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January 2026



♥ A New Year, A Stronger Community

As we begin 2026, we wish you a happy and healthy New Year. We are grateful to start the year alongside a community that values connection, inclusion, and belonging.

Your involvement helps 4Korners continue supporting English-speaking residents of the Laurentians through programs that bring people together and strengthen community life. [Becoming a 4Korners member](#) is a simple but powerful way to show your support. For just \$10 a year, your membership helps sustain our work and amplifies the voice of our community.

Thank you for being part of what makes our community strong.

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4k | Activities

Youth & Families

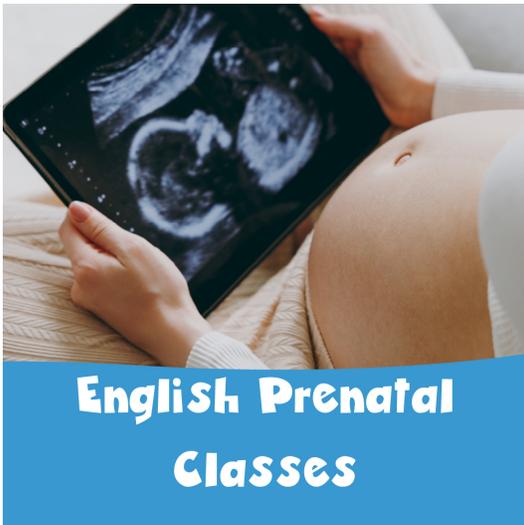
Adults

Seniors

Community



4k | Youth & FAMILIES



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

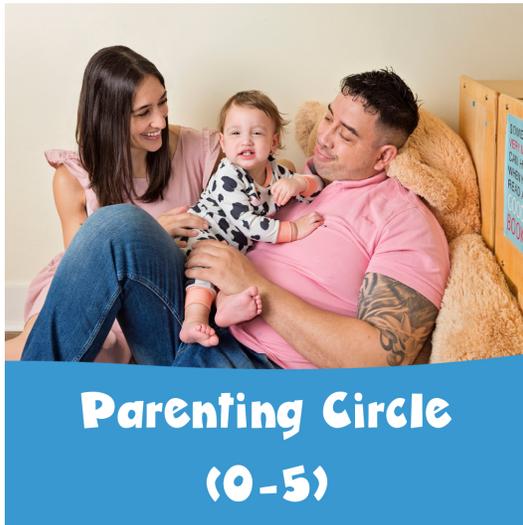
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In-home support for English-speaking parents of newborns (0–1 year) in the Laurentians.

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



Parenting Circle in Deux-Montagnes

Join us Tuesday mornings for a supportive program where parents connect and children (0-5 years) take part in guided play and activities that encourage growth and learning.

Tuesdays, 10 a.m. to 12 p.m.

January 20 | March 10, 2026

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more

Tiny Tots (Ages 2–5)

Join us for a weekly morning of fun, creativity, and learning. Tiny Tots offers more than playtime. Each session encourages social skills, builds confidence, and helps prepare children for school in a caring English-speaking environment.

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

January 15 | March 19, 2026

1650, chemin d'Oka, Deux-Montagnes

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Tiny Tots (2-5)

Join us for a weekly afternoon of fun, creativity, and learning. Tiny Tots offers more than playtime. Each session encourages social skills, builds confidence, and helps prepare children for school in a caring English-speaking environment.

Thursdays, 1 to 3 p.m.

January 15 | March 19, 2026

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more

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.

January 16 | March 27, 2026

2 rue du Ravin, Ste-Thérèse

Click [here](#) to know more



Play to Learn (0-5)

Girl Talk – Secondary 1 & 2

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

January 14 to March 18, 2026

Library (Lake of Two Mountains High School)

Click [here](#) to know more



Girl Talk Secondary 1-2 (12-14)

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

Wednesdays 2 p.m. to 3:30 p.m.

January 14 to April 1, 2026

Art Room A-222A (Rosemere High School)

Click [here](#) to know more



Vibe Check (12-17)

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.

January 14 to March 18, 2026

Resource Room (Lake of Two Mountains High School)

Click [here](#) to know more



Afterschool Art & Wellness Club (12-17)

Cooking Club at LTM

Learn to cook simple, budget-friendly meals and build practical kitchen skills in a fun, hands-on session for teens.

Take home everything you make.

Friday, 2:30 p.m. to 4 p.m.

January 30, 2026

Lake of Two Mountains High School

Click [here](#) to know more



Cooking Club (12-18)

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Autism and Arts in the Laurentians (6-12)

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 4 p.m.

