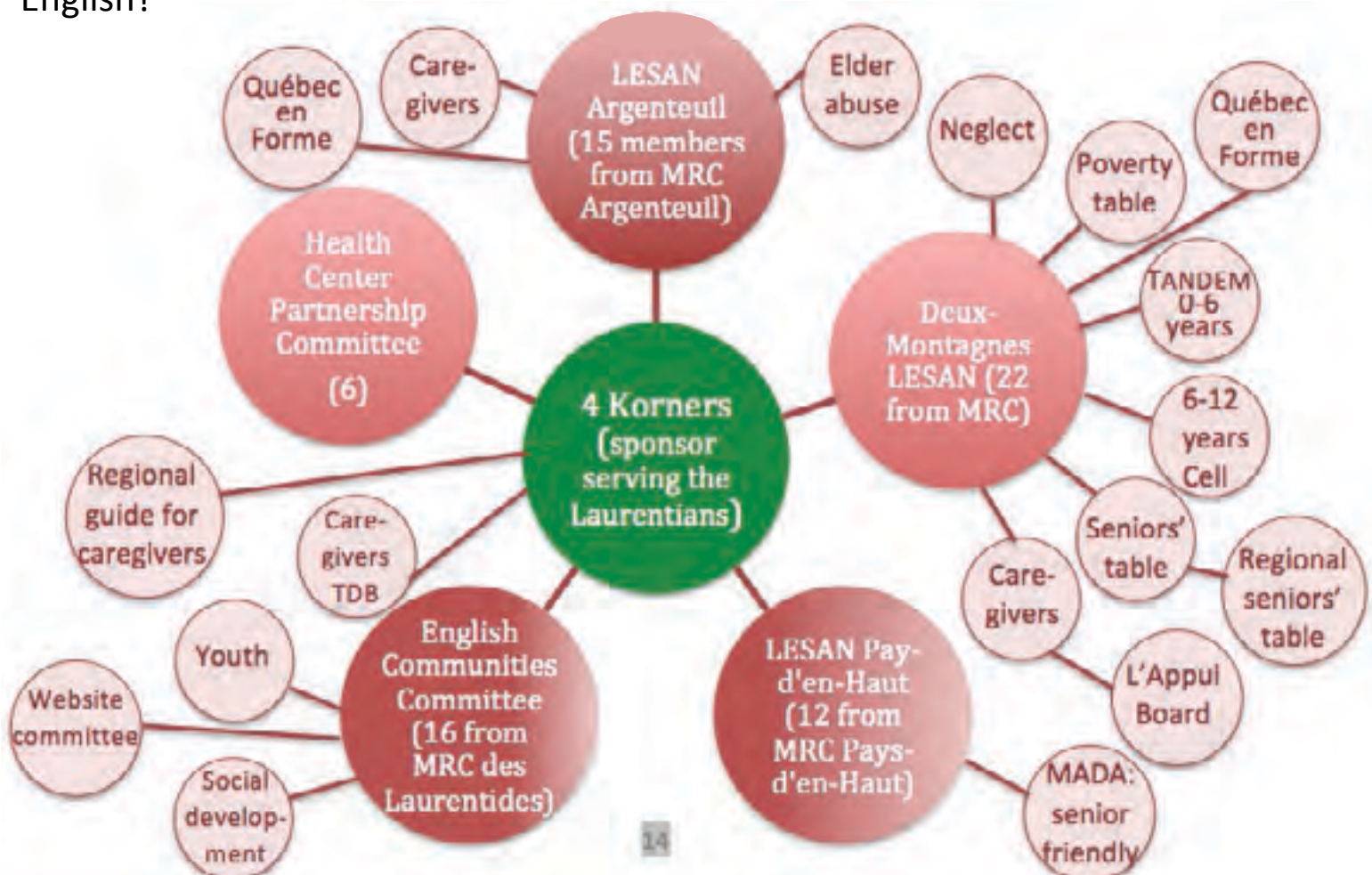
Provided financial support for the:

Laurentian English Services Advisory Network

A.K.A.

