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December 2021



Strengthening Community Vitality
in the Laurentians



CBC's Charity of the Year!

We are incredibly honoured to have been selected as CBC's Charity of the Year. We hope that this will enable us to reach more Laurentian community members, many of whom do not know that 4Korners exists and may benefit from our services. We are excited to present our mission to even more people throughout the region! Stay tuned throughout the month of December as CBC will share more stories about the work we do! Click [here](#) to learn a little more about what donations can help us support the community!

www.cbc.ca/bekindqc

[Donate to 4Korners](#)

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year.



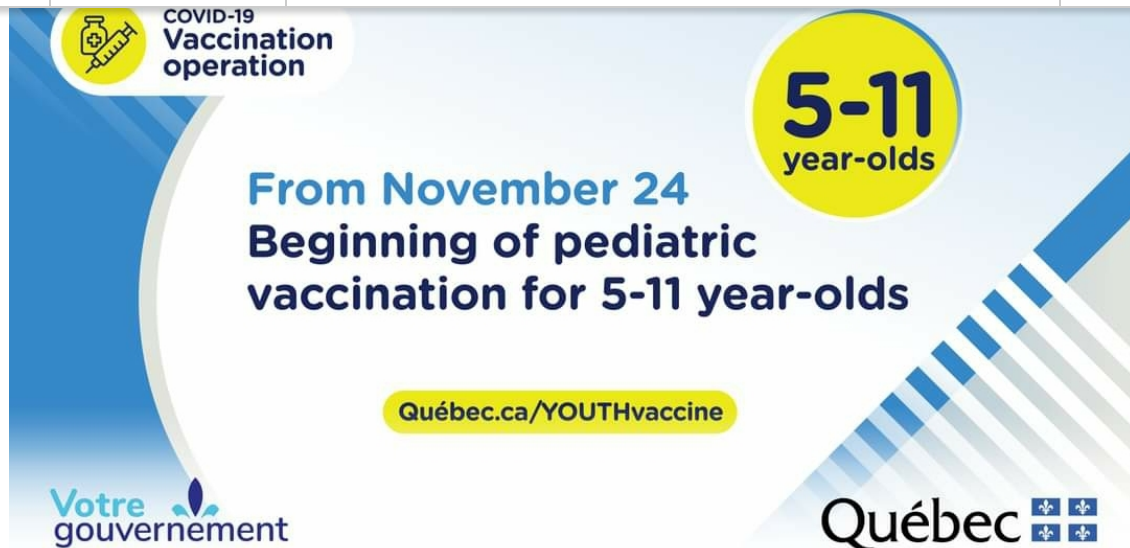
 **4korners**

Holiday Schedule

December 18th - January 2nd
All 4K operations closed

January 3rd - 7th
Remote services resume
All offices and Deux-Montagnes activity centre closed
Contact us by email or phone info@4korners.org
450-974-3940 | 1-888-974-3940 ext. 601

January 10th - All services & activities resume!

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COVID-19 Vaccination operation

5-11
year-olds

From November 24
Beginning of pediatric
vaccination for 5-11 year-olds

[Québec.ca/YOUTHvaccine](https://Quebec.ca/YOUTHvaccine)

Votre
gouvernement

Québec

COVID-19 RESOURCES

[COVID-19 Vaccination Passport](#)

If you have trouble downloading your proof of vaccination or using VaxiCode contact 4Korners for assistance!
[info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[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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Be an informed
community player!



Understanding Language and Learning Disorders

Using an interactive format, we delve into the details of language and learning disorders identified in young children and school age children.

By attending this session, we hope you:

- Walk away with a better understanding of the communication disorders commonly seen in children
- Understand evaluation practices
- Know how and when to get support for a struggling child
- Better understand the long term implications and the positive impact of early intervention



December 15th 2021 at 4PM

To register contact info@4korners.org
450 -974-3940 / 1-888-974-3940 ext: 601



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Walk the Talk

December 15 at 4 p.m.

[Register on Zoom](#)

WEDNESDAY WELLNESS

workshops

Protecting Vulnerable Individuals

December 15 at 10 a.m.

Know your rights and those of the ones you care for. Upcoming changes to laws will enhance measures currently in place to protect vulnerable individuals.

Presented by Corinne Harbec-Lachapelle, Director of public events, Direction des communications Curateur public du Québec

To register contact 450-974-3940 ext. 601, info@4korners.org

Secrétariat aux relations
avec les Québécois
d'expression anglaise



Curateur public
Québec



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.

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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



Behind the Music Sessions

Get to know the artists that have been performing over the last 18 months with our new "Behind the music sessions" series. In this series, we will get to know the artists better, all while appreciating their musical work.

December 9 at 7 p.m. - Jim Brown

Exclusively on our [Facebook page](#)

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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
1.888.974.3940 | 450.974.3940 ext. 601



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

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

Ongoing 4K Activities

Be sure to double-check the location before registering.

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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

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

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.

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.*

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

4K Kids Club (for ages 6-12) - Drawing Classes Online

For kids aged 6-12

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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

Monthly Caregivers Support Group

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.

Seniors Wellness - Painting Classes

Bi-weekly on Wednesdays starting October 26

12:30 - 2:30 p.m.

Register on Zoom [here](#)

Seniors Wellness - Drawing classes

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

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

Seniors Wellness - Chair Yoga classes

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

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

Seniors Wellness - Tai Chi Classes

Tuesdays, 1 p.m. - 2:30 p.m.

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Online: register [here](#)

Prenatal Classes

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

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!



**4Korner Community Cup Winner for December
André Ouellet**

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it comes as no surprise that at 81 years old he's heading into his 30th year as president of Dépannage Saint-Agapit where he runs a pretty large operation every Christmas season. The food bank distributes food baskets to about 200 families in need every yuletide season. Granted, for the last two years the campaign has operated a little differently with more emphasis on virtual giving by way of gift cards, but they still manage to include a bag of groceries for every family. André is looking forward to when things eventually return to the old way of doing things where they can go house to house collecting non-perishable items for the Christmas food baskets.

André has been volunteering at different organizations since he was 20 years old. In 2014 he was honored by city council members and city employees with the "Prix Hommage bénévolat-Québec," a volunteer category that pays tribute to people who are 36 years of age and older, who have greatly contributed to the quality of life of their fellow citizens through their social commitments in their community. What keeps the octogenarian motivated is that this is simply his way of life and in line with his Christian values. André says life is about the balance between the material and the spiritual. And besides, he says, after retirement he wasn't about to sit home and do nothing.

André tells me he has great respect for people who seek out help and points out that although the Christmas baskets are the marquee event, the Saint-Agapit food bank helps people all year long. Sign-up for the Christmas baskets begins this week and families can pick up their gift cards and bag of groceries December 18th. André also wants people to know they are in full fundraising mode and need as many donations as possible to help the most people possible. He proudly tells me that their foodbank operates with only 2% of donations going toward administrative costs and that he has a great team of volunteers behind him to make it all possible. We are proud to name André Ouellet as our 4Korners community Cup winner for the month of December!

To donate or get more information about Dépannage Saint-Agapit check out their [website](#).

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

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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



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



[Éducaloi](#) -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

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D'ÂGÉS
*You care for them,
we care for you.*

CHSSN2  ANS
ENSEMBLE
YEARS
TOGETHER

**Bright
Beginnings**  *A shining start
for children
ages 0-5*

 **McGill**


VILLE DE DEUX-MONTAGNES

4Korners

Laurentian Community Network

Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

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