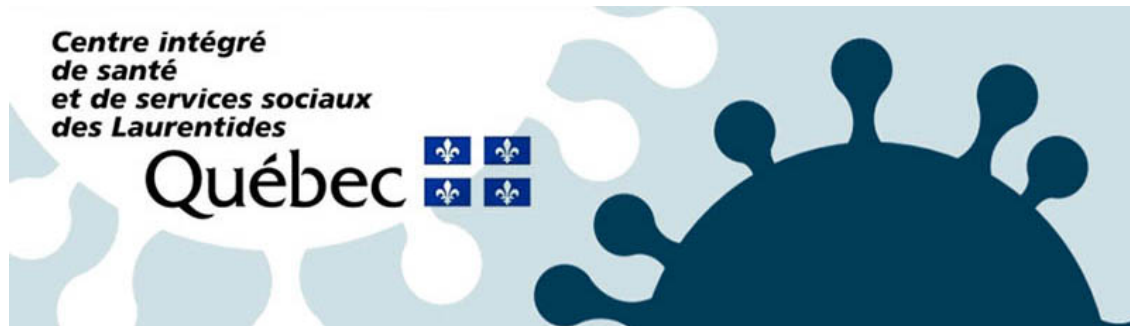


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May 2020



Laurentian Community Network



Great news! The [CISSS des Laurentides has created an English only info site](#) on COVID and is continually adding resources!

The paper version of the [English COVID-19 Self-Care Guide](#) will be sent to those who have filed their taxes in English as well as through various major newspapers or click the text to order one, and don't forget to check out the [English updates from the government of Quebec](#) regarding Covid-19.



Every Wednesday children from across the Laurentians are having fun playing games, making new friends and getting tech savvy on Zoom during our Kids Connect sessions with Jaime!

4K Online Activities - Connecting People!

With a new logo and mission statement, 4Korners has started 2020 as a true Laurentian Community Network. With a slew of online activities and workshops for everyone from tots to seniors, 4Korners is bringing together residents from all different MRC's across the Laurentians. Carolyn Doull is a regular at the adapted chair yoga taught by our own Josephine Piazza and says, "It reduces the sense of isolation for us seniors because we are all connected on Zoom." She was also happy about how easy it was to connect without much computer savvy. To help ease the isolation affecting our kids, we have options for online games and a safe space for kids to make new friends and chat. 4Korners is approaching this new reality as an opportunity to find interesting and innovative ways to engage our community. We remain hard at work behind the scenes to ensure English information is accessible to all in collaboration with the CISSS des Laurentides, our network partners through the CHSSN (Community Health and Social Services Network), the Quebec government and multiple French community partners.

Keep scrolling to check out all of our activities for the month of May!

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ARE YOU STUDYING IN A HEALTH & SOCIAL SERVICES PROGRAM?

You could be eligible for a bursary of up to \$10,000 through Dialogue McGill's Health and Social Services Community Leadership Bursary Program!

Eligible students must:

- Be from the Laurentian region
- Possess acceptable English and French language skills
- Be pursuing full-time studies in an admissible health and social services program at a government recognized educational institution inside or outside of their home region (depending on the category of bursary applied for)

Application deadline June 5, 2020

Contact 4Korners for more information

1.888.974.3940 or info@4korners.org



Dialogue McGill
Better Communication for Better Care

Dialogue McGill's Health and Social Services Community Leadership Bursary Program!

Contact 4Korners for more info and/or visit:

<https://www.mcgill.ca/dialoguemcgill/trhpp/m2intro/bursaries>

Online Activities

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4Korners Live Music Sessions on Facebook Live

Did you know 4Korners Live Music Sessions have transitioned to Facebook Live! Now our entire Laurentian community can enjoy local talent from the comfort of home simply by going to our Facebook page at the dates and times listed below.

<https://www.facebook.com/4KornersCenter/>

Upcoming sessions:

Friday, May 1 at 7:30pm - Lyne Hebert

Lyne is a rock singer. She sings almost any kind of rock, from ballads to metal. For this show, she'll be doing covers and renditions of popular pop and rock songs.

Friday, May 8 at 7:30pm - Tom Foreman

Tom Foreman is a singer and songwriter from Calumet, Quebec. Rivers, travel, and most of all the people he encounters all seem to make their way into his music. Three independent releases with Foreman And Co are filled with songs featuring the Rouge River, grass fires and European thieves.

You can find Foreman And Co on Apple Music, Spotify, and most other streaming sites.

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Friday, May 22 at 7:30pm - Celyne Gaspé

Celyne is a Mohawk artist from the Kanehsatá:ke Mohawk Territory. She shares songs, stories and artistry from her heart. Celyne performed across the Greater Toronto Area with the Indigenous women's hand drum group; Posawawajek. Influenced by a variety of cultures in her travels, she sings with the hand drum, the water drum and rattle, and the guitar. Celyne is aka Mary Tylah Mohawk on 101.7 FM in Kanehsatá:ke and on Facebook.

