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November 2021



# 4korners

Strengthening Community Vitality  
in the Laurentians



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## 'At a Distance' Art Show Brings People Together

By Andie Bennett

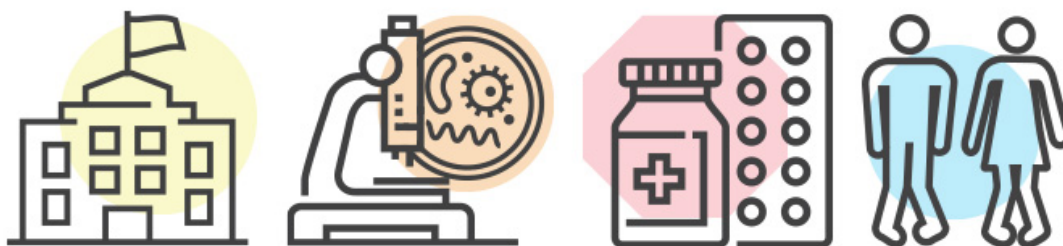
You know people are craving a social event when the concept of fashionably late is completely disregarded. A special 4Korners vernissage recently took place at the Activity Center in Deux-Montagnes to highlight some amazing creations done during the pandemic. The evening was broken into two viewings in order to respect COVID protocols while still offering a convivial environment of art viewing and mingling. The two showings began at 5:00 pm and 7:00 pm respectively. At 5:00 pm on the nose there was a steady stream of the maximum number of confirmed guests, and it was the same situation at the 7:00 pm showing. People came, took in the amazing art display put together by a passionate 4Korners staff, and enjoyed some bubbly and light snacks offered in the special “dining” section.

The testimonials placed under the paintings were enough to bring a tear to the eye, but having artists and community members alike be moved emotionally when speaking to me about the classes and the first in-person social event in over a year was extremely validating. Artist Rebecca Fillion took part via Zoom, watching through the eyes of the 4Korners owl camera, part of the tech investment made during the pandemic to help remote joiners feel more a part of in-person events. Rebecca’s testimonial under her drawing of a bird emerging from the flame of a candle shared how the class supported the full-time caregiver through her brother’s final days in his battle with cancer.

Ellie Downing was surprised to have four pieces displayed, the seascapes her personal favorite. The subject matter was deliberately selected to transport the

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passion that she didn't know she had. And then there was Ben, a 19-year-old with autism, who took part in the seniors' drawing group and had multiple pieces on display, from line drawings to clay sculptures. He moved about the room dodging my recorder but proudly showed me his favourite drawings and struck a pose in front of his pieces for his mom's photo collection. His mom, Julie, told me she doesn't know how they would have made it through the pandemic without these classes. She said Ben grew so much as an artist learning from the star of the night, art teacher Carol Lyng. If you were not among the lucky few to attend in person, the virtual art show will continue online with Ateliers Múz until November 23rd <https://ateliersmuz.com/pages/at-a-distance>.



### November is Crohn's & Colitis Awareness Month

November is Crohn's & Colitis Awareness Month in Canada, a country with one of the highest rates of Crohn's disease and ulcerative colitis in the world. Both are debilitating and lifelong diseases caused by an abnormal response from the body's immune system. Canadians living with Crohn's or colitis are making tremendous strides to end the pain and isolation, but there is more to be done.

During the month of November, Crohn's and Colitis Canada is [building awareness](#) and focusing on two central themes: access to medications and washroom access.

To learn more please visit [crohnsandcolitis.ca](http://crohnsandcolitis.ca)

### COVID-19 RESOURCES

#### [COVID-19 Vaccination Passport](#)

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

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[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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# CONSUMER RIGHTS

A look at basic rights and protections for consumers in Quebec.

This workshop will cover the basics of consumer rights in Quebec, including:

- Refunds and Exchanges
- Pricing Errors
- Warranties
- Online Purchases
- Complaints and Other Recourses

**Wednesday, November 10th at 1:30 - 3:30 p.m.**  
**Online via Zoom**

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



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.



## Consumer Rights - Online

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

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# 4K SPEAKER SERIES



## HOMETOWN conversations



### Friday, November 5th at 1 p.m. Ken Duff interviews Historian & Storyteller Robert Simard - Online Presentation

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.



