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April 2023



4korners
Strengthening Community Vitality
in the Laurentians



**National
Immunization
Awareness
Week** | April 24-30,
2023

This month, 4Korners will be supporting National Immunization Awareness Week! From April 24 to April 30 2023, National Immunization Awareness Week (NIAW) is an annual Canada-wide initiative that highlights and recognizes the importance of immunization.

Vaccine-preventable diseases are still common within communities across Canada. We need to continue to educate everyone about immunization and promote awareness of its benefits to health with up-to-date information.

This year, Canada's National Immunization Awareness Week coincides with Vaccination Week in the Americas and [World Immunization Week](#).

Visit Immunize Canada's website to learn more about the importance of and science behind immunization, [here](#).

ARE YOU INTERESTED IN HELPING YOUR COMMUNITY?



4Korners is currently recruiting new board members!

Our amazing team would not be complete without our valued board members.

Watch the video below to find out why they chose to volunteer with 4Korners.

If you would like to participate and are available for 6 to 8 meetings per year, please contact Peter Andreozzi via his email, president@4korners.org



We're getting youth talking in the Laurentians!

Youth Korner Jeunesse is a bilingual space where young Laurentian community members can express themselves in the format of a dialogue-based podcast. Hosts share their thoughts on topics that matter to them and that also have an impact on the Laurentian region. We bring together young French and English-speakers, First Nations and immigrants established in the Laurentians with an aim to develop their leadership skills.

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[channel](#), as well as on Spotify and Apple Music (search Youth Korner Jeunesse).

Check out the latest episode of the podcast below!



4kActivities

Check out our upcoming activities & support services!

[Adults](#)

[Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

[Adults](#)

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Credit: It's Worth A Look

Online Workshop

The goal of this presentation is to promote financial independence among young adults and new immigrants. The strategies maximize the learning transfer and promote the development of financial management autonomy and independence by using:

- Real-world examples that resonate with participants
- Exercises and activities with concrete applications
- An easy-to-use toolbox disguised as a reference document

The objective of Credit: It's Worth A Look is to explain how credit works and how can it be used with responsibility. We'll discuss about the credit report, the use of credit card, as well as the do's and don'ts while asking for a house/car loan.

Friday, April 21st at 12:00 p.m.

Online via Zoom

Spaces are limited.

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



Credit: It's Worth a Look

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

4K SPEAKER SERIES

WHAT WE CHOOSE TO REMEMBER

Introduction and Q&A with filmmaker Guy Rex Rodgers.

In-Person Presentations
Three locations / date options for your convenience!

Thursday, April 6th 2023 at 2pm
Ste-Agathe-des-Monts
Holy Trinity Church, 12 Rue Prefontaine O.

Tuesday, April 11th 2023 at 10am
Lachute
United Church, 232 Hamford Avenue

Friday, April 14th 2023 at 1pm
Morin-heights
Chalet Bellevue, 27 Rue Bellevue

Registration through **Eventbrite**
For assistance, contact info@4korners.org
1-888-974-3940 | 450-974-3940 ext. 601



 www.4korners.org 

Three locations / date options for your convenience!

Thursday, April 6 2023. Register via Eventbrite [here](#)

Tuesday, April 11 2023. Register via Eventbrite [here](#)

Friday, April 14 2023, Register via Eventbrite [here](#)

View Flyer for In-person locations. Contact [info](#) for assistance with registering if needed.

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4K SPEAKER SERIES



MILITARISM, CAPITALISM, FEMINISM

Sam Allison explains how this remarkable Highland Regiment, victorious on the Plains of Abraham, brought about the greatest land transfer in history at the Treaty of Paris in 1763. The Frasers were also formidable settlers, bringing new crops, industries, and institutions to British North America. Their economic prosperity enabled them to bring over more women and children than any other 18thC immigrant group.

Sunday, April 16th at 2 p.m.

Live presentation: In-person at Chalet Bellevue, 27 Rue Bellevue, Morin-heights

Online presentation: connect on Zoom from the comfort of home

About the Presenter | Sam Allison

B.Sc. (LSE), MA (McGill) Retired history teacher McGill Faculty of Education

Author of *Driv'n by Fortune: The Scots' March to Modernity in America 1745-1812* Foreword by Richard Pound Chancellor C.C., O.Q., Q.C. Chancellor Emeritus, McGill University (available at www.amazon.ca)

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

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Sunday, April 16: Chalet Bellevue, 27 Rue Bellevue, Morin-heights. Contact [info](#) to register.