Friday, May 29 at 7:30pm - Ranya Ahmed

Ranya started singing Karaoke in 2004 and since then she realized how singing has a positive effect on her and those around her. In January 2018, she decided to learn the guitar to compliment her singing. Ranya has already participated twice at 4Korners Open mic at cafe Totumos.

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INTERACTIVE!

HISTORY LECTURE

The Weskarinis

The original Laurentian people and their world

Joe Graham, historian and author, will describe the Indigenous world as it existed in the 16th and 17th century when the Algonquian Weskarinis were at the apogee of their cultural presence. The power point-assisted presentation will show their place in a much larger society. Originally prepared for a visiting group of British professionals ten years ago, it will be re-animated by Joe's ten-years of further research for his new book that will be published in early 2021.



Joseph Graham
Local Historian & Author

Wednesday, May 13 at 10am

Join us on Zoom to connect live!

Need help connecting online?

Contact Chloée 1-888-974-3940 ext. 233

or chloee@4korners.org and she'll help set you up!

Joseph Graham lives in the Laurentians. His writings have appeared in many publications, including, among others, the Quebec Heritage News, Main Street, the Gazette of Montreal and Canada's History Magazine.

His interests include the history behind the names of places, and he has written a best-selling book on that subject called Naming the Laurentians. His next book, due out in January, is an interpretation of Contact comparing the values systems of Christian Europe with those of the Algonquian and Iroquoian peoples. His fiction has also been recognized by the Canadian Author's Association.



Laurentian History Lecture with Joseph Graham on Zoom

To register please click the link below:

<https://us02web.zoom.us/meeting/register/tZEqceurqj4rEtXDATznJgbez4eDhqEk5uKR>

Need help connecting online? Contact Chloée 1-888-974-3940 ext. 233 or chloee@4korners.org and she'll help set you up!

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Laughter Yoga

In this workshop you will learn about the incredible benefits laughter has on the mind and body! Experience this very fun and interactive workshop that will help you feel more joyful and connected! Absolutely no yoga experience needed, only your willingness to let loose, relax and enjoy the feelings of pure love, joy and connection!

Wednesday, May 6 at 10 am
Join us on Zoom to connect live!



Canada



Laughter Yoga on Zoom

To register please click the link below:

https://zoom.us/meeting/register/tJUoceyrqzwjHtGCl6pKd_Fzg73RUNoOzrPm

Need help connecting online? Contact Betty 1-888-974-3940 ext. 222 or betty@4korners.org and she'll help set you up!

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ONLINE &
INTERACTIVE!

FRENCH CONVERSATION COURSES



Group 1: Wednesdays, 1pm - 2:30pm

Group 2: Wednesdays, 3pm -4:30pm

Registration necessary. Space is limited.

Participants may only register to group 1 or group 2, not both.
Contact Betty 1-888-974-3940 ext. 222 or betty@4korners.org



French Conversation Courses on Zoom

Space is limited!

To register please contact Betty 1-888-974-3940 ext. 222 or

betty@4korners.org

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Laughter Yoga with Aileen

Simply go to our Facebook page every Wednesday at 12:30pm

<https://www.facebook.com/4KornersCenter/>

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Kids Connect

**Live online social activities for kids aged 6-9
Every Wednesday @ 11am**

Join us for games, activities and chatting with friends.
This series is led by a facilitator and is easy to use!

Join us on Zoom to connect live!



Kids Connect on Zoom

To register for upcoming sessions please click the link below:

<https://zoom.us/meeting/register/tZUf-ggpzqp-Xr3OCbnlKUf4yCdAD8J5g>

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or jaime@4korners.org and she'll help set you up!

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Kids Drawing Classes

For kids aged 6-12
Mondays @ 11am

Join us on Zoom to connect live!

The poster features a central yellow banner with the title 'Kids Drawing Classes' in a large, black, hand-drawn font. Below the title, it specifies 'For kids aged 6-12' and 'Mondays @ 11am'. At the bottom of the banner, it says 'Join us on Zoom to connect live!'. The background is a collage of various hand-drawn icons including a pencil, apple, lightbulb, bear, ice cream, and other children's drawings.

Kids Drawing Classes on Zoom

To register for upcoming sessions please click the link below:

<https://zoom.us/meeting/register/tZcsduCpqDwuWk90zb84qfO9y7iMTfy8rA>

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or jaime@4korners.org and she'll help set you up!



NOW ONLINE!

Parents & Tots

The banner features a photograph of a baby holding a yellow lemon. A purple box in the top left corner contains the text 'NOW ONLINE!'. Overlaid on the bottom left of the image is the text 'Parents & Tots' in a large, purple, cursive font.