### Friday, November 26th at 1 p.m. Ken Duff interviews author & local historian Joseph Graham - Online Presentation

Joseph Graham, historian from the Laurentian mountains north of Montreal, is the author of the best-selling Naming the Laurentians and his recently released novel Insatiable Hunger. He has worked for decades to encourage people to know and value their history.

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



### 4K Speaker Series - Online

Friday, November 5th at 1 p.m. - Register [here](#)

Friday, November 26th at 1 p.m. - Register [here](#)

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### Fire Prevention & Safety

**November 3 at 10 a.m.**

This presentation will cover: when and how to call 911, prevention and preparation for a medical emergency, prevention and preparation for a fire emergency and Natural disasters; three steps to preparing and staying safe.

Presented by Moira Smith T.P.I., Chef division prévention formation Service d'incendie et de sécurité civile, Municipalité de Saint-Donat



### Fraud Prevention

**November 10 at 10 a.m.**

An information session on how to recognize and prevent senior abuse and fraud. Anne Baudouin and officer Alexandra Brunet de la Régie de Police du Lac des Deux-Montagnes will answer your questions!



### Fall Prevention

**November 17 at 10 a.m.**

A CHEP (Community Health Education Program) presentation on fall prevention. Philippe Briand, Kinesiologist, CIUSSS Centre-Ouest



### Internet Safety

**November 24 at 10 a.m.**

In this workshop we will look at the basics of internet safety, including how to protect your privacy, manage passwords, recognize online scams, and use social media privacy settings. Presented by Tim Foreman, Educational Technology Consultant with the Sir Wilfrid Laurier School Board

All workshops offered on ZOOM AND IN-PERSON, 1650 chemin d'Oka, Deux-Montagnes  
November 3rd workshop offered additionally, with presenter on location, at  
195 Rue Brissette, Local 72, Sainte-Agathe-des-Monts

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



Centre de services à la personne  
1-888-974-3940  
Les services à la personne  
du gouvernement du Québec



Canada

CHSSN

## Wednesday Wellness - Online & In-Person

### November 13th - Fire Prevention & Safety

Online: register [here](#)

In-person with presenter on location: 195 rue Brissette, **Local 72**, Sainte-Agathe-des-Monts

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

& 195 rue Brissette, Local 72, Sainte-Agathe-des-Monts

### November 10th - Fraud Prevention

Online: contact [info](#)

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Online: contact [info](#)

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

November 24th - Internet Safety

Online presentation register [here](#)

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

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

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**4korners**

# WORD PLAY

Parent-Child  
Language Stimulation Workshop

**BECOMING AN ACTIVE PLAYER IN YOUR  
CHILD'S LANGUAGE DEVELOPMENT**

2-hour interactive workshop online animated  
by a Speech-Language Pathologist

- Do you have a child on the waitlist for speech-language services?
- Are you worried about the speech and language development of your child?

Learn and integrate language  
stimulation strategies and  
technique while you play with  
your child

Contact us for dates & times!  
Place are limited, registration is mandatory.  
Contact us at [info@4korners.org](mailto:info@4korners.org)  
450-974-3940 | 1-888-974-3940 ext.601



Centre Mosaïque  
de Québec

## Word Play - Online

Total of 6 Workshops – Families must attend all 6 Workshops.

November 11th, 6-8pm

November 13th, 9-11am

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December 4th, 9-11am

December 9th, 6-8pm

*\*Place are limited, registration is mandatory.*To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940Be an informed  
community player!

### Bilingualism and early childhood

In this interactive session, we delve into bilingualism, myths about learning multiple languages and supporting the communication needs of children from 0-5 growing up in a multicultural context.

Listening to your interests, concerns, and questions, we'll discuss:

- How bilingualism and multilingualism impact language development
- What is expected in bilingual language development
- Why it is important to support the home language in a minority-language context

And how to:

- Recognize potential challenges and support bilingualism for children living with difficulties
- Prepare children for school entry in a language other than what's spoken at home

**November 17th 2021 at 4PM**To register contact [info@4korners.org](mailto:info@4korners.org)  
450-974-3940 | 1-888-974-3940 ext. 601Public Health  
Agency of CanadaAgence de la santé  
publique du CanadaCentre Mosaïque  
de Québec

## Walk the Talk - Online

November 17<sup>th</sup> 2021 at 4PMRegister [here](#)

