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March 2022



Strengthening Community Vitality
in the Laurentians



International Women's Day - March 8th, 2022

March 8th is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done.

Click [here](#) for more info.

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announcing that as of January 11, 2022, persons needing care for minor ailments will have access to two clinics in the Laurentian region. For more information visit their site [here](#).

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

COVID-19 RESOURCES

[COVID-19 Vaccination Passport](#)

If you have trouble downloading your proof of vaccination or using VaxiCode contact 4Korners for assistance!

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

[ClicSante](#) to book your covid-19 vaccination appointment.

[Government of Quebec COVID-19 Vaccination Campaign](#)

[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.

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4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from March 9th thru April 27th to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals.

There are three ways to file your taxes with us!

Option 1: Drop Off

You are welcome to drop your tax documents off any time during our opening hours
Monday - Thursday 9am-4pm, Friday 9am-12pm at
1650 chemin d'oka, Deux-Montagnes, A volunteer will contact you to follow up.

Option 2: In person

Make an appointment to have your taxes filed while you are present during one of our weekly clinics.

Deux-Montagnes - 1650 Chemin d'Oka, Wednesdays, from March 9th to April 27th
Saint-Sauveur - 19 Av. de la Gare, local 19-C, exclusively on March 21st
Sainte-Agathe-des-Monts - 195 Rue Brissette local 72, exclusively on March 25th

Option 3: Remotely

Make an appointment to have your taxes filed by means of a videoconference or telephone call without having to visit our office.

To schedule an appointment or for more information contact
info@4korners.org
450-974-3940 ext. 601 | 1-888-974-3940 ext. 601

4Korners Basic Income Tax Clinic

Deux-Montagnes, 1650, chemin d'Oka, Wednesdays, March 9 - April 27

NEW ADDITIONAL IN-PERSON LOCATIONS!

Saint-Sauveur, 19 av. de la Gare, local 19-C, exclusively on March 21

Sainte-Agathe-des-Monts, 195 rue Brissette local 72, exclusively on March 25

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

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community player!



Literacy and Early Childhood Language Development

In this session, we promote early literacy and offer practical approaches to parents and individuals caring for children 0-5 years of age.

We'll discuss:

- when and how to introduce books
- the links between spoken and written language
- the importance of books in a child's life before school entry
- conditions and practices that create good readers
- strategies for including books in routines other than bedtime
- how to support bilingualism or multilingualism as the child learns to read and write



Date: March 9th 2022

Time: 6:30 PM

Online on Zoom

Contact: info@4korners.org



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Centre Mosaïque
de Québec



Literacy & Early Childhood Language Development

Online only - March 9 at 6:30 p.m.

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

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Be an informed
community player!



Supporting Language Development Through Storytelling: Bedtime and Beyond.

In this session, we will explore how books can help a child develop their language abilities.

We will discuss :

- When and how to explore books
- The connections between oral language and reading
- The importance of books for preschool age children
- Strategies for integrating books into routine at bedtime and throughout the day.



Date: March 24th 2022

Time: 6:30 PM

Online on Zoom

Contact: info@4korners.org



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Centre Mosaïque
de Québec



Supporting Language Development Through Storytelling

Online only - March 24 at 6:30 p.m.

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

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Dad, Let's Play

4Korners invites Dad's and their kids to join us for sports, fun and games!
Wear comfy clothes, bring your running shoes and let's have some FUN!!!

École des Mésanges - 203, 14th Ave. Deux-Montagnes
For dates, times & to register contact us at
450-974-3940 ext. 601 | info@4korners.org



Dad, Let's Play (age 0-12)

January 15 - April 30

Every Saturday 9:00 a.m. - 11 a.m.

École des Mésange - 203, 14th Ave. Deux-Montagnes

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

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Baby Sensory Classes

Classes sensorielles pour bébés

A five-week sensorial workshop for babies aged 2-15 months focusing on activities geared to stimulate each of the five senses, as well as various games to help develop both fine and gross motor skills. There will also be a weekly discussion period for parents. This activity takes place in English and is open to all.

Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 15 mois, axé sur des activités visant à stimuler chacun des cinq sens ainsi que sur divers jeux permettant de développer la motricité fine et globale. Il y aura également une période de discussion hebdomadaire pour les parents. Cette activité se déroule en anglais et est ouverte à tous.

