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**LAURENTIANS  
4K NEWSLETTER  
September 2017**



**Take a minute, Change a life!**

*with just a minute, I can. . .*



World Suicide Prevention Day  
September 10<sup>th</sup>



Coping with a suicide loss, need help, need understanding for yourself or someone you know. There is help.

# MENTAL HEALTH FOR A CHILD = MENTAL WEALTH FOR ALL



"75 per cent of mental health problems and illnesses have an onset in childhood, adolescence or young adulthood. Investing in mental health promotion and early intervention can stem the tide of economic losses and lessen the human burden of illnesses".

- Mental Health Commission of Canada, 2017

### ONE IN FIVE

Each year 1 in 5 **CANADIANS** experience a mental health problem.

### ONE IN FOUR

Only 1 in 4 who are **CHILDREN** or youth seek and receive services.

### ONE IN FIVE

Each year in **QUEBEC** 1 in 5 people experience a mental health problem.

**-8 YEARS** **-5 YEARS**

**MEN** **WOMEN**

Compared to the general population, their **LIFE EXPECTANCY** is reduced by 8 years for men and 5 years for women.

### ONE IN THREE

1 in 3 Quebec **KINDERGARTEN CHILDREN** living in a disadvantaged environment is vulnerable to problems in their development.

Children with **ACCESS TO CHILD CARE SERVICES** are 1/2 as likely to be vulnerable as their peers with no services.

### 2 - 3 TIMES

**MORE QUEBEC HIGH SCHOOL STUDENTS** have a high level of self-esteem when they receive a high level of social support from family, friends, school.

The risk of **DROPPING OUT** of school decreases among students receiving high social support.

### 40% VS 17%

The **RISK OF DROPPING OUT** among young people with **ADHD** is higher than among those without it (40% versus 17%).

**YOUNG PEOPLE** between 1 and 17 years of age with **ADHD** have more than tripled in Quebec since 2000.

Year	ADHD Cases
2006-2001	19,900
2013-2014	63,800

A capture from previous months at 4K





*4 Korner's' talk with guest presenter Marie-Claude Giguère, on senior's housing in Rosemère.*

*Photo credit:Eric Painter*



*Tuesday summer walking group in Deux-Montagnes.*

*Photo credit: Eric Painter*



*4 Korner's participation in guided tour on Ottawa River for History Argenteuil*

**Click for Upcoming Activities in Deux-Montagnes**

*Walking group*  
**For Caregivers, for Parents,  
 for Seniors, for Youth, for ALL!**  
**Take a stroll and chat.**

New fall schedule!  
 Mondays at 9:45 a.m.

Meeting at:

Deux-Montagnes Head Office  
 200, rue Henri-Dunant

*Open House*  
**Come visit us and see what is  
 going on!**  
**Snacks and activities will be  
 offered.**

Wednesday, September 20th  
 1:00 - 3:00 p.m.  
 and  
 5:00 - 7:00 p.m.

Deux-Montagnes Head Office  
 200, rue Henri-Dunant

**For parents with kids 0-6.**

with presenter Myra Siminovitch

Wednesdays  
9:00 a.m. - 11:00 a.m.  
when cooking, 9 :00 - 12:30 p.m.

Wednesday, September 20  
10:00 a.m. - 12:00 a.m.

Deux-Montagnes Head Office  
200, rue Henri-Dunant

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Health Canada Santé Canada



AVENIR D'ENFANTS  
DES COMMUNAUTÉS ENGAGÉES



TANDEM

**Click for Upcoming activities in Argenteuil**

*Lunch & Learn in GORE*  
**What does healthy eating mean to you?**

with Katja Leccisi

*CHEP - videoconference*  
**Osteoporosis and Bone Health**  
with presenter Myra Siminovitch

Wednesday, September 13th  
12:00 - 3:00 p.m.

Wednesday, September 20  
10:00 a.m. - 12:00 a.m.

Trinity Community Centre  
2, Cambria Road  
Gore

Community Learning Center (LRHS)  
448, av. Argenteuil, Lachute



L'APPUI POUR LES PROCHES AIDANTS D'AINES

4 Korner Social Services Network

You care for them,  
we care for you.

Click for Upcoming Activites in Rosemère

*On-going workshop registration*  
**For Caregivers**

Rosemère Community Center  
202, chemin de la Grand-Côte, Rosemère



Click for Upcoming activities in the Upper Laurentians

**Do you live in the Mont Tremblant area and  
want to know what is happening in the  
English-speaking community?**

Register to the electronic Community Bulletin

Board by sending an email to:

lucie@4kornerscenter.org

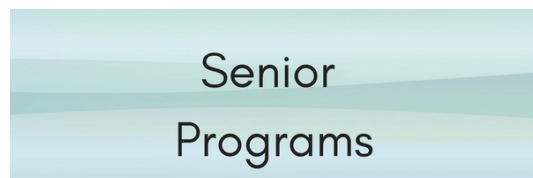
**Kids, Let's Talk with Laura Young**

Returning this fall!

Sainte Agathe Academy

Visit our website or read the next newsletter for  
dates and times.

**For more links to 4 Korner programs and activities,  
click on the area of interest below.**



## Resources for Parents

## Careers in the Laurentians

Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to come to their website!



Éducaloi -

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



Join an activity and become a 4 Korner member now [DONATE](#) or [RENEW](#) your membership to help support and grow 4 Korner activities and services in the region for everyone.



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In a spirit of respect, support and empowerment, the 4 Korner's Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

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