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February 2022



Not doing too well? ❤️

It's not easy what you're going through 😞

Can I help? 🙋

Thanks for opening up to me 😊

Are you having suicidal thoughts?

JOIN THE CONVERSATION

TALKING ABOUT SUICIDE SAVES LIVES

For you or someone you care about

1 866 APPELLE (277-3553)

suicide.ca

TALKING ABOUT SUICIDE SAVES LIVES

Suicide Prevention Week, from January 30 to February 5, 2022. This year's objectives are to:

- Raise awareness about the scope and complexity of the problem and ways of reducing it, and engage the public and decision makers;
- Improve the promotion of available help and resources, including www.suicide.ca and the 1-866-APPELLE hotline;
- Normalize asking for help, particularly among men, who are less likely to seek help and have higher suicide rates;
- Encourage talking about suicide openly and safely. Provide loved ones, people in distress, and the public as well as service providers with guidance on safe ways of discussing it.

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You can talk to a counsellor anytime, 24 hours a day, 7 days a week. That person will listen to you respectfully and openly, answer your questions and be able to help you.

For helpful resources and more visit their site [howtotalkaboutsuicide.com](https://www.howtotalkaboutsuicide.com)

TWO CLINICS NOW OPEN FOR PATIENTS WITHOUT A FAMILY DOCTOR

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides is announcing that as of January 11, 2022, persons needing care for minor ailments will have access to two clinics in the Laurentian region. For more information visit their site [here](#).

LOOKING FOR A FAMILY DOCTOR? Click [here](#) to register to find one.

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Caregivers of seniors living at home

Have you been caring for a senior living at home (including an independent living residence) during the COVID-19 pandemic, in New Brunswick, in Quebec, in Ontario or in Manitoba?

Your participation in this research is important for improving support for caregivers!

- ✓ To thank you, you will have the option to participate in a draw of 3 gift cards of a 50\$ value.
- ✓ To read the consent form and to complete the questionnaire, please click here:

https://www.surveymonkey.ca/r/caregivers_COV1



I just took the survey, and it opened my eyes to how much we have been left to our own devices until very recently... It was a bit therapeutic for me to take the survey and finally talk about it.



uOttawa



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EDMUNDSTON MONCTON SHIPPAGAN



Université de
Saint-Boniface

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GRÉOPS

Groupe de recherche sur la
formation et les pratiques en santé
et service social en contexte
francophone minoritaire

With financial support from:



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DE FORMATION EN SANTÉ
Volet Université d'Ottawa



CONSORTIUM NATIONAL
DE FORMATION EN SANTÉ

If you have any questions or wish to answer the questionnaire by telephone, you may communicate with Josée Benoît: josee.benoit@uottawa.ca

To access this survey please click [here](#).

COVID-19 RESOURCES

[COVID-19 Vaccination Passport](#)

If you have trouble downloading your proof of vaccination or using VaxiCode contact 4Korners for assistance!

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[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](#)

4kActivities

New this month!

Be sure to double-check the location before registering.



4K Co-Parenting Korner - New Facebook Group

- Share information & tips on positive co-parenting
- Help parents navigate the challenges they face co-parenting
- Offer parents pertinent news & documents on co-parenting
- Provide parents with a space for questions & interactions with other parents

[Join the group here](#)

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community player!



● Literacy and Early Childhood Language Development

In this session, we promote early literacy and offer practical approaches to parents and individuals caring for children 0-5 years of age.

We'll discuss:

- when and how to introduce books
- the links between spoken and written language
- the importance of books in a child's life before school entry
- conditions and practices that create good readers
- strategies for including books in routines other than bedtime
- how to support bilingualism or multilingualism as the child learns to read and write



Date: March 9th 2022

Time: 6:30 PM

Online on Zoom

Contact: info@4korners.org



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Centre Mosaïque
de Québec



Literacy & Early Childhood Language Development

Online only - March 9 at 6:30 p.m.

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

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Be an informed
community player!



Supporting Language Development Through Storytelling: Bedtime and Beyond.

In this session, we will explore how books can help a child develop their language abilities.

We will discuss :

- When and how to explore books
- The connections between oral language and reading
- The importance of books for preschool age children
- Strategies for integrating books into routine at bedtime and throughout the day.



Date: March 24th 2022

Time: 6:30 PM

Online on Zoom

Contact: info@4korners.org



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Centre Mosaïque
de Québec



Supporting Language Development Through Storytelling

Online only - March 24 at 6:30 p.m.

