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December 2025



♥ Together, We Keep Our Community Thriving

As the year draws to a close, we want to thank each of you for helping 4Korners continue to grow and serve the English-speaking community of the Laurentians. Your support makes every program, event, and connection possible.

If you haven't already, consider becoming a [4Korners member](#). For only **\$10 a year**, your membership directly supports our mission and helps strengthen the voice of English-speaking residents across the Laurentians.

You can also make a difference by leaving a [Google review](#) to share your experience: it helps others discover the services, programs, and welcoming community that 4Korners offers.

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ages.

Together, we build connection, belonging, and well-being. ❤️

4k | Activities

Youth &
Families

Adults

Seniors

Community

4k | Youth & FAMILIES



**English Prenatal
Classes**

Prenatal Classes For Expecting Mothers and their Partners

Prepare for your baby's arrival with our supportive prenatal classes!

Learn about breathing techniques, pain management, partner involvement, postpartum care, breastfeeding, baby care, and more.

info@4korners.org

450-974-3940

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In-home support for English-speaking parents of newborns (0–1 year) in the Laurentians.

Caregivers assist with rest, breastfeeding, meal prep, and household tasks: helping new parents to take a break and support parent-baby bonding.

Up to five 2-hour visits scheduled flexibly.

info@4korners.org
450-974-3940



**Post-Natal Respite
(0–12 months)**



Play to Learn (0–5)

Play to Learn (0–5 years)

Join us for a weekly morning of fun, learning, and connection for parents and children. Crafts, games, and free play give little ones a safe start, while parents share and connect.

Fridays, 9:30 to 11:30 a.m.

September 12 | December 12, 2025

2 rue du Ravin, Ste-Thérèse

Click [here](#) to know more

Vibe Check at Rosemere High School

A creative after-school hangout for teens 12–17. Relax with art, games, and friends in a safe, welcoming space.

Mondays 2:30 p.m. to 4 p.m.

September 15 to December 5, 2025

Art Room A-222A (Rosemere High School)

Click [here](#) to know more



Vibe Check (12-17)

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Girl Talk Secondary 1-2 (12-14)

Girl Talk creates a safe space for Secondary 1 & 2 girls to share openly, build confidence, and form meaningful connections while exploring topics that support mental health and personal growth.

Wednesdays at lunch

September 10 to December 10, 2025

Oasis room (Lake of Two Mountains High School)

Click [here](#) to know more

Afterschool Art & Wellness

A creative and welcoming space for youth ages 12 to 17 to explore art, express emotions, and nurture well-being through fun, hands-on activities. No experience needed, just imagination and curiosity.

Wednesdays 2:30 p.m. to 4 p.m.

September 10 to December 10, 2025

Oasis Room (Lake of Two Mountains High School)

Click [here](#) to know more



Afterschool Art & Wellness Club (12-17)

Film Club at LTM

Join us in the library for Film Club! Watch movies, discuss ideas, and enjoy snacks with friends. Each week, students vote for next week's film.

Wednesdays 2:30 p.m. to 4 p.m.

October 15 to December 17, 2025

Library (Lake of Two Mountains High School)

Click [here](#) to know more



Film Club (12-18)

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Remember High School?

Are you between 12 and 18 and looking to get involved?

Join 4Korners Youth in Action to explore volunteering opportunities, connect with others, and help make your school a more welcoming place for everyone.

Contact alex@4korners.org for more information



Your Ideas, Your Community, Your Impact!



Creative Connections (6-12)

Creative Connections Jr. in Morin-Heights

A welcoming monthly art program for neurodiverse kids aged 6-12 and their families. Hands-on activities, creativity, and fun.

Last Thursday of each month, 1 p.m. to 2:30 p.m.

Jan. 29, Feb. 26, March 26, 2026

Morin Heights Elementary School, 647 Rue Village, Morin-Heights

Click [here](#) to know more

Caregivers of Neurodivergent Kids

Join a welcoming group for parents of neurodivergent kids to share, connect, and find support from those who understand.

Tuesday, 7 p.m. to 8:30 p.m.

December 16, 2025

ONLINE & 1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



Support Group for parents of neurodivergent children (All Ages)

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Creative Connections (12+)

A monthly evening of crafts and socializing for neurodivergent teens and young adults. This creative, welcoming space fosters skills, confidence, and meaningful connections. Parents and siblings are encouraged to join.

Thursday 7 p.m. to 8:30 p.m.

November 13, 2025

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more

AAL Jr. in Sainte-Agathe

A welcoming monthly art program for neurodiverse kids aged 6-12 and their families.

Hands-on activities, creativity, and fun.

Thursday, 2 p.m. to 3:30 p.m.