LESAN

This networking project aims to improve access to English health and social services through the creation of a network across the Laurentians. In addition, participation at various roundtables throughout the region is made possible through this project. Each of the LESAN committees includes a representative from the local health and social services center (CSSS) as well as volunteers, school representatives and members from community organizations. The diagram below illustrates each of the LESAN committees and the roundtables in each of the territories. These roundtables address specific issues or age groups. The LESAN ensures someone is around the table to ask, “Is that available in English?”



Provided support for:

What's for Dinner supported healthy choices for parents and children. This program was so popular that in 2013, two groups were offered in English, at 4 Korner, and one in French, at Centre d'entraide Racine-Lavoie.

New this year:

- Québec en Forme supported the implementation of special parent-child activities.
- Le Club Kiwanis supported special outings for all three groups.

Growing with your child provided activities for parents and their children that supported bilingualism and overall child development.

SCHOOL SUCCESS AND HEALTHY CHOICES



Supported:

The Support and Information for Caregivers Project provided workshops, resources and support sessions for caregivers in the MRCs of Deux-Montagnes, Argenteuil and Therese-de-Blainville.

Le Temps d'une Pause Project increased self-identification among caregivers and providing them with information regarding the resources available to them in the Deux-Montagnes area.
















The caregivers have greatly appreciated the support provided to them. The bouquet of fruit above was one token of appreciation from a caregiver who was able to obtain support and respite. Over 200 evaluation forms were received and the results have been overwhelmingly positive.

PARTNERSHIP AND COLLABORATION

“IF YOU WANT TO GO FAST, GO ALONE. IF YOU WANT TO GO FAR, GO WITH OTHERS.” AFRICAN PROVERB

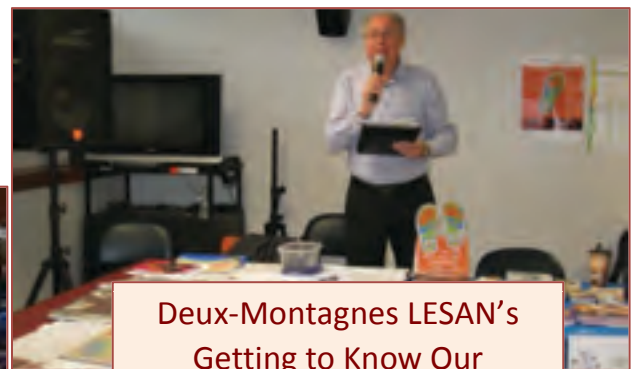
Improving access to health and social services is a concern we share with many partners in the region.

Partner (s)	Program	Outcome	Territory
	Stand Up	11 seniors acquired skills to prevent falls	MRC Deux-Montagnes
Cécile Bouchard	Oh CEBO!	16 people broke isolation while improving fine motor skills	MRC Deux-Montagnes
	Cancer support group	2 individuals received support	Kanesatake
	Videoconference	78 individuals received information about various health issues	MRC d'Argenteuil
	Play group	5 families broke isolation while acquiring tools to prevent anxiety	MRC des Laurentides
	Parenting 101	6 parents acquired tools to support them in their role of parent	MRC des Laurentides
	Grandpa is Not a Cash Cow and Grandma Won't Take Any Bull	Over 340 people were sensitized to the issue of elder abuse	MRC d'Argenteuil
	Bullying: A Workshop of Parents	13 parents obtained tools to deal with bullying	MRC Deux-Montagnes
	Information on Services	Over 40 people obtained information about services available and how to access them	MRC des Pays-d'en'Haut