To stream the online presentation, register [here](#)

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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

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

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Family & Youth



Join us for a special event for kids ages 6-12. Together participants will be guided through team-building activities to discover creativity and encourage self-expression through rhythm. This is a spontaneous musical experience and is for all musical levels!

Saturday, April 15th at 11 a.m.

2 rue du Ravin, Ste-Thérèse

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



Drum Circle

Saturday, April 15 at 11 a.m. To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Let's Read!

Literacy Event for Toddlers & Preschoolers

Join us for this special event for parents and kids (2-5). There will be storytelling with games incorporated. This activity is geared towards stimulating multiple spheres of their development including language development.

April 8th at 10:30 a.m.

Centre-Socio-Culturel 480 rue de Chavigny, Boisbriand.

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



Literacy Event for Toddlers and Preschoolers

April 8 at 10:30 a.m. To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Walk the Talk

Information Sessions with a Speech-Language Pathologist

Open to anyone that is involved or interested in supporting the Speech & Language Development of children between the ages of 0 to 5 years!
Parents, Teachers, Support-Staff, Grandparents come join us!
A light dinner will be served during the presentation.

March 16th at 5pm

Bilingualism, mythbusting and supporting your bilingual child.

March 23rd at 5pm

Let's Chitchat! Conversation skills – what they are and why are they important to your child's language development.

March 30th at 5pm

From Words to Stories, language development in preschool age children.

April 6th at 5pm

Get outside! Out schooling approaches and language stimulation through our natural environment.

Sainte-Agathe Academy
26 rue Napoleon, Sainte-Agathe-des-Monts

To register contact us at

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



Walk the Talk

Last session occurring via Zoom at 5 p.m. on April 6! To register, sign up through Zoom [here](#) or call 450-974-3940 ext. 601

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A weekly activity for parent and children to spend time with others enjoying a variety of activities and games. Children will have the opportunity to learn basic social skills through play while parents connect and share experiences. This activity takes place in English.

Une activité hebdomadaire permettant aux parents et aux enfants de passer du temps avec d'autres personnes en profitant d'une variété d'activités et de jeux. Les enfants auront l'occasion d'acquérir des compétences sociales de base par le jeu pendant que les parents se connectent et partagent leurs expériences. Cette activité se déroule en anglais.

Fridays · vendredis

April 14 – June 16 • 14 avril - 16 juin

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

To register contact · pour s'inscrire contacter:

info@4korners.org | 450.974.3940 ext. 601

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 **Canada**

 **Fondation Lucie
et André Chagnon**

 **CHSSN**

Play to Learn

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

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Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

April/avril 12 | April/avril 26 | May/mai 10 | May/mai 24 | June/juin 7

9:30 - 12:00

2 rue du Ravin, Sainte-Thérèse

Registration/inscription:

info@4korners.org | 450.974.3940 ext. 601

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 Moisson
Laurentides
banque alimentaire

 Fondation Lucie
et André Chagnon

 Canada
 CHSSN

Community Kitchen

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

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Bright
Beginnings



Parenting Circle

Cercle parental

Parenting Circle is a weekly meeting space designed for parents to discuss topics of interest, as well as learn new parenting skills and strategies. Your little ones will be kept entertained as they play nearby with a facilitator. This activity takes place in English and is open to all. Please note this group is run by fellow parents and not by a 4K activity coordinator.

Le « Cercle parental » est un espace de rencontre hebdomadaire conçu pour les parents afin de discuter de sujets d'intérêt, ainsi que d'apprendre de nouvelles compétences et stratégies parentales. Vos petits seront divertis en jouant à proximité avec un animateur ou une animatrice. Cette activité se déroule en anglais et est ouverte à tous. Veuillez noter que ce groupe est géré par d'autres parents et non par un coordinateur d'activités 4K.

EVERY TUESDAY • TOUS LES MARDIS

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

April 4, 2023 – June 6, 2023 • 4 avril 2023 - 6 juin, 2023

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



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Parenting Circle

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

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Tiny Tots
Tout-petits

Drop your little one off for a morning filled with fun and learning. Weekly themes with games, activities, and lessons for children aged 2-5. Space is limited. This activity takes place in English and is open to all.

