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## 4 Korner's' April News

Spring is in the air! This month's highlights include the **Health Caravan**, the arrival of the **Health Passport** and the 2016 edition of the **Laurentian Services Directory**.

**AS YOU MAY HAVE HEARD, 4 Korner's Family Resource Center has been touring the Laurentians with the Health Caravan.** This highly successful tour has been providing English-speaking families with access to 3rd year health professionals from John Abbott College who have been offering a multitude of health and social services. So far, those attending were able to have their blood sugar and blood pressure tested, received electrocardiogram examinations, among other services. Information on nutrition and many other health related topics in English was also offered to the English-speaking communities.

### Feedback from a satisfied Health Caravan visitor

*"It's very informative, I had found out that I had previously had a heart attack when they took the electrocardiogram test. Though I didn't even realize I had one it showed on the test! We also learned that when we are taking our blood pressure at home, not to lay down, we should always be sitting up. The Health Caravan is a very good idea for our community, they were all so very willing to take the time to talk and explain things. We didn't feel rushed at all. We also got to have our blood tested for glucose and cholesterol."*

- Ellen W.

The last two stops for the Health Caravan will be on  
**Wednesday, April 6, 2016** at the following locations and times:

#### **GORE**

Trinity Community Center  
2, rue Cambria  
9:30 a.m. to 12:00 p.m.

#### **MORIN HEIGHTS**

St-Eugene Church  
148, rue Watchorn (Salle Watchorn)  
1:30 p.m. to 4:00 p.m.



**AVAILABLE NOW**  
THE FIRST PRINT EDITION OF THE  
**HEALTH PASSPORT** ADAPTED TO THE  
LAURENTIANS AT ANY ONE OF OUR THREE  
CENTERS.

**THE SECOND PRINT EDITION OF THE  
LAURENTIAN ENGLISH-LANGUAGE  
SERVICES DIRECTORY  
IS AVAILABLE NOW!**

You can view it online or pick up your  
copy at one of our three locations.

**WHAT IS IT THE  
HEALTH PASSPORT?**  
This booklet serves as a guide  
to make it easier for an  
English-speaking person to communicate  
with French-speaking health professionals.

**IS YOUR ORGANIZATION INTERESTED  
IN RECEIVING COPIES?**

Email us  
at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) for more  
information on requesting copies.



Health Canada Santé Canada

Centre intégré de santé et de services sociaux des Laurentides



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PREFER GOING PAPERLESS?

You can also use the online Health Passport on your smartphone or tablet, and the app will save your information on your mobile device.



[To explore the Health Passport online](#)



Funded and distributed by **Moisson Laurentides**, the **Good Food Box program** operates throughout the year with individuals placing orders for fruit and vegetables every two weeks. The boxes are sold at a set price and contain a variety of top quality fruit and vegetables and, according to the size selected, in a quantity that is sufficient to last one full week.

*Upcoming payment deadlines:*

**April 13, 2016 at 12:00 p.m.**  
for delivery on April 29, 2016

**April 27, 2016 at 12:00 p.m.**  
for delivery on May 3rd, 2016

[Learn more about the Good Food Box](#)



**Who is a caregiver?**

Caregivers can be **anyone**; a son, daughter, sibling, friend or spouse of any age who cares





4 Korner Family Resource Center offers monthly support groups the first Monday of each month in Deux-Montagnes? All caregivers are welcome to join.

### 7-WEEK PROGRAMS TAILORED TO CAREGIVERS ARE AVAILABLE IN DEUX-MONTAGNES AND ARGENTEUIL.

For more information or to register, please contact 4 Korner at

[450-974-3940](tel:450-974-3940) or [888-974-3940](tel:888-974-3940)

or by email at

[info@4kornerscenter.org](mailto:info@4kornerscenter.org)



### This month's Community Health Education Program videoconference

Wednesday, April 13, 2016 at 10:00 a.m.:  
Arthritis and Osteoporosis

at the Community Learning Center  
in the Lachute Regional High School  
(448 Argenteuil, Lachute, QC)

\*Videoconference(s) funded by:

**CHSSN**

## Family ZONE

4 Korner Family Resource Center, in partnership with [Cal en bourg](#) and [Avenir d'enfants](#) are proud to offer 'Family Zone' an English Play Group for children less than five years of age with their parent(s):

Weekly on Thursdays from  
January 21<sup>st</sup> to June 16<sup>th</sup> 2016  
2:00 p.m. to 4:00 p.m.

Holy Trinity Church, 12 Préfontaine West,  
Sainte-Agathe

Each session is divided into two segments with time for free play and also organized activities. You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: [info@4kornerscenter.org](mailto:info@4kornerscenter.org).



**AVENIR D'ENFANTS**  
DES COMMUNAUTÉS ENGAGÉES



[Email us at info@4kornerscenter.org](mailto:info@4kornerscenter.org) to register

for this event



## The Annual Regional Exchange

will be held Thursday, April 28, 2016

9:30 a.m. to 2:30 p.m.

To register, please contact 4 Korners at

[info@4kornerscenter.org](mailto:info@4kornerscenter.org)

Please register by April 19, 2016



### Head Office

1906 ch. d'Oka,

Deux-Montagnes

1-888-974-3940

Monday, Wednesday,

Thursday & Friday

8:30 a.m. to 12:00 p.m.

12:30 p.m. to 3:30 p.m.

Tuesday

8:30 a.m. to 12:00 p.m.

12:30 p.m. to 5:00 p.m.

### Sainte-Agathe Satellite Office

50, rue Corbeil,

Sainte-Agathe-des-Monts

819-324-4000

Extension 4330

Open on Tuesdays

9:00 a.m. to 3:00 p.m.

### Lachute Satellite Office

508, rue Principale,

Lachute

450-562-3553

Open on Tuesdays

9:00 a.m. to 3:00 p.m.

**For more information on programs, services or activities,  
you can contact us at [450-974-3940](tel:450-974-3940) or toll-free at [888-974-3940](tel:888-974-3940)  
or email us at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)**



### Our Mission

In a spirit of respect, support and empowerment the 4 Korner 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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