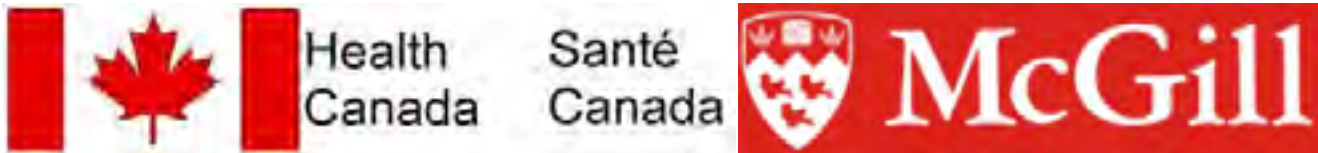
Partner (s)	Program	Outcome	Territory
	Getting to Know Our Communities	Over 30 people learned about health and social services available in English	MRC Deux-Montagnes
	Transition to High School, Sexuality and Your Teen, Talking to Your Teen About Drugs	A total of 24 families obtained information and tools to communicate with their teenagers	MRC Deux-Montagnes
	Honky Tonk Fundraiser	Over 40 people attended and \$2,000 was raised	MRC Deux-Montagnes
Eddy Ewenson Golf Invitation	Golf Fundraiser	Over 120 people attended and \$10,000 was raised	MRC Deux-Montagnes
	Cancer support group	2 people attended the monthly support group	Kanesatake
	Youth Artistic Expression	Over 50 young people used art as a means of expression	Deux-Montagnes & Kanesatake



LESAN Pays-d'en-Haut's Information session with the CSSS des Pays-d'en-Haut; the crowd broke out in applause upon hearing it was the first time an event of this nature was provided in English.



Deux-Montagnes LESAN's Getting to Know Our Communities Event



Provided financial support for:

The Increasing Bilingual Health Professionals in the Laurentians Project established a comprehensive information structure for bilingual health and social services professional interns to access Laurentian regional health care organizations. In addition, 4 Korner hopes to attract bilingual students to the professional and social benefits of working in the Laurentian region.

This year:

- 20 high school students participated in an observation internship at the Saint-Eustache Hospital;
- Over 250 students in High Schools and CEGEPs received information about possible internships in the Laurentians.

BILINGUAL HEALTH PROFESSIONALS = MORE ENGLISH SERVICES



Career fair at Rosemere High School:

The guidance counsellor, who had been helping students for over 30 years, had never heard of an observation internship. The French high schools have been organizing them for years.



Provided financial support for:

The Fun Friends Anxiety Prevention Program provided children with tools to cope with feelings of fear, worry, and depression by building resilience and self-esteem and teaching cognitive, behavioral, and emotional skills in a simple, well-structured format.

Our partners on the project were:



This year:

- 20 professionals were trained to implement the program;
- 8 schools participated;
- 2 CSSS participated;
- 285 students were provided with tools to build resilience.

HEALTHY MENTAL HEALTH CHOICES



Teachers, social workers and behaviour technicians took a day out of their busy schedules to help us improve the mental health of children in the Laurentians.

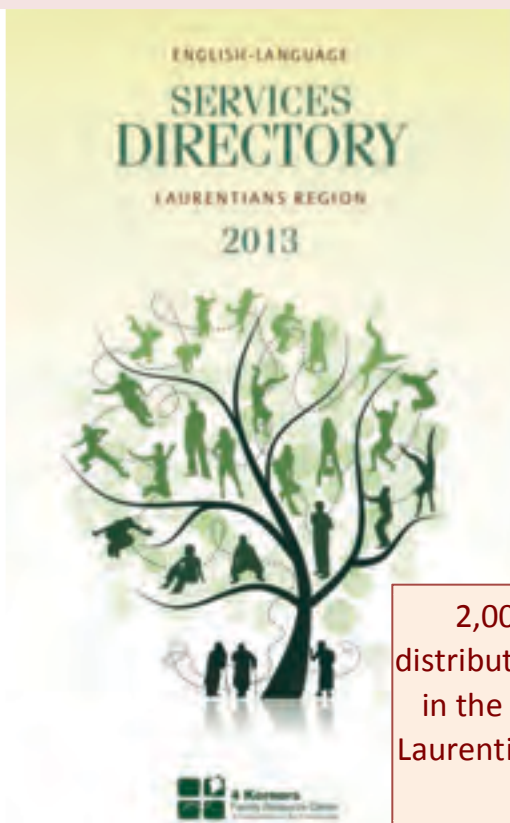
Provided financial support for:

The Family Resources English-Language Guide for the Pays-d'en-Haut Project developed by the LESAN Pays-d'en-Haut to inform the English-speaking community about municipal, health, educational, and social services available in the MRC Pays-d'en-Haut.