January 8, 2026

Sainte Agathe Academy, Sainte-Agathe-des-Monts

Click [here](#) to know more

Autism and Arts in the Laurentians (12+)

Join our after-school club for neurodivergent teens and young adults! Explore art, build life skills, and connect with friends in a supportive space. Parents and siblings welcome.

Wednesdays 3:30 p.m. to 5 p.m.

Jan. 14 to Mar. 18 (except March break)

Laurentian Regional High School, Lachute

Click [here](#) to know more



Autism and Arts in the Laurentians (12+)

Creative Connections

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.

January 15, 2026

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



Creative Connections (12+)

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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.

January 20, 2026

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

Click [here](#) to know more



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

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



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Senior Open Circle Lachute (50+)

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.

January 13 | March 17, 2026

Margaret Rodger Memorial Presbyterian Church, 463 Rue Principale, Lachute

Click [here](#) to know more

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.

January 13 to March 31, 2026

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

Click [here](#) to know more



Walk & Talk for Seniors (50+)

Wellness for Seniors in Sainte-Agathe

Join us for a vibrant program designed specifically for English-speaking seniors in the Laurentians! Our activities are designed to nurture your health and well-being throughout the year.

Wednesdays, 10 a.m. - 12 p.m.

January 14 to March 18, 2026

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

Click [here](#) to know more



Wednesday Wellness Sainte-Agathe (50+)

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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.

January 21 to March 18, 2026

Harrington Golden Age Center, 259
chemin Harrington

Click [here](#) to know more



Rouge Valley Days Senior Wellness (50+)

How Pharmacists Support Your Health

Watch a CHSSN SHARP replay explaining the expanding role of pharmacists, the services they can now provide, and when to consult other health professionals for your care.

Monday, 1 p.m. - 2 p.m.

January 26, 2026

Mille-Isles Community Hall

Click [here](#) to know more



Seniors Wellness Mille-Isles (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.

January 26, 2026

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



Caregivers Support Group (All ages)

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Monthly Potluck Lunch

Join us every last Friday of the month: January 30, from 11 a.m. to 1 p.m. at the 4Korners Activity Center. Bring a dish to share or just come enjoy good food, conversation, and community.

Friday, 11 a.m. - 1 p.m.

January 30, 2026

1650 chemin d'Oka, Deux-Montagnes

Click [here](#) to know more

Chair Yoga for Balance (50+) – Online

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.

January 12 to March 16, 2026

ONLINE

Click [here](#) to know more



Chair Yoga for Balance (50+)

Online Drawing for Seniors

Nurture your creativity this fall with weekly online drawing classes led by Carol Lyng. Members only. \$25 participation fee. No experience needed: just bring paper, pencil, and curiosity!

Tuesdays, 10 a.m. to 11 a.m.

January 13 to March 17, 2026

ONLINE

Click [here](#) to know more



Online Drawing (50+)

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Join weekly online painting classes this fall with instructor Carol Lyng. No experience needed. Members only. \$35 participation fee. Register now and spark your creativity from home.

Wednesdays, 1:30 p.m. to 3:30 p.m.

January 14 to March 18, 2026

ONLINE

Click [here](#) to know more



**Let's Talk
Social & Economic Development
LESAN Regional Exchange**

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

Circonflexe Mentorship Networking Evening (18+)

Join us for an inclusive networking evening connecting Francophone professionals and English-speaking workers. Discover the Circonflexe Mentorship Program, build confidence in French, and explore meaningful professional connections.

Thursday, 5:30 - 7:30 p.m.

January 22, 2026

Parc de la Rivière-des-Mille-Îles



**Circonflexe Mentorship:
Inspiring French Professionals
to Guide English Learners**

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LESAN Regional Exchange

LESAN Regional Exchange

A one-day regional exchange bringing together organizations serving English-speaking residents to share services, strengthen collaboration, and deepen understanding of the realities and needs of the English-speaking community in the Laurentians.

Monday, 9 a.m. - 3:30 p.m.

February 23, 2026

Chalet Bellevue, Morin-Heights

Click [here](#) to know more

A Community of Practice for French-speaking Community Workers Serving Anglophones

Join us to explore the theme "Building Confidence to Serve Anglophone Clients: Practical English for Everyday Interactions"

Tuesday, 12 - 1 p.m.

January 20, 2026

Online

Click [here](#) to know more



Bilingual Bridges



English Culture & Heritage in the Laurentians

Share Your Story: English Heritage in the Laurentians

We're collecting original stories that preserve the English culture and heritage of the Laurentians. Whether it's a family memory, a local tradition, a historical anecdote, or a little-known tale passed through generations, your contribution can help build a shared digital archive that celebrates our community's identity and strengthens its legacy.

info@4korners.org

450-974-3940



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 

As part of the 49th edition of the Semaine pour un Québec sans tabac (Week for a Tobacco-Free Québec), from January 18 to 24, 2026, the CISSS des Laurentides wishes to remind you that there are help resources available for people who would like to quit or cut down on smoking or vaping.

