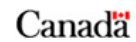


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Consultation on the Renewal of the Official Languages Health Contribution Program 2018-2023

**Provide your input today.**

Health Canada / Santé Canada **food guide consultation**

**Phase I: Public Consultation Workbook**

*Provide your input until December 8, 2016*



**Steer clear of the FLU.**  
**Get vaccinated.**



Find the vaccination schedule in your area

**4 Korner upcoming Lunch & Learn:  
Funeral Planning**

***Do you know where to start when planning a funeral? Not sure?***

*Join 4 Korner in discovering useful information on funeral planning,  
followed by a question and answer period with  
**Joanne Desforges, Funeral Director.***

**Harrington Golden Age Center**

259, Harrington Road, Harrington  
Wednesday, November 9, 2016  
10:00 a.m. to 1:00 p.m.

 [Eventbrite - Lunch & Learn: Funeral Planning \(Harrington\)](#)

**Senior's Wellness: Fraud Prevention,  
What You Need to Know**

**Women's Time Out in Deux-Montagnes**

*Presented at the Royal Canadian Legion*  
141, ch. du Grand Moulin, Deux-Montagnes  
1:00 p.m. to 3:00 p.m.  
Thursday, November 10, 2016

**Avoca Community Center**

192, Avoca Road, Grenville-sur-la-Rouge  
10:00 a.m. to 1:00 p.m.  
Wednesday, November 30, 2016

To register please call **450-974-3940** or **1 888-974-3940** (toll-free)



**Caregivers can be anyone; a son,  
daughter, sibling, friend or  
spouse of any age who cares for  
an aging loved one who requires  
extra attention.**



**DEUX-MONTAGNES  
What's for Dinner?**

Center offers **monthly support groups** the first Wednesday of each month in Deux-Montagnes from 1:30 p.m. to 2:30 p.m.. All caregivers are welcome to join.

**6-week programs for caregivers are also available in Deux-Montagnes, Lachute & Rosemere.**

For more information or to register, please contact 4 Korner at [450-974-3940](tel:450-974-3940) or [888 974-3940](tel:888-974-3940) or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org).

**English-language Information Sessions in the Laurentians:**

**[MRC Deux-Montagnes](#)**

**For the Love of Stress**

with Dayna Morrow, B.A., M.Ed.

November 9, 2016

9:30 a.m. to 12:00 p.m.

at the **Royal Canadian Legion**

**in the Veteran's Hall**

141, Grand-Moulin, Deux-Montagnes

 [Eventbrite – For the Love of Stress](#)

**Tired of Being Tired: Fatigue Management**

with Caitlin Sigouin, Social Worker

at **4 Korner Family Resource Center**  
200, Henri-Dunant, Deux-Montagnes

**in the Salle Communautaire**

November 16, 2016



A weekly program designed for parents of pre-school children under the age of 6. Each week, a facilitator will guide in the preparation of a healthy meal for parents and their children and provide information sessions that deal with meal preparation and healthy eating habits.

If you are interested in joining with your child, [send us an email](#) or call us at 450-974-3940.

**SAINTE-AGATHE**

**Kids, Let's Talk!**




A parent-child activity that will help develop and use stimulating and positive strategies to assist in language and communication. Parents will learn new ways to play with their child while placing the accent of language stimulation, via easy,

 [Eventbrite – Tired of Being Tired: Fatigue Management for Caregivers](#)

## Healthy Ageing, Healthy Brain: Memory Fitness for Everyone

with Caitlin Sigouin, Social Worker

at 4 Korner Family Resource Center  
200, Henri-Dunant, Deux-Montagnes  
in the Salle Communautaire  
November 30, 2016  
1:30 p.m. to 3:00 p.m.

 [Eventbrite – Healthy Ageing, Healthy Brain: Memory Fitness for Everyone](#)

## MRC Argenteuil

### Caregivers Wellness: It's Up to You!

with Dayna Morrow, B.A., M.Ed.

November 10, 2016  
10:00 a.m. to 4:00 p.m.  
at the **Oasis Golf Club**  
424, rte du Nord,  
Brownsburg-Chatham

**\$10.00** for the full day  
**\$5.00** for the presentation only  
(presentation starts at 1:30 p.m.)

For tickets contact 4 Korner at  
1-888-974-3940  
or email [info@4kornerscenter.org](mailto:info@4kornerscenter.org)

snack and a story; the series of 8 workshops are all different and began Thursday, October 27th at Sainte-Agathe Academy.

If you are interested in joining with your child, [send us an email](#) or call us at 450-974-3940.



## This month's Community Health Education Program videoconference


### Nutrition: Let's Talk About Protein

presented by **Dorothy Moffat, P.Dt., Dietitian**


Wednesday, November 16, 2016  
10:00 a.m. to 12:00 p.m.

TWO PRESENTATIONS:

**CLC Lachute** in  
the **Laurentian Regional High School**  
448, ave. Argenteuil, Lachute,  
QC, J8H 1W9

 [Eventbrite - CHEP videoconference: Let's Talk Protein](#)

**4 Korner Family Resource Center** at  
200, rue Henri-Dunant, Deux-Montagnes  
QC, J7R 4W6

 [Eventbrite - CHEP videoconference: Let's Talk Protein](#)



episode where **health care and services offered in English will be explained and encouraged!** This episode is scheduled to air on **November 28, 2016 at 5:30 p.m.** The episode can be viewed on cable on channel 4 and 555 (HD) or online on the [TVCL website](#)



INFORMATION EMPOWERS

## Sale of Pre-arranged funerals





**LESAN** is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services in their language. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved access to services in English.

[Find out more about LESAN.](#)

If you would like to join a LESAN committee in your area, contact  
[4 Korners Family Resource Center](#)

Sunday, November 6, 2016, **2:00:00 AM** clocks are turned **backward** 1 hour to  
Sunday, November 6, 2016, **1:00:00 AM** local standard time instead.



**For more information on programs, services or activities,  
you can contact us at [450-974-3940](tel:450-974-3940) or toll-free at [888-974-3940](tel:888-974-3940)  
or email us at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)**



### Our Mission

In a spirit of respect, support and empowerment the 4 Korners 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.



**Learn more about 4 Korners' programs and services**



**Explore careers in the Laurentians**



**Discover internships in the Laurentians**

Become a 4 Korners member

Renew your membership

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