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Tots Time - Tuesdays & Thursdays at 10:00 am to 10:30 am

Let your tots interact with others online and benefit from some guided activities.

To register for Tots sessions click the link below:

<https://zoom.us/meeting/register/vpYqce-prDwjvb7TJcVYPvZTAy8JQqPNqw>

Parents Time - Thursdays at 2 pm to 3 pm

Take a break and enjoy conversations with other adults while the kids are napping ;)

To register for Parents sessions click the link below:

<https://zoom.us/meeting/register/uJMscuGprD0idjMC62GDHL8TzLxYL3-JA>

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or jaime@4korners.org and she'll help set you up!



ONLINE & INTERACTIVE!

SENIORS WELLNESS

Tai Chi

Join us for a session of Tai Chi with Christine.
We suggest that you wear loose fitting clothing.

Every Tuesday from 1pm - 2:30pm

Join us on Zoom to connect live!

Not sure what Zoom is? Need help connecting online?
Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!



Chair Yoga classes on Zoom

To connect by Zoom and to register please follow the link below:

<https://zoom.us/meeting/register/tJcscu-upzgrHNFcsXCOOIRcsGeYqwF9WT6->

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Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 4Korners from any and all claims or causes of action.

ONLINE & INTERACTIVE!

SENIORS WELLNESS

CHAIR YOGA

Chair-adapted yoga with Josephine.
All you need is a sturdy chair (preferably with no arms)

Every Thursday from 10am - 11:30am

Join us on Zoom to connect live!
Not sure what Zoom is? Need help connecting online?
Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!



Tai Chi classes on Zoom

To connect by Zoom and to register please follow the link below:

<https://zoom.us/meeting/register/tJYlccuqqz4sG9zkzpwQGzVyOzN-KkmJFJfZ>

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231 or melanie@4korners.org and she'll help set you up!

Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.
All you need is a piece of paper and a pencil.

Every Tuesday from 10am - 11:30am

Join us on Zoom to connect live!
Not sure what Zoom is? Need help connecting online?
Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!



Drawing Classes on Zoom

To connect by Zoom and to register please follow the link below:

https://zoom.us/meeting/register/tJAvdemrpjIqHtMxecQXXXG_wjV8krEBGOw0

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!

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lilia@4korners.org

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Contact lilia@4korners.org or 1-888-974-3940



Caregivers Support Group

The responsibilities of caregiving can lead to feelings of isolation and frustration. Caregivers' social lives disappear. Feelings of guilt and exhaustion are normal! All calls and emails are confidential.

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

4K Community Cup winner of the month! 🏆

By: Andie Bennett

4 Korners will be featuring one person every month to highlight the amazing work they are doing in their community. When I put out the call on Facebook for suggestions of someone who has stepped up for their community during this unprecedented time of pandemic lock down, one name kept popping up. Ashley Tott. Over and over this name was brought up, followed by sub-threads of “I second that,” “Agree 100%,” and “Agree! She, along with others are helping seniors with grocery orders.”

When I finally reached Ashley on the phone, she told me she had tears in her eyes when she saw how many people had brought up her name. She says it has a lot to do with how present her family has been in the community. Her parents started The Gourmet Village when they first moved to the Laurentians, and many in the community have watched her grow up and become the general manager of the business her family sold 2 years ago.

Along with building a business, her father also inspired a love of volunteerism and community involvement by showing Ashley how much impact one person can have. When the pandemic hit, Ashley didn't want to just post an offer of help “if anyone needs it” on Facebook. She knows too well that people need help. Through his church, her father serves on a committee to supply school breakfasts to kids for many years. She could not shake the thought that now these kids would be missing those important meals and people would be struggling to feed their families. Due to some privacy concerns, picking up the breakfasts for the families that were now missing out proved impossible, so Ashley pivoted and found another way. When she saw her friend Danny Stewart offering to pick up food donations, Ashley jumped on board and, as Danny says, “took it to the next level.” The result was 13 pick up spots (left outside, no possible contamination from donors) for non-perishable food that

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have a 'pay it forward' domino effect. A quick return to the [COVID-19 Laurentides: Helping Group](#)- FB page proves this to be the case. More food drives have started up and residents cite Ashley as their inspiration to start their own small outreach projects.

To say she is a woman of action is an understatement. Ashley also sits on the administrative council for Carrefour Jeunesse and is heavily involved in the Morin Heights Mixed Softball League. She has a deep love of her community and I think I can say, the feeling is mutual.

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

Kids Help Phone 

Need help now?
Text CONNECT to [686868](#)
or call a counsellor:
1-800-668-6868



[Éducaloi](#) -

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4 Korners

Laurentian Community Network

Our Mission

Developing collective impact and creating programs to strengthen community vitality in the Laurentians, with a focus on access to health and social services for the English-speaking population.



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