December 4, 2025

Sainte Agathe Academy, Sainte-Agathe-des-Monts

Click [here](#) to know more



Autism and Arts in the Laurentians (6-12)

4K Neurodiversity Library – Now Available

Explore a curated collection of books for children, teens, and caregivers focused on autism and neurodiversity. Resources available to all 4Korners members across the Laurentians.

Available region-wide

For all ages

info@4korners.org

450-974-3940



Sensory Tool Lending Library



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Every Tuesday, enjoy a friendly space to connect, share, and keep active. Activities include gentle movement, creative projects, engaging discussions, and a shared meal.

Tuesdays, 9:30 a.m. to 1:30 p.m.

September 16 | December 9, 2025

St. Mungo's United Church Hall, 661 route des Outaouais, Brownsburg-Chatham

Click [here](#) to know more



Senior Open Circle Lachute (50+)

Walk & Talk for Seniors

Get active and connect with other seniors in Deux-Montagnes! Join our weekly 60-minute walk, a great way to enjoy the outdoors and socialize. Don't forget your water bottle!

Tuesdays, 2 p.m. to 3 p.m.

September 16 to December 9, 2025

Oasis Evangelical Baptist Church, 214 14e Ave, Deux-Montagnes

Click [here](#) to know more



Walk & Talk for Seniors (50+)

Special presentation with Montreal Gazette

Come learn how to discern fake news and social media posts with journalist Hayley Juhl. This activity will also be offered online, for those unable to attend in-person.

Wednesdays, 10 a.m. - 1 p.m.

December 3, 2025

118 rue Principale Est, Suite 220, Sainte-Agathe-des-Monts

Click [here](#) to know more



Wednesday Wellness Sainte-Agathe (50+)

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Rouge Valley Days Senior Wellness (50+)

A weekly program for seniors offering cognitive, social, creative, and physical activities. Connect, learn, and stay active. Everyone is welcome!

Wednesdays, 10 a.m. - 4 p.m.

October 1 | December 10, 2025

Harrington Golden Age Center, 259 chemin Harrington

Click [here](#) to know more

Laughter Yoga for Seniors

Join Aileen from **Joyful Connections** for two uplifting wellness sessions focused on laughter, breathing, and connection. Aimed at reducing isolation and enhancing mental well-being for English-speaking seniors in Deux-Montagnes.

Friday, 11 a.m. - 12 p.m.

December 5, 2025

1650 chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



Laughter Yoga (50+)

Monthly Caregivers Support Group

Join our monthly support group for caregivers. Share experiences, reduce stress, and connect in a safe space. Last session in December includes a potluck!

Monday, 2 p.m. - 3:30 p.m.

December 8, 2025

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



Caregivers Support Group (All ages)

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Improve strength, balance, and body awareness with this free weekly chair yoga class, live on Zoom. Ideal for fall prevention and senior wellness.

Mondays, 10 a.m. to 11 a.m.

September 15, 2025 | December 8, 2025

ONLINE

Click [here](#) to know more



LESAN Social & Economic Development

Join this regional networking event organized by the Laurentian English Services Advisory Network (LESAN) to strengthen employability and collaboration among organizations serving English-speaking residents of the Laurentians.

Wednesday, 10 a.m. - 2:30 p.m.

January 21, 2026

Chalet Bellevue, Morin-Heights

Click [here](#) to know more



New Circonflexe Mentorship Programs in the Laurentians

Looking to improve your French skills and boost your career confidence? New Circonflexe Mentorship Programs are coming to the Laurentians to help English speakers strengthen their language abilities for the job market.

info@4korners.org
450-974-3940



4k | Partners' Messages & KEY RESOURCES

We are excited to share some valuable messages and resources from our partners that can enhance your well-being and keep you informed!

**Centre intégré
de santé
et de services sociaux
des Laurentides**

Québec 

The season for viruses is again upon us.

The [CISSS des Laurentides](#) provides a number of resources and tools to support our community partners and the public in general during this period.

These resources and tools can all be found by visiting the CISSS website at:

[Alternatives to the emergency room: CISSS des Laurentides](#)

The page contains comprehensive information about alternatives to the emergency department, along with guidance for effective self-care at home.

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OPEN CALL FOR STUDENT BURSARIES

Are you studying **health or social services** and passionate about helping others in your community? The **Community Network Bursary Program**, offered through **4 Korners** and **Dialogue McGill**, supports English-speaking students in the **Laurentians** who want to make a difference, right here at home!

Bursary Amounts:

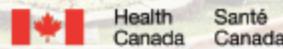
- **University:** \$10,000
- **Cégep/College:** \$5,000
- **Vocational training:** \$1,000–\$2,000

These **tax-exempt bursaries** help cover tuition and expenses so you can focus on building a career that matters, while strengthening English-language health and social services in your community.

