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