2 - 9 months/mois

TUESDAYS, February 1 - March 1

MARDIS, 1 février - 1 mars

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

8 - 15 months/mois

TUESDAYS, March 8 - April 5

MARDIS, 8 mars - 5 avril

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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www.4korners.org

Canada

Prévention
Fondation Lucie
et André Chagnon

CHSSN2  ANS ENSEMBLE

Baby Sensory (age 8-15 months)

Tuesdays 9:30 - 11:30

8 - 15 month - March 8 to April 5

2 rue du Ravin, Ste-Therese

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

Virtual Health CARAVAN 2022



This year seniors are invited to attend our completely virtual health caravan where we will focus on promoting healthy habits!

Join us for an interactive discussion - Bring your questions and concerns! Graduating Nursing and Dental students from John Abbott College will focus on:

- Nutrition (healthy snacks, healthy teeth)
- Being active - including safety tips
- Good oral hygiene
- Coping with Covid-19 and your mental health

Wednesday, March 30, 2022

1:30 p.m. - 3:30 p.m.

To register contact info@4korners.org or call
1-888-974-3940 | 450-974-3940 ext. 601



Virtual Health Caravan 2022

Wednesday, March 30

1:30 p.m. - 3:30 p.m

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

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Palliaco - Services for cancer patients

March 2 at 10 a.m.

Palliaco's mission is to help maintain the quality of life for cancer patients, for those nearing the end of life, for their caregivers and for the bereaved, by providing accompaniment, respite and support. Presented by, Céline Séguin | Coordonnatrice des services, Palliaco

Canada Revenue Agency Income Tax & Benefits Info Session

March 9 at 10 a.m.

Representatives from the Canada Revenue Agency will share information on how benefits are calculated, how and when you should apply for benefits, and will answer any questions you might have. Presented by, Kami Singirankabo | Agent de la visibilité | Outreach Officer Agence du Revenu du Canada | Canada Revenue Agency

CHEP Diabetes Type 1 & 2 (hosted by ECO-02)

March 16 at 10 a.m.

Presented by Jennifer Hobbs-Robert, M.ScA, BCN, CNEd, Senior Advisor - JHCP

All workshops offered on ZOOM AND IN-PERSON, 1650 chemin d'Oka, Deux-Montagnes
To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | info@4korners.org

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

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.



Canada Revenue
Agency

Agence du revenu
du Canada



Wednesday Wellness

Wednesdays at 10 a.m.

March 2 - Palliaco - Services for Cancer Patients

[online presentation](#) & in-person

March 9 - Canada Revenue Agency - Income Tax & Benefits

[online presentation](#) & in-person

March 16 - CHP Diabetes 1 & 2

[contact info](#) & in-person

In-person Location: 1650 chemin d'Oka, Deux-Montagnes

To register for in-person activities contact [info](#) or call 450-974-3940 ext. 601

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4K SPEAKER SERIES



UPSTAIRS DOWNSTAIRS, COCHAND STYLE: Behind the Scenes at Canada's First Ski Resort

Who stood behind Emile and Louis Cochand to help make their vision of Chalet Cochand a reality? What was the name of that hairdresser? That ski instructor? That waitress? And what were their stories? We'll discover some of the people who helped make Chalet Cochand a resounding success for decades and gain some insight into how things ran behind the scenes. Travel back to a time when skiing in the Laurentians meant taking a train up from the city and a horse-drawn sleigh from the station; a time before the autoroute brought the glory days of Chalet Cochand to an end.



Photo: by Eva Blue

Michelle Sullivan
PR Consultant & Historian

Friday, March 18th at 1 p.m.

Join us in-person at Chalet Bellevue
27 Rue Bellevue, Morin-Heights
or online via Zoom.

To register contact info@4korners.org
or call 1-888-974-3940 | 450-974-3940 ext. 601

PR consultant by profession and historian by choice, Michelle Sullivan has taught media relations and digital communications at l'Université de Montréal and McGill. She is the founder of Provenance Productions, developing projects at the intersection of history and technology. Among these, He Said She Said Stories, a service that helps couples document their personal history. Michelle is a resident of Sainte-Adèle and owner of one of the last vestiges of what was once Canada's first ski resort.
MichelleSullivan.ca | HeSaidSheSaidStories.com

Canada

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www.4korners.org

4K Speaker Series - Online & In-Person

Friday, March 18, 1 p.m.