Déposer votre petit pour une matinée remplie de plaisir et d'apprentissage. Thèmes hebdomadaires avec jeux, activités et leçons pour les enfants de 2 à 5 ans. Le nombre de places est limité. Cette activité se déroule en anglais et est ouverte à tous.

EVERY THURSDAY • TOUS LES JEUDIS
Group/groupe 1: 9:30 - 11:30
Group/groupe 2: 13:00 - 15:00
1650, chemin d'Oka, Deux-Montagnes
January 12 - June 15, 2023 • 12 Janvier - 15 Juin 2023

Registration/inscription:
info@4korners.org
450-974-3940 ext. 601



Tiny Tots

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

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING
APPRENTISSAGE SOCIAL ET ÉMOTIONNEL



Calling all kids in grades 4, 5, and 6!

Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills. This activity takes place in English.

Appel à tous les enfants de 4e, 5e et 6e année !

Cherchez-vous à mieux comprendre vos pensées et vos émotions, à devenir un bon joueur d'équipe ou même à gérer des conflits avec des amis ? Si la réponse est OUI, alors c'est l'endroit qu'il vous faut ! Venez vous faire de nouveaux amis, vous amuser après l'école et développer des compétences pour la vie. CETTE ACTIVITÉ SE DÉROULE EN ANGLAIS

MONDAYS | LUNDIS 17:00 - 18:30

2 rue du Ravin

Starts January 16. Light after-school snack is provided upon arrival.
Commence le 16 janvier. Une collation légère sera servi.

Registration | inscription

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

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www.4korners.org

 CHSN Canada

4K Kids - Social & Emotional Learning - Sainte-Thérèse

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

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING



Calling all kids in grades 4, 5, and 6!

At 4K Kid's Club, we play games and get creative... all while learning more about ourselves! Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills.

TUESDAYS & THURSDAYS

16:30 - 18:30

1650 chemin d'Oka, Deux-Montagnes

Winter/Spring Session: January 17 - June 15

Attendance on both days is mandatory. A light after-school snack is provided upon arrival.

Registration

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

We are happy to have the support from PANDA BLSO on this program developed by Lindsay Parr.

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www.4korners.org

ASSOCIATION
PANDA
BASSES-LAURENTIDES SUD-OUEST

 **Moisson
Laurentides**
banque alimentaire

CHSSN Canada

In partnership with Panda BLSO · En partenariat avec Panda BLSO!

4K Kids - Social & Emotional Learning - Deux-Montagnes

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

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4K Kids CLUB

Drawing Classes

Cours de dessin

Tuesdays/mardis - 16:30
Online • en ligne
04/11/2023 - 06/13/2023

For kids aged 6-12 • pour enfants 6-12 ans
Activity takes place in English • Activité se déroule en anglais

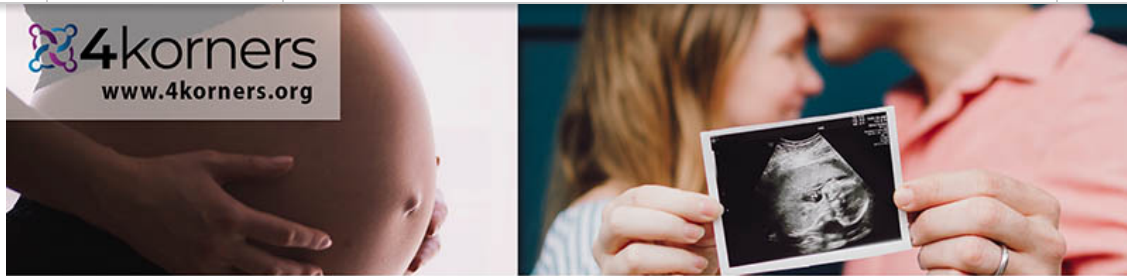
Registration/inscription: info@4korners.org

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CHSSN Canada

4K Kids Online Drawing Classes (age 6-12)

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

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Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo)laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Led by Laury Peroff from Laury's Perinatal.

For upcoming dates, details, and to register contact
info@4korners.org | 450-974-3940 ext. 601

Classes offered online via Zoom & in person
 at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Prenatal Classes

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

[Seniors & Caregivers of the Elderly](#)

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STAND UP!