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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, September 14 - October 12

MARDIS, 14 septembre - 12 octobre

9:30 - 11:30

7 70 Avenue O. Blainville

### 8 - 15 months/mois

TUESDAYS, October 26 - November 23

MARDIS, 26 octobre - 23 novembre

9:30 - 11:30

7 70 Avenue O. Blainville

Registration/inscription: [info@4korners.org](mailto:info@4korners.org)

1.888.974.3940 | 450.974.3940 ext. 601

 **4korners**  
www.4korners.org

Canada

Prévention  
Fondation Lucie  
et André Chagnon

CHSSN2  ANS  
ENSEMBLE  
C'est mieux

### 4K Bright Beginnings - Baby Sensory Classes, 8-15 months

In progress, still open to new registrants!

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

*\*Due to a delay in the construction of our new Blainville location we are temporarily hosting this event at 202 chemin de la Grande-Cote, Rosemere*

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**NEW ACTIVITY - 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!!!

November 20, 9 - 11 a.m.

November 27, 9 - 11 a.m.

École des Mésanges - 203, 14<sup>th</sup> Ave. Deux-Montagnes

To register 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](mailto:info@4korners.org)**

**1.888.974.3940 | 450.974.3940 ext. 601**



**Living Without Violence - Online**

Session to start late September / early October. Exact date and time to be confirmed.

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

**Ongoing 4K Activities**

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### **4K Bright Beginnings (for ages 0-5) - Play to Learn**

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

378 rue Principale, Lachute

Blainville\* - Fridays 9:30 a.m. - 11:30 a.m.

*\*Due to a delay in the construction of our new Blainville location we are temporarily hosting the Blainville group at 202 chemin de la Grande-Cote, Rosemere*

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

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### **4K Bright Beginnings (for ages 0-5) - Parenting Circle**

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

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### **4K Bright Beginnings (for ages 0-5) - Tiny Tots**

**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.

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### **4K Bright Beginnings (for ages 0-5) - Lunch Box Workshops**

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

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### **4K Kids Club (for ages 6-12) - Social & Emotional Learning**

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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Tuesdays at 4:30 p.m.

[Register on Zoom](#)

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### **French Conversation Classes**

**CURRENTLY FULL!**

Mondays & Tuesdays, 10 -11:30 a.m.

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

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### **Monthly Caregivers Support Group**

Monday, November 15

Monday, December 13

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.

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### **Seniors Wellness - Painting Classes**

Bi-weekly on Wednesdays starting October 26

12:30 - 2:30 p.m.

Register on Zoom [here](#)

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### **Seniors Wellness - Drawing classes**

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

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

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### **Seniors Wellness - Chair Yoga classes**

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

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

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Starts September 14

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](#)

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### **Prenatal Classes**

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

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### **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

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

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### **Calling all nominations for the 4Korners Community Cup!**

The 4Korners Community Cup is a monthly award honoring people making an impact in their community through volunteerism. They can be little league coaches, daycare workers, volunteers in your community or anyone that you see going the extra mile for their neighbors. Each month our 4Korners Newsletter will pay tribute to someone in the Laurentians and award small gift to each winner.

There have been almost 20 recipients of 4Korners Community Cup so far with winners like Jennifer Turcotte who is once again running her grassroots Morin-Heights Purse Project that collects gently used purses filled with toiletries for abused women in need. [Accepting donations until December 1<sup>st</sup>](#). Or perhaps you read about Sheila Eskenazi and Joseph Graham who have, among other things, devoted much of their lives to improving the quality of life of English speakers in the Laurentians.



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community. These individuals are all around us so don't be shy to nominate anyone that you think is contributing to their community in a positive way. Let us tell their story and offer them a meal on 4Korners to show appreciation for the time and energy they give to their community. (It is also a lovely way to support local restaurants in your area! Two birds...) Please get in touch if you know someone who deserves to be recognized for what they are doing in your community. Email me directly at [andie@4korners.org](mailto:andie@4korners.org). **To receive information on monthly activities in your inbox, subscribe to our newsletter at [info@4korners.org](mailto:info@4korners.org) or check our website [www.4korners.org](http://www.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](mailto:info@4korners.org)



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](tel:686868)**  
**or call a counsellor:**  
**1-800-668-6868**

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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

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