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

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Baby & Toddler Sleep Workshop



In this workshop we will learn about your baby's sleep needs and be introduced to a variety of methods to get baby sleeping. Come learn a variety of sleep training methods and find out which will work best for your family.

February 16, 2022 at 5 p.m.

Join us in person at our Activity Centre,
1650 chemin d'Oka, Deux-Montagnes
or online via ZOOM

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



Baby & Toddler Sleep Workshop

February 16 at 5 p.m.

In-person at 1650 chemin d'Oka, Deux-Montagnes or on Zoom.

To register contact info or call 450-974-3940 ext. 601 | 1-888-974-3940

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Dad, Let's Play

4Korners invites Dad's and their kids to join us for sports, fun and games!
Wear comfy clothes, bring your running shoes and let's have some FUN!!!

École des Mésanges - 203, 14th Ave. Deux-Montagnes
For dates, times & to register contact us at
450-974-3940 ext. 601 | info@4korners.org



Dad, Let's Play (age 0-12)

January 15 - April 30

Every Saturday 9:00 a.m. - 11 a.m.

École des Mésange - 203, 14th Ave. Deux-Montagnes

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

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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, February 1 - March 1

MARDIS, 1 février - 1 mars

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

8 - 15 months/mois

TUESDAYS, March 8 - April 5

MARDIS, 8 mars - 5 avril

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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www.4korners.org

Canada

Prévention
Fondation Lucie
et André Chagnon

CHSSN2  ANS ENSEMBLE

Baby Sensory (age 2-15 months)

NEW DATES & LOCATION!

Tuesdays 9:30 - 11:30

2 - 9 months - February 1 to March 1

8 - 15 month - March 8 to April 5

2 rue du Ravin, Ste-Therese

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

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iPad Courses for Seniors

Tuesdays 1p.m. - 2 p.m., January 18 - March 8, 2022

Join us for an 8-week workshop to learn how to better use and understand your iPad. Don't have an iPad but still want to learn? Don't hesitate to reach out to us, we can help!

4Korners Activity Centre, 1650 chemin d'Oka, Deux-Montagnes
To register contact 450-974-3940 ext. 601, info@4korners.org

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec 

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QUEBEC**

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COLLEGE**

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.

iPad Courses for Seniors

Tuesdays 1 - 2 p.m.

January 18 - March 8

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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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!

Every Tuesday starting February 22nd to March 29th

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

Join us on Zoom to connect live!



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.



Drama Therapy Workshops - Seniors Wellness

A 6-week workshop for seniors and caregivers.

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!

Every Tuesday from February 22 - March 29

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

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

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Drama therapy! Interesting, Fun, Interactive

February 2 at 10 a.m.

Drama Therapy seeks to facilitate personal change by providing a creative outlet for emotional expression, for working through emotional distress and for gaining new perspectives on life challenges.

Presented by, Kathleen Charles (she/they), Creative Arts Therapies student, Concordia University

First Aid

February 9 at 10 a.m.

This presentation will offer you a sequence of steps to follow in First Aid. Practical Safety tips will be provided to build your confidence in knowing what not to do and what to do.

Presented by Louise Langloise, President of the Canadian Ski Patrol for the Laurentian zone, Master instructor.

From Social Isolation and Loneliness to Belonging and Well-Being

February 16 at 10 a.m.

CHEP. Presented by: Darla Fortune, PhD, Professor Concordia University, Department of Applied Human Sciences

Laughter Yoga

February 23 at 10 a.m.

Join us to learn about the incredible benefits laughter has on the mind, body and soul as you are guided through warm-up, laughter, rhythmic clapping and breathing exercises. Absolutely no yoga experience needed, no crazy yoga poses involved, only your willingness to let loose, relax and enjoy the feelings of pure joy and connection! Please wear comfortable clothes and bring a water bottle.

Presented by Aileen Borruel, BSW Workshop Facilitator, Joyful Connections

All workshops offered on ZOOM AND IN-PERSON, 1650 chemin d'Oka, Deux-Montagnes
Feb 23rd workshop also offered in-person 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



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.



Wednesday Wellness

Wednesdays at 10 a.m.

February 2 - Drama Therapy

[online presentation](#) & in-person

February 9 - First Aid

[online presentation](#) & in-person

February 16 - From Social Isolation to Belonging

[contact info](#) & in-person

February 23 - Laughter Yoga

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In-person Location: 1650 chemin d'Oka, Deux-Montagnes
& February 23 activity also at 195 rue Brissette, Local 72, Sainte-Agathe-des-Monts

To register for in-person activities contact [info](#) or call 450-974-3940 ext. 601

4K SPEAKER SERIES

The Role of the ARGENTEUIL MILITIA & RANGERS in the Conflicts of the 19th Century

The Argenteuil pioneer family participated in volunteer militia all throughout the 19th century. This lecture is going to focus on their role and participation in the many conflicts that occur in America from the war of 1812 and the rebellion to the Fenian raids.