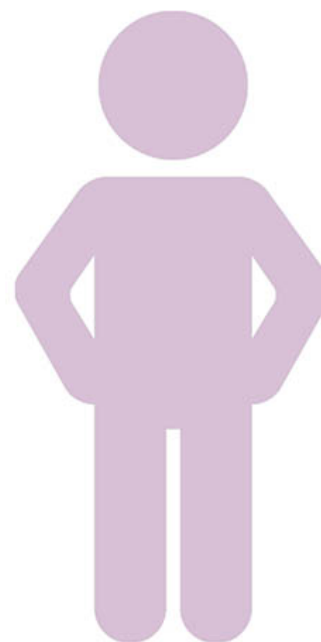
FALL PREVENTION PROGRAM

- This program is designed to prevent falls and fractures among independent seniors living at home.
- STAND UP! helps improve seniors' quality of life by building their confidence in managing falls and enabling them to stay physically active.
- The program is led by a qualified professional. It is designed to ensure participants' safety and adapted to their capabilities.

For seniors who are 65 years and older, independent, and living in their home.

The purpose of the program is to prevent falls and injuries, build confidence in managing falls and enable you to stay physically healthy. Facilitated by a professional

- 10 weeks at 1.5 hours of group activity.
- individual evaluation before and after.



MONDAYS & WEDNESDAYS

April 3 to June 29, 2023

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

1650 chemin d'Oka, Deux-Montagnes

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



Stand Up!

Class is currently full! Further inquiries will have to be waitlisted.

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

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Wednesday WELLNESS

Morning Activities

APRIL 12 · 10 a.m.

A Culinary Journey from Ireland to Quebec

JOIN US for an inspiring talk with Jenny Pearson-Millar as she takes us on a remarkable culinary journey that spans continents, cultures, and cuisines. With over four decades of experience in the food industry, Jenny will share her recipes, stories, and insights.

Live In-Person

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Streaming - In person:

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Online: via zoom

APRIL 19 · 10 a.m.

CHEP If you love them leave them lists (tips for advance care planning)

Presented by, Jennifer Hobbs, M.ScA, BCN, CNEd, Senior Advisor – JHCP

Streaming In-person:

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Online: via zoom

APRIL 26 · 10 a.m.

Dying with Dignity

Medical assistance in dying (MAID) has been a legal option for qualifying Canadians since 2016. To access MAID, one must be approved by two independent physicians or nurse practitioners, and must meet the eligibility criteria found within the law. Presented by Dr Georges L'Esperance and Dre Geneviève Richer.

Live In-Person:

Deux-Montagnes, 1650, chemin d'Oka

Streaming In-Person

Harrington, 259, chemin Harrington

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Online: via Zoom

Weekly Afternoon Activities in...

Sainte-Agathe-des-Monts

Wednesdays - Every Week

In-person: 12 Rue Prefontaine Ouest

11:30 a.m. - Chair Yoga and Meditation

12:15 p.m. - Light lunch (April 12 & 26)

1:30 p.m. Live Stream Seniors' Painting Class

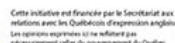
Harrington - Rouge Valley Days

Wednesday, April 12, 19, 26

In-person: 259 chemin Harrington

1:30 p.m. - Live Stream Seniors' Painting Class

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



Jude edit April 19 Wednesday Wellness Presentations

Online via Zoom registration:

- April 12 - Culinary Experience Ireland to Quebec - Online registration [here](#)
- April 19 - CHEP If you love them leave them lists - Online registration [here](#)
- April 26 - Dying with Dignity - Online registration [here](#)

In-Person registration:

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

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Drama Therapy

Thérapie par l'art dramatique

7-week workshop for seniors and caregivers

This activity takes place in English and is open to all.

Drama Therapy seeks to facilitate personal change by providing a creative outlet for emotional expression and for working through emotional distress.

Join in to gain new perspectives on life challenges!

Atelier de 7 semaines pour les personnes âgées et les proches-aidants

Cette activité se déroule en anglais et est ouvert à tous.

La thérapie par l'art dramatique vise à faciliter le changement personnel en fournissant un exutoire créatif pour l'expression émotionnelle et la gestion de la détresse émotionnelle.

Rejoignez-nous pour acquérir de nouvelles perspectives sur les défis de la vie !

Wednesdays | les mercredis

March 15th to April 26th | 15 mars au 26 avril

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

Online via Zoom | en ligne via zoom

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



Drama Therapy

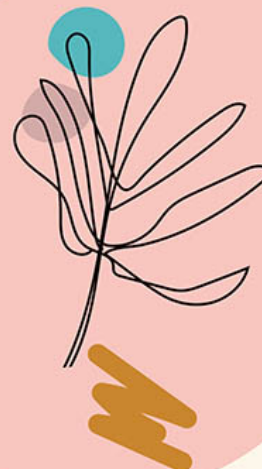
Sessions to continue until April 26. To register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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Santé et bien-être des aînés à Mille-Isles

Seniors Health & Wellness in Mille-Isles

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!



