Your January Newsletter from 4 Korners; Programs, events and conferences and a sneak preview of some events from the year ahead..

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### Happy 2017!

4 Korners Family Resource Center is excited to start off the new year with several English-language programs and activities throughout the Laurentians.

Check out the rest of our newsletter for information programs and activities for parents, seniors and caregivers - as well as tips from Educaloi, a sneak peak at March 2017 and more!



Éducaloi - Snow Clearing and the Law: What You Need to Know

# For Caregivers

#### 6-Week Workshop Start Dates

4 Korners offers 6-week workshops that provide practical strategies, tools, and resources to support the role as caregiver in any situation.

Not sure if you are a caregiver? A caregiver is any individual who is involved with the care of a person who requires extra attention, is ill, disabled, losing their independence, or has functional limitations whether emotional, psychological or physical.

Tuesday, January 10, 2017 from 9:30 a.m. - 11:30 a.m. in <u>Deux-Montagnes</u> Thursday, January 12, 2017 from 1:30 p.m. - 3:30 p.m. in <u>Deux-Montagnes</u>

Tuesday, January 10, 2017 from 1:30 p.m. - 3:30 p.m. in <u>Rosemère</u>

Please call 450-974-3940 for more information or to register.

#### **Upcoming Caregiver Activities**

Relaxation and Meditation for Caregivers with Jackie Roberge Wednesday, January 18, 2017

1:30 p.m. to 3:00 p.m. 4 Korners Family Resource Center (200, rue Henri-Dunant, Deux-Montagnes, QC, J7R 4W6)

Information Session With Service Canada

Thursday, January 26, 2017 1:00 p.m. to 3:00 p.m. Lachute For more information call **1-888-974-3940** 

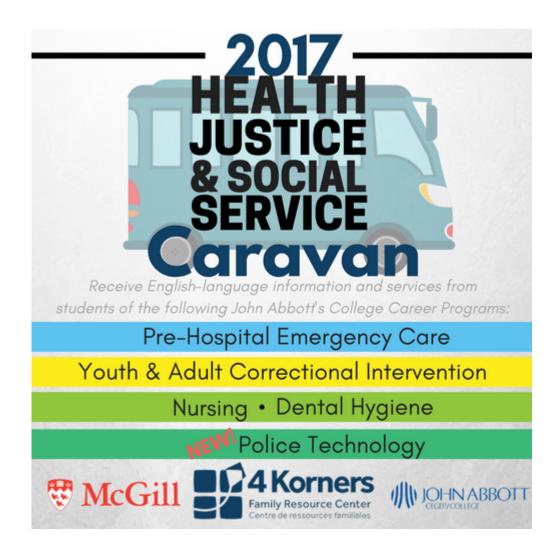
What to do when your loved one can no longer make safe decisions with Family Caregiving Expert Stephanie Erikson, MSW, LCSW, PSW 4 Korners Family Resource Center (200, rue Henri-Dunant, Deux-Montagnes, QC, J7R 4W6)



Visit our Website for information on programs and services for parents of 0 to 5 year olds available in English in the Laurentian region.

## For Seniors

Visit our Website for information on programs and services for seniors available in English in the Laurentian region.





Find resources for grandparents like The Guide to Harmonious Relationships and more.





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