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October 2021



4korners

Strengthening Community Vitality
in the Laurentians



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NEW!
Thank you
CISSS des Laurentides
for funding this
project!

RESOURCES

This resource guide has been compiled by 4Korners to assist the English-speaking population of the Laurentians in locating local, Provincial and Federal resources and services in English.

HELPLINES

If this is an emergency, call 911 or your emergency service for immediate assistance.
[Quick Escape Link](#)

- Child, Youth & Family
- Disabilities & Disorders
- Education & Literacy
- Employment & Income Support
- Food Support
- Government
- Health
- Housing
- Justice & Advocacy
- Mental Health & Addictions
- Seniors & Caregivers
- Violence & Abuse

If you know of a service within the Laurentians that offers assistance in English and it is not listed here please let us know by contacting:
info@4korners.org

Did you know about our new resource page?

4Korners recently launched a completely revamped and user friendly resource page on [our website](#). In it you'll find local, Provincial and Federal resources and services being offered in English! A special thank you to the [CISSS des Laurentides](#) for funding this important project. Check out our resource page [here](#).

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

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[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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At a • À DISTANCE

Art Exhibition • Exposition d'art

Celebrating the students of 4Korners' virtual art classes.
Une célébration des élèves des cours d'art virtuel de 4Korners.

**October 23 • 23 octobre
2021**

10:00 - 14:00

1650 chemin d'Oka, Deux-Montagnes

Virtual Exhibition • Exposition virtuelle
Oct. 23 - Nov. 23
www.ateliersmuz.com

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

Canada 

4K Art Exhibition - At a Distance

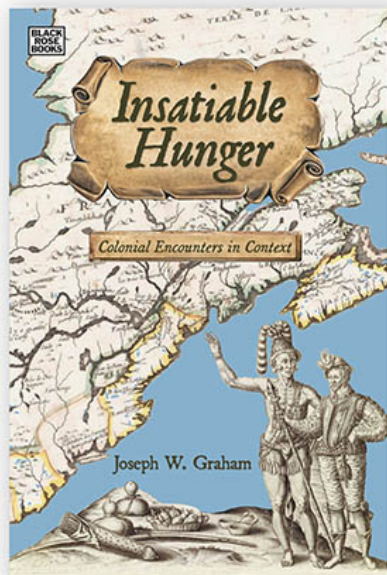
Open to the public at our activity centre in Deux-Montagnes.

No registration necessary.

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

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4K SPEAKER SERIES



"Twelve years in the making, Joseph Graham's *Insatiable Hunger* makes no excuses for the blind ravages of the Euro-Christian invasion of North America and the Euro-Christian market economy. Eminently readable, Graham's clear and unpretentious yet documented prose respects Indigenous stories as much as Euro-Christian stories in contrasting Indigenous female-male co-valence with European male dominance."
—Barbara Alice Mann, Ph.D., Professor of Humanities at Jesup Scott Honors College.



Joseph Graham
Local Historian & Author

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Author Joseph Graham will present his new book: *Insatiable Hunger*

Insatiable Hunger is about the boiling over of religious differences in Europe and the desperate need Europeans had to escape, carrying their wars along with them, to protect their models of religion and freedom. It is about religiously obsessed Europeans pouring onto the continent, consuming everything in their path. It is about the attempts Indigenous Peoples made to reason with the hungry newcomers. Tracing events from Jacques Cartier's first visits in the 16th century to the end of war of 1812, *Insatiable Hunger* delves back to examine the foundational stories of two very different civilizations to find the root causes of the mutual incomprehension. It describes the collapse of stable Indigenous communities in the face of disease, and their inability to understand the Christian incapacity to share.

Friday, October 15, 1pm

Online via Zoom

In-person - Registration Mandatory
Trinity Church Ste-Agathe
12 Rue Préfontaine Ouest,
Ste-Agathe-des-Monts

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

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

4K Speaker Series

Taking place in-person & online!

To register for the online presentation click [here](#)

To register for the in-person presentation at Trinity Church Ste-Agathe, 12 rue Préfontaine Ouest, Ste-Agathe-des-Monts

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

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WEDNESDAY WELLNESS

October 2021



Road Safety

October 6 at 10 a.m.

SAAQ, Road Safety information session. Join us for important information about driving a bike or car, your driver's license, medical exams and more! Presented by Marouan Bel Fakir, Conseiller en relation avec le milieu – Montréal Ouest, Laval, Basses-Laurentides, Société de l'assurance automobile du Québec



Dementia Education

October 13 at 10 a.m.

Community Health Education Program (CHEP) presentation. Gain important knowledge in regards to dementia with Claire Webster, PAC, CPCA, Founder and President of Caregiver Crosswalk and Dr. Serge Gauthier, MD – Neurology, Director of Alzheimer Disease and Related Disorders Research Unit



Meditation

October 20 at 10 a.m.