Friday, February 18th at 1 p.m.

Join us in-person at Chalet Bellevue
27 Rue Bellevue, Morin-Heights
or online via Zoom.

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



Robert Simard
Historian & Storyteller

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil. Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.

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Friday, February 18, 1 p.m.

Online presentation register [here](#)

In-person: 27 rue Bellevue, Morin-Heights (registration mandatory)

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.

February 11 at 7 p.m. - Tom Foreman

February 25 at 7 p.m. - To be announced

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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Mother Goose (age 0-5)

Wednesdays 9:30 a.m. - 11 a.m.

378 rue Principale, Lachute

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

Play to Learn (age 0-5)**NEW LOCATION!**

Fridays 9:30 a.m. - 11:30 a.m.

2 rue du Ravin, Ste-Therese

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

Parenting Circle (age 0-5)

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

Tiny Tots (age 0-5)**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.

Lunch Box Workshops (age 0-5)

**Due to a delay in the construction of our new Blainville location we have had to delay the start date of this activity until March 2022.*

4K Kids Club - Social & Emotional Learning (age 6-12)

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

For kids aged 6-12

Tuesdays at 4:30 p.m.

[Register on Zoom](#)

Prenatal Classes

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

Caregivers of the Elderly Support Group

Once a month

Monday Feb.21 & Mar. 21

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.

Painting Classes - Seniors Wellness

Weekly on Wednesdays

12:30 - 2:30 p.m.

Register on Zoom [here](#)

Drawing classes - Seniors Wellness

Weekly on Tuesdays

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

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

Chair Yoga - Seniors Wellness

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

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Tai Chi - Seniors Wellness

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

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

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

Online: register [here](#)

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 February
Janet Thomas!**

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horse town, the horse in this instance being a lone depanneur. Seeing all the cars leave for Tremblant and other developing Laurentian regions, Janet thought, now what can I do to start turning those cars around? Knowing the abundance of artists who lived in her community, Janet thought an art show might be a good idea. The reception from the town and various community leaders at the time was...lukewarm, to say the least. One councillor did not mince words, telling Janet, "Don't do it!"

Lacking the necessary support was not about to slow down this recently retired career teacher who had just spent a few years caring for her ailing father who passed a few weeks shy of his 100th birthday. "I am not afraid of shame," she tells me during our interview. "If I fall on my face, I fall on my face. Big deal!" Janet put her money where her mouth was, using her small inheritance to finance the first Arundel Art Show in 2015, showcasing 14 artists and welcoming about 250 people to the Arundel United Church, right in the centre of town. Over the years, the Arundel Art Show grew in popularity and is now a coveted event for artists and art lovers alike. Last year over 800 visitors came to see what the 30 professional artists had on display and the event now has a waiting list for artist participation. With requests from crafters to join in and sell their wares as well, Janet quickly decided to build on the Art Show model and start the Arundel Craft Fair where you can find anything from cutting boards to necklaces. Last year they welcomed over 500 people to the annual craft fair. Next came the farmers market, which under Janet's tutelage has become as much about purchasing from local agri-producers as enjoying the convivial atmosphere that includes music from local musicians who, especially over the last two years, are grateful for the gig, and a wildly popular ice cream truck. Whereas the Art Show and the Craft Fair are annual events, the Farmers market is a weekly affair, and this year will run every Saturday from July 2nd to October 8th.

The Arundel Farmers Market, the Art Show and the Craft Show all take place on the grounds of Arundel United Church and draw visitors not only from the eight surrounding communities but also from urban centres far away, proving that Janet didn't just "turn some cars around." She has put Arundel on the map as a cultural hub in the Laurentians. To have one visionary revitalize a town in the way these events have done is such a beautiful success story of community building. Janet credits the volunteer team that has grown around her, the support that did eventually come from the Municipality of Arundel and the MRC

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works like amalgamating all her endeavors under the umbrella of a non-profit organisation, developing an afterschool art program for kids as well as a speaker series. Her final words to me during our conversation were, "You have to dare!" And thank goodness she did. Janet Thomas is our 4Korners Community Cup winner for February!

Dates to mark in the calendar: May 21st Garden Swap and Shop. June 25th Craft Fair. And the crown jewel, the Arundel Art Show takes place August 13, 2022.

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)

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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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