English Language Services Directory Laurentian Region 2013 listed community organizations, members of the *Regroupement des organismes communautaires des Laurentides* able to provide services in English.

The resource guides were created to inform the English-speaking community of services available to them and how to access them. Both guides used an A-B-C rating system to determine the level of English services available.

INCREASING KNOWLEDGE ABOUT SERVICES THROUGHOUT THE REGION



1,000 copies were made and distributed by the LESAN committee of the MRC des Pays-d'en-Haut.

2,000 copies were made and distributed by the LESAN committees in the MRC Deux-Montagnes, des Laurentides, Argenteuil and Therese-de-Blainville



Through the New Horizons for Seniors Project provided funding for:

The Basement Renovation Project increased the space available at 4 Korner's to offer more programs for seniors. Specifically, a computer course for seniors began after the renovation was complete and new laptops had been purchased.

INCREASING ACCESS TO TECHNOLOGY FOR SENIORS

The basement was transformed into a bright daycare space to free the main floor for more activities for seniors.



BEFORE

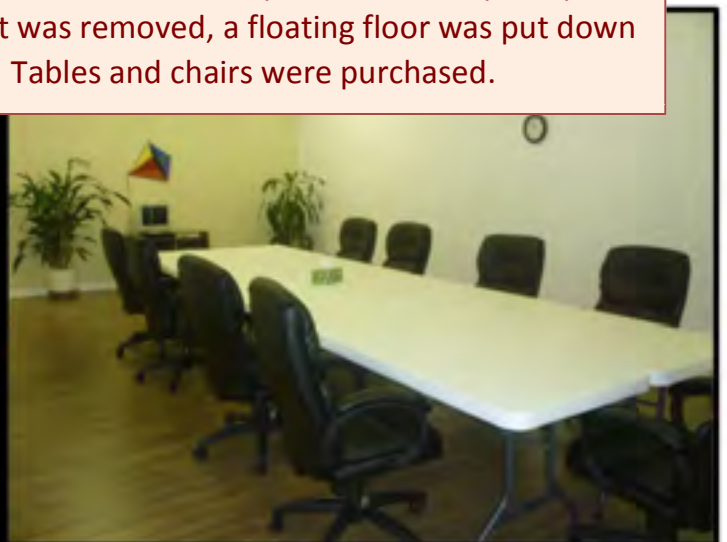


AFTER

The daycare, which was on the main floor of the center, did not provide an adequate place for the Senior Computer Program. The carpet was removed, a floating floor was put down and walls were added and painted. Tables and chairs were purchased.



BEFORE



AFTER

FINANCES

REVENUES

	<u>2013</u>	<u>2012</u>
a) Federal grants		
CHSSN	\$ 106,671	\$ 103,360
McGill	25,000	50,000
Service Canada (New Horizon for seniors)	23,500	-
	<u>155,171</u>	<u>153,360</u>
b) Provincial grants		
L'Appui des Laurentides	34,243	9,075
Agence de Santé et de Services Sociaux Laurentides	43,278	55,646
Société de développement de Saint-Eustache	12,338	6,714
Emploi Québec	<u>19,573</u>	<u>9,458</u>
	<u>109,432</u>	<u>80,893</u>
c) Municipal grants		
Ville de Deux-Montagnes	<u>6,834</u>	<u>2,040</u>
d) Foundations		
Young Canada Works	-	2,989
Mathieu Lafond	4,500	
Centraide Laurentides	<u>8,000</u>	<u>5,700</u>
	<u>12,500</u>	<u>8,689</u>
e) Fundraising		
Golf tournament	8,875	
Ball	-	5,615
	<u>8,875</u>	<u>5,615</u>
f) Other		
Membership dues	1,995	1,530
Programs	8,418	7,817
Donations	6,163	8,080
Miscellaneous	<u>708</u>	<u>592</u>
	<u>17,284</u>	<u>18,019</u>
	\$ 310,096	\$ 268,616