April | avril 3, 2023 - 1pm

Easter Craft and Tea Social to follow

Artisanat de Pâques et thé social à suivre

The freshness of spring and the holiday of Easter provides us an opportunity to create a craft that will bring a hop to our steps.
La fraîcheur du printemps et la fête de Pâques procurent nous l'occasion de créer un artisanat ensemble !

April | avril 17 2023 - 1pm

Yoga/Meditation and Tea Social to follow

Yoga/méditation et thé social à suivre

Group exercise course and guided meditation with goodies and tea.
Cours d'exercices en groupe et méditation guidée avec des friandises et du thé.

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

1262 Chem de Mille Isles, Mille-Isles, Quebec

Room/salle: Strong Community Room

For more information contact | Pour plus d'informations, veuillez contacter
info@4korners.org



Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

CHSSN



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.

NEW ACTIVITIES & PARTNERSHIP!

Seniors Health & Wellness in Mille-Isles (in-person)

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

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Santé et bien-être des aînés à Gore

Seniors Health & Wellness *in Gore*

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!



April 4 • 4 avril

3:30 p.m. - 5:30 p.m.

Estate Planning- what you need to know in advance (video conference)

Topics that will be discussed:

The importance of planning ahead – How to prepare your finances and reduce tax burden on estates through proper tax planning

The importance of having a will and the necessity of reviewing your will – Types of wills, what documentation should be put together in advance to help with the subsequent liquidation of the estate, and sharing information with heirs

The role of the liquidator - Duties and obligations and how to carry out a will search

**Planification successorale - ce que vous devez savoir à l'avance
(vidéoconférence)**

Sujets qui seront abordés :

L'importance de planifier à l'avance - Comment préparer vos finances et réduire le fardeau fiscal des successions grâce à une bonne planification fiscale

L'importance d'avoir un testament et la nécessité de réviser votre testament - Types de testaments, quels documents doivent être réunis à l'avance pour aider à la liquidation ultérieure de la succession et partage d'informations avec les héritiers

Le rôle du liquidateur - Devoirs et obligations et comment effectuer une recherche testamentaire

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

Gore Community Centre, 2 chemin Cambria, Gore

For more information contact | Pour plus d'informations, veuillez contacter
info@4korners.org



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Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

NEW ACTIVITIES & PARTNERSHIP!

Seniors Health & Wellness in Gore (in-person)

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

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

Yoga for Balance

Join 4korners and Josephine from YogaTout Laurentides as we learn to develop muscles, awareness, and balance for fall prevention.

Join us on Zoom to connect live!

Mondays, 10 a.m. - 11 a.m.
April 10 - June 19

Contact us for more info:
info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations avec les Québécois d'expression anglaise
Québec **CHSN** **Canada**
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.

Yoga for Balance

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

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ONLINE & INTERACTIVE! **SENIORS WELLNESS**

4Korners Tai Chi

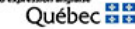
Every Thursday from 1:00 p.m. - 2:30 p.m.

Join us on Zoom!

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



Secrétariat aux relations
avec les Québécois
d'expression anglaise



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Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

Tai Chi

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

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ONLINE &
INTERACTIVE!

SENIORS WELLNESS

4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.
All you need is a piece of paper and a pencil.

Join us on Zoom to connect live!

Tuesdays, 10 a.m. - 11 a.m.

April 11 - June 13

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



Drawing Classes

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

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ONLINE & INTERACTIVE! **SENIORS WELLNESS**

4Korners Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!
Wednesdays, 1:30 p.m. - 3:30 p.m.
April 12 – June 14

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




Painting Classes

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



Caregivers Support Group

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who have similar challenges, and to exchange with others. Join us for supportive discussions in a nonjudgemental and confidential setting.

Monthly Support Group in Deux-Montagnes.
Contact us for upcoming dates and location.

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

L'APPU POUR LES PROCHES AIDANTS *You care for them, we care for you.*

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Monday, April 17, 2023

In person at 1650 chemin d'Oka. Deux-Montagnes

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

Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

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

To register 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!



Become a
member!

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](#)

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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

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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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