Online presentation register [here](#)

In-person: 27 rue Bellevue, Morin-Heights (registration mandatory)

To register for the in-person presentations 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](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Ongoing 4K Activities

Be sure to double-check the location before registering.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Mother Goose (age 0-5)**

Wednesdays 9:30 a.m. - 11 a.m.

378 rue Principale, Lachute

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940**Play to Learn (age 0-5)****NEW LOCATION!**

Fridays 9:30 a.m. - 11:30 a.m.

2 rue du Ravin, Ste-Therese

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940**Parenting Circle (age 0-5)**

Mondays 9:30 a.m. - 11:30 a.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940**Tiny Tots (age 0-5)****Currently Full**

Thursdays, 9:30 - 11:30 a.m.

1650 chemin d'Oka, Deux-Montagne

Please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940 if you would like to place your name on the waiting list.**Lunch Box Workshops (age 0-5)**

**Due to a delay in the construction of our new Blainville location we have had to delay the start date of this activity until March 2022.*

4K Kids Club - Social & Emotional Learning (age 6-12)

Wednesdays & Thursdays, 4:30 p.m. - 6:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

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

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4K Kids Online Drawing Classes (age 6-12)

For kids aged 6-12

Tuesdays at 4:30 p.m.

[Register on Zoom](#)

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](#)

Prenatal Classes

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

Caregivers of the Elderly Support Group

Once a month

Monday, March 21

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

In person at 200, rue Henri-Dunant, Deux-Montagnes

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.

iPad Courses for Seniors

Tuesdays 1 - 2 p.m.

January 18 - March 8

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Painting Classes - Seniors Wellness

Weekly on Wednesdays

12:30 - 2:30 p.m.

Register on Zoom [here](#)

Drawing classes - Seniors Wellness

Weekly on Tuesdays

10:30 a.m. - 12 p.m.

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

Chair Yoga - Seniors Wellness

Weekly on Mondays & Thursdays, 10 a.m. - 10:30 a.m.

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

Tai Chi - Seniors Wellness

Weekly on Tuesdays, 1 p.m. - 2:30 p.m.

In-person: 1650 chemin d'Oka, Deux-Montagnes
contact [info](#) or call 450-974-3940 ext. 601

Online: register [here](#)

Drama Therapy Workshops - Seniors Wellness

Currently Full

Every Tuesday from February 22 - March 29

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

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

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visit our [website](#), [Facebook events page](#) or [contact us](#) directly!



4K Community Cup Winner for March Victoria Dubois!

Since starting to fundraise on January 27th, Victoria Dubois has read over 172 books as part of the MS Read-a-thon. She is in the top-3 for biggest fundraisers in Canada having raised over 2000\$. Oh, and did I mention she is only 4 years old?

Victoria's mother Audrey knew early on that her daughter was special. By 17 months she was expressing herself in full sentences. A month later she was able to recognize and identify all the letter magnets on the fridge, upper and lower case. It wasn't long before she was able to move them around and understand how they form together to make words.

Following a visit with a neuropsychologist, Victoria was identified as a gifted child. Audrey tells me that she has wonderful conversations with her daughter and if Victoria is interested in something, she generally can master it in under a minute. But there are some challenges that come with raising a neurodiverse

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means when most 4-year-olds are following the adventures of Paw Patrol in Adventure Bay while Victoria would rather discuss Marie Curie or the volcanic destruction of Pompeii.

Empathy for others is also a common hallmark of many gifted children. So, when Audrey had to tell her daughter that her beloved grandmother had multiple sclerosis, she knew it was going to weigh heavy on the heart of her beautiful little soul. While scrolling through her phone one sleepless night (gifted children also struggle with sleep) Audrey discovered the MS Read-a-thon. It was a fundraiser that she had not previously heard of, and thought this would be a good way to open the discussion. "It made the conversation easier. I was able to say, 'she is sick, but we can help her.' She didn't feel powerless, and it gave her a way to help by doing something she already loves."

The response from others living with MS has been overwhelming. People have sent Victoria uplifting messages of appreciation that she can read herself of course, which has in turn provided a new sense of community. Audrey says the fundraising and volunteering bug has well and truly taken hold and Victoria is already talking about her next cause and what else she can do to help others. For taking her gift and using it to pay it forward, Victoria [Dubois](#) is this month's 4K Community Cup winner!

To recommend someone for the 4Korners Community Cup please
email andie@4korners.org

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 English-speaking community from others?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:
info@4korners.org

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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



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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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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