EXPENSES

	2013	2012
Revenues (Note 7)	\$ 310,096	\$ 268,616
Expenditures		
Salaries and related benefits	132,488	120,855
Program expenses	47,291	26,866
Program subcontractor fees	20,304	8,446
Office and general	12,007	20,719
Rent	11,566	10,551
Professional fees	8,080	22,840
Telecommunications	2,855	2,321
Utilities	8,516	7,722
Travel	7,659	4,276
Property taxes	2,660	2,750
Amortization	4,527	2,877
	<u>257,953</u>	<u>230,223</u>
Excess (deficiency) of revenues over expenditures for the year	52,143	38,393
Balance, beginning of year	5,005	(33,388)
Balance, end of year	\$ 57,148	\$ 5,005

SPONSORS, SUPPORTERS, FUNDERS AND PARTNERS 2012-2013

MANY, MANY THANKS!!

All of our valued volunteers and members!

4349636 Canada Inc

9150-2401 Québec Inc

AGAPE Laval

Agence de la santé et des services sociaux des
Laurentides

Aronhiatekha/Rotiwennakehte School

Arundel Elementary School

Avenir d'enfants

Basha Restaurant – Sainte-Marthe-sur-le-Lac

Bernard Lussier - Jean-Coutu

Boursadiou

Caisse Desjardins de Saint-Eustache-Deux-
Montagnes

Canadian National Railway Company

Carol and Gordon Wetmore

CENTRAIDE Laurentides

Centre de réadaptation en dépendances des
Laurentides

CESAME

City of Morin Heights

Community Connections

Community Health and Social Services
Network

Community Learning Center Lachute

CSSS d'Argenteuil

CSSS des Pays-d'en-Haut

CSSS des Sommets

CSSS du Lac-des-Deux-Montagnes

CSSS Thérèse-de-Blainville

Health Center Partnership Committee

Ici par les arts

James S. Bright

Jean-Jacques Bouchard/Gertrude St-Jean

Joron Automobile Ltée

Kanehsatake Human Resources Office

Kanesatake Health Center

Kiwanis

L'appui des proches aidants Laurentides

L'Éveil

La Farandole

Lachute Community Learning Centre

Lake of Two Mountains High School

Laurentian Club

Laurentian Elementary School

Laurentian Regional High School

Laurin Liu, MP

Le Carrefour Péri-naissance

Leighann Dufault - Zumba

LESAN Argenteuil

LESAN Pays-d'en-Haut

LIA Construction

Lions Deux-Montagnes

Main Street Newspaper

Maison des jeunes Deux-Montagnes

Maison de la Famille du Nord

Masonic Foundation of Québec

Maurice Tremblay

Dépannage St-Agapit

Design Dixieme Manche REGD, c/o Steven Menard

Deux-Montagnes LESAN

Dr. Pascal

Dre Suzanne Gagnon H.

Eddy Ewenson Golf Invitational

Emploi Québec

English Communities Committee

English Language Arts Network

Entre Nous et l'Oeuf

Fondation Mathieu Lafond

Fonds d'emprunt des Laurentides

Garage Nat

Groupe Lefebvre MRP Inc.

McCaig Elementary School

McGill University

Meals on Wheels Rosemere

Mohawk Gaz Bar Depanneur

Morin Heights Elementary School

Mountainview Elementary School

PAIX

Roland Richer, MNA

Sainte-Agathe Academy

Sir Wilfrid Laurier School Board

Ville de Deux-Montagnes

Ville de Rosemere

Women's Time Out

Zip Communication



SOS EXHAUSTED: WORKSHOP FOR CAREGIVERS

- Are you caring for a spouse, family member, neighbor or friend?
- Are you aware of the services available to you in English?
- Would you like to receive more information and support?

6-WEEK WORKSHOP

NOVEMBER 2012

CALL NOW TO REGISTER

Workshop will be held in Room 200, Centre de santé de St-Eugène.

For information or to register, please call: 438-974-3940 or 1-888-974-3940

GETTING TO KNOW OUR COMMUNITIES

Activities for parent & child

Accessing health & social services in English

Local media (newspaper, radio, TV) in English

Support for caregivers

Activities for seniors

Call Centre

NEW! FREE SUPPORT GROUP FOR CANCER PATIENTS AND THEIR CAREGIVERS, IN ENGLISH.