Contact us to learn more: info@4korners.org | 450-974-3940



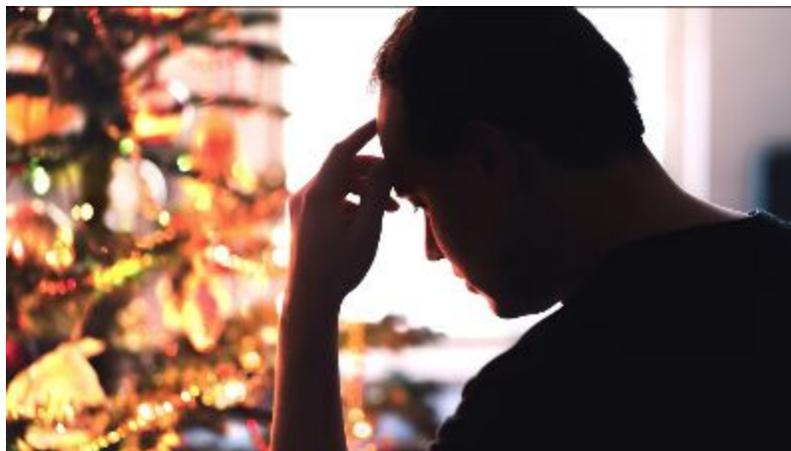
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 Santé & bien-être | Jeunesse | Enfants & familles | Bien-être des aînés,es | Arts & culture



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Tips for holiday safety

Holidays can be busy and joyous times but holiday decorations and new toys can bring risks along with festive cheer. Stay safe by knowing how to manage the health or safety hazards of holiday items you bring into your home. Minimize your risks by following the safety tips on this [page](#).



You're Not Alone This Holiday Season

While the holidays are often described as a joyful time, they can also bring feelings of loneliness, sadness, or stress... especially for those who don't have family nearby or find this time of year overwhelming. If this season feels difficult, remember that help and understanding are always within reach.

Here are some trusted resources that can help you care for your mental health and emotional well-being:

[Mental Health and Dependencies – 4Korners](#)

[Mental Health Check-In – CMHA National](#)

[Could the Holidays Feel Lonely or Stressful? – CNN](#)

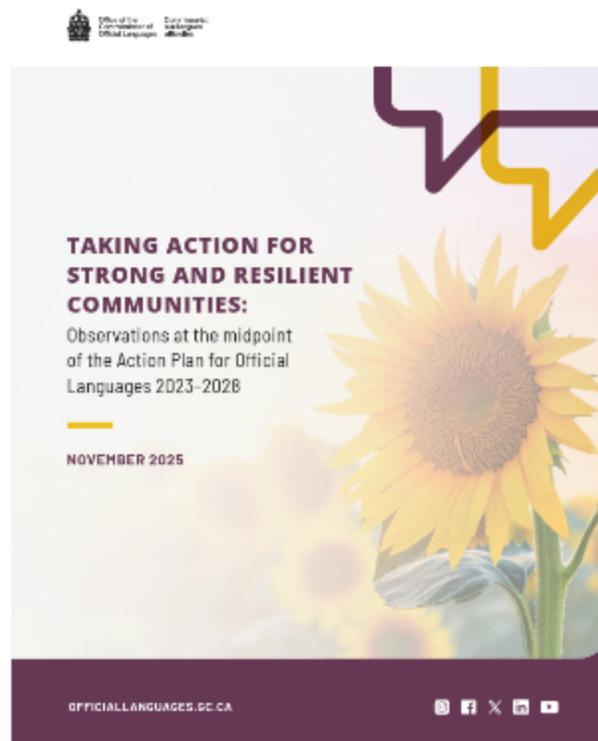
[Understanding Seasonal Affective Disorder \(SAD\) – CMHA National](#)



Check Hospital Occupancy Levels in the Laurentians

Did you know you can check the current occupancy levels of emergency rooms and hospitals across the Laurentians before heading out? This tool helps you make informed decisions about where to go for care and what to expect in wait times.

[View hospital occupancy levels on Index Santé](#)



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The Office of the Commissioner of Official Languages has released its mid-term findings on the 2023–2028 Action Plan for Official Languages. The report highlights key progress, ongoing challenges, and the importance of continued collaboration to strengthen official language minority communities across Canada.

[📄 Read the full report \(in French\) here](#)

4k | in the News!

Find out what's going on locally, with the Laurentians' English-language newspaper/newsmagazines!



Community Connections
SERVING THE AREA FROM KANEHSTÀ:KE TO ROSEMÈRE
Volume 25 Issue 3 2500 copies May/June 2024

TheReview

Tremblant Express
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MAIN STREET
THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

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Become a MEMBER!

Strengthening the vitality of the English-speaking community



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!

Generously supported & funded by



Health Canada

Santé Canada

Follow us



4Korners - Strengthening the English-speaking Community in the Laurentians

1650 chemin d'Oka, Deux-Montagnes,
Québec, Canada J7R 1M9

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