The nurses in the region's centres d'abandon du tabagisme (smoking cessation centres) offer free and personalized information and support services to quit smoking or vaping, adapted to each person's pace. They also provide support for people wishing to cut down.

To contact the nurses at the smoking cessation centres in your region, call 1-844-440-2433.

For more details on the services offered and how to access them, as well as on prevention activities for youth, visit the "Tobacco and Vaping" page at: <https://www.santelaurentides.gouv.qc.ca/english/care-and-services/tobacco-and-vaping/>.

ROHIM has developed a series of suicide prevention toolkits to help men, their loved ones, and the professionals who support them recognize distress, encourage help-seeking, and provide meaningful support during difficult times.

Each toolkit below is available in English and tailored to specific realities and life situations:

- [Men Experiencing Marital Separation](#)
- [Men Aged 50 and Over](#)
- [Men of Sexual Diversity](#)
- [Men in General](#)
- [Men Experiencing Homelessness](#)
- [Indigenous Men](#)
- [Men from Immigrant Backgrounds](#)
- [For Stakeholders](#)
- [Young Men aged between 14 and 29](#)
- [For Relatives](#)
- [Law Enforcement Officers](#)
- [Men with Criminal Records](#)

These resources are practical, compassionate, and designed to support early intervention, connection, and well-being. Whether you are seeking help for yourself or supporting someone else, these toolkits offer guidance you can trust.

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Services for Healthy Aging in the Right Place (SHARP)

Tips for active listening and reducing social isolation

with Marissa Norton, Vent Over Tea

This welcoming, easy-to-follow workshop introduces simple active listening tools that help strengthen relationships and reduce social isolation among seniors across Quebec. Participants will learn practical ways to create meaningful conversations, build connections in everyday interactions, and support one another with empathy.



Wednesday Jan 21st, 2026

10:00am-11:30am (EDT)

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2023-2028





Vaccines Covered for Quebec Residents 65 Years and Older



| Vaccines | National Recommendations | Coverage Details ¹ |
|---------------------------------|--|--|
| COVID-19 | At least 1 dose of either Comirnaty or Spikevax COVID-19 vaccines per year | Comirnaty and Spikevax are available for free for older adults |
| Influenza | 1 dose of either Fluad or Fluzone High-Dose per year | Fluad is available for free for older adults |
| Pneumococcal (Pneumonia) | 1 dose of either Prevnar 20 or Capvaxive ² | Pneumvax 23 is available for free for older adults, apart from certain older adults who can receive Prevnar 20 for free |
| RSV | 1 dose of either Abrysvo, Arexvy or mRESVIA can be used based on personal factors | Arexvy and Abrysvo are available for free for certain older adults based on their age and place of residence |
| Shingles | 2 doses of Shingrix | Shingrix is available for free for older adults with weakened immune systems, certain Veterans ³ and Indigenous ⁴ older adults and all adults 75 years and older |
| Tetanus and Diphtheria | Immunization history will determine the type of vaccine and the number of doses needed | Vaccines are available for free based on one's immunization history and personal factors |

¹ If you have a private drug plan, it may cover the cost of vaccines that are not publicly covered.

² Recommendations vary for older adults who have received a hematopoietic stem cell transplantation.

³ Eligible Veterans may be covered for this vaccine through Veterans Affairs Canada if they are unable to access it through provincial health services.

⁴ Eligible First Nations and Inuit may be covered for this vaccine through Indigenous Services Canada's Non-Insured Health Benefits (NIHB) Program if they are unable to access it through provincial health services.

? Have more questions?

Speak with your primary health care provider, pharmacist or local community services centre (CLSC). Call Info-Santé 811 for health information.

i Would you like more information on vaccines?

Check out our national vaccine pamphlet by scanning this QR code.

UPDATED: NOVEMBER 2025

The development and promotion of this document was made possible through the financial support of Merck Canada Inc., Moderna and Pfizer Canada.



SCAN ME



Dragons Den

As a community partner and invited judge, 4Korners is proud to support this bilingual program developed in collaboration with the French high school in Sainte-Agathe. Our involvement has allowed us to witness firsthand the meaningful and inspiring impact of the Dragon's Den project: students expressing themselves confidently in English, showcasing strong entrepreneurial creativity, and presenting their ideas with remarkable professionalism. This initiative truly highlights the strength of bilingualism in the Laurentians and reinforces the importance of programs that equip our youth to succeed in an increasingly open and dynamic environment.



4k | in the News!

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



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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

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Appui *You care for them,
we care for you.*
proches aidants

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