Every 4th Thursday of the month
Beginning Thursday, October 25, 2012
United Church Hall, 240 St-Martin in Oka
From 7:00 p.m. until 8:30 p.m.

Société canadienne du cancer / Canadian Cancer Society

4 Korners Family Resource Center
A Division of the Community

Don't miss our special Christmas Luncheon on December 18th, 2012

BASHA

1905 Ch. de Ste-Anne, Deau-Montagne
11h30 - 12h30

"No one is more cherished in this world than someone who lights the candles of another. Thank you"

Parole aux aînés d'Argenteuil and 4 Korners Family Resource Center present

Grandpa Is Not a Cash Cow & Grandma Won't Take Any Bull

Thursday, February 23rd 2012
Monday, March 5th 2012

April 4 & 7, 2:00 pm
April 6, 7:30 pm

At the Théâtre des Petits Bonheurs

Yours for sale

4 Korners Family Resource Center

A special invitation to all caregivers in the Deux-Montagnes and south of Montebello

Conference with Dr Robert Belliveau: **Living without Compromise**

Different services offered by organizations in your area (information books)

at Vétérinaire's Hall at 341 Grand Mission, Deau-Montagne
Date: **February 21, 2012**

Time: from 1:30 p.m. to 4:30 p.m.

Cost: **FREE!**

For more information, please call: 450-974-3940, poste 559 or by email: pro.cherche@4korners.com

Looking forward to seeing you there!

ADOLESCENT SEXUALITY

GET REAL

TOO MUCH TOO SOON?

TEUESDAY
November 20 at 7:00 p.m.

4 Korners
1905 Ch. de Ste-Anne
Deau-Montagne

INFORMATION SESSION FOR PARENTS

La Collège 12

1905 Ch. de Ste-Anne, Deau-Montagne

When it's time to talk: Discussing drugs with your teenager

April 11th 7:00PM at 4 Korners (1905 Ch. de Ste-Anne, Deau-Montagne)

DRUG SCHOOL

PORTAGE

CH ÉDUCATION ON DÉPENDANCE

4 Korners Family Resource Center

INFORMATION SESSION

Is your child moving up to high school?

Hoping for a smooth transition?

All parents and children are invited to an evening of valuable information on preparing for high school and what to expect.

Wednesday August 22nd 2012

From 7 to 9 pm

At 4 Korners

in collaboration with the CSDS de Lac-des-Deux-Montagnes

An information Session for Parents

Thursday March 21, 2013 7:00 p.m.

4 Korners Family Resource Center
1905 Ch. de Ste-Anne, Deau-Montagne

Sullying: A Workshop for Parents

How do I know if my child is being bullied?
What does the law say about bullying?
What can I do if my child is being bullied?
How can I prevent my child from becoming a bully?

4 Korners Family Resource Center
1905 Ch. de Ste-Anne, Deau-Montagne
11h30 - 12h30

Registration: Call 438-974-3940 or email: info@4korners.com

Back by popular demand: **BRIGITTE LEGAL**

April 4, 2013

LAUGHTER

1:00 p.m. until 3:30 p.m.

141 Grand Mission, Deau-Montagne

438-974-3940 for more info

4 Korners Family Resource Center

The Pays-d'en-Haut English Committee

Centre de santé et de services sociaux (CSSS) des Pays-d'en-Haut

Information Session

Health and Social Services in English

October 18, 2012 at 7:00 p.m.

at St-Eugène's Church

SANDWICH GENERATION: INDIVIDUALS WHO ARE CARING FOR BOTH THEIR AGING PARENTS AND THEIR YOUNG CHILDREN

To do:

- Don't make any assumptions
- Put up priorities
- Check in with your parent and ask them if they need help

To get:

- Help at all - from anyone
- Be thankful
- Call center
- Take care of your parent

6 SESSIONS STARTING ON MONDAY FEBRUARY 20, 2012 10:30 AM TO 11:30 AM

Registration: Call 438-974-3940 or email: info@4korners.com



4 Korner's

Family Resource Center

A Cornerstone of the Community

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General information

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On facebook: 4Korners Center