Join us for a presentation on what meditation is, the science behind how it works, the benefits it offers as well as various ways to meditate. A guided practice. Question and answer period. Presented by Josephine Piazza, Yoga tout, Laurentides.



Maintaining Memory

October 27 at 10 a.m.

Many healthy seniors are worried about normal aging-related changes in their memory, which is why it is so important to maintain an active mind and lifestyle. Research has proved that it is possible to keep your memory and concentration in good shape even in the later years. In this workshop, you will learn tips and tricks on how to keep your mind active, along with fun and interactive activities that will challenge your brain! Presented by Aileen Borruel, BSW, Joyful Connections.

All workshops offered on ZOOM AND IN-PERSON, 1650 chemin d'Oka, Deux-Montagnes
Road Safety workshop offered additionally 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

Secrétariat aux relations
avec les Québécois
d'expression anglaise
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.

Société de l'assurance
automobile
Québec

Canada

CHSSN 20 ANS ENSEMBLE 1000 heures

4K Speaker Series

Taking place in-person & online!

October 6 - Road Safety

Online: register [here](#)

In-person: 1650 chemin d'Oka, Deux-Montagnes
& 195 rue Brissette, Local 72, Sainte-Agathe-des-Monts

October 13 - Dementia

Online: contact [info](#)

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

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

[October 27 - Maintaining Memory](#)

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

The graphic features a background image of hands painting a floral design on a white surface. A purple box in the top left corner contains the text 'ONLINE & INTERACTIVE!'. The main title 'SENIORS WELLNESS' is in large white letters. Below it, a purple banner reads '4Korners Painting Classes'. The text continues: 'Painting workshops with Carol Lyng. Painting supplies will be needed to participate in this activity. Bi-weekly on Wednesdays 12:30 pm - 2:30 pm Starting October 6, 2021'. A call to action says 'Join us on Zoom to connect live!' followed by contact information: 'To register contact info@4korners.org 450-974-3940 | 1-888-974-3940 ext. 601'. At the bottom, the 4korners logo and the Canada logo are displayed.

Online Painting Classes are back!

Register on Zoom [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

1.888.974.3940 | 450.974.3940 ext. 601

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Prévention
Fondation Lucie
et André Chagnon

CHSSN2  ANS ENSEMBLE

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

We are now taking registrants for the next session starting October 26th for children aged 8-15 months.

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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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

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

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

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Tuesdays at 4:30 p.m.

[Register on Zoom](#)

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

Caregivers Support Group

Upcoming dates

October 18, November 15 & 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 - 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

Starts September 14

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

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

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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

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!



**4K Community Cup winner for October 2021
Wanda Gabriel**

When my colleague Lehente Gabriel recommended Wanda Gabriel to me for our 4Korners Community Cup, she was pitched as a mental health healer using

in awe over the work that this woman undertakes in her professional and personal life.

Wanda is a trained social worker with a master's degree in social work from McGill University where she works as an assistant professor. Once a high school dropout, Wanda was motivated by the Oka Crisis to go back to school and pursue social work to try and understand how something like that could happen in Canada. She has since been mentored by indigenous healers and trauma specialists using traditional healing techniques. Along with trying to educate students who have been massively underserved when it comes to indigenous education in this country, Wanda is deeply engaged with members of her own community to try and begin healing generational trauma inflicted by colonialism and numerous failed attempts "to kill the Indian within."

Wanda calls her combined practice of formal and indigenous training "walking in two worlds of helping," and says it is absolutely crucial for Indigenous communities to address trauma in this way. Not only because social work has historically served as tool to remove children and break up the family but when you are dealing with a community where the goal was to wipe them out spiritually and culturally, reclaiming that culture and revitalizing the language helps solidify who they are as people.

Wanda offers workshops in Kanesatake about internalised oppression, called "moving into lateral kindness," as well as others on trauma-informed care and life skills coaching for youth. She also travels 3 to 5 times a year to British Columbia where she helps run intensive programs for residential school survivors. When I ask where you even begin to start healing with someone who suffered so many different layers of trauma, Wanda tells me that you must start somewhere, and it's all based on the individual's situation. What keeps her going is seeing the beginning of healing in a 70-year-old elder who carries the pain of the residential school system by way of alcoholism and unknown body aches and pains. She sees the darkness hanging over them, but she tells me, "When they put in the work, you see the light back in their aura. That is the reward." Wanda says she is also on a healing journey of her own and because their stories are her stories it is hard to know what will get triggered during her workshops. She advocates importance of self-care and recognizing that colonization and genocide are not over. It is important work and a vocation she loves deeply. "I love transformation and I love the healing process. It doesn't

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Gabriel is the 4Korners Community Cup winner for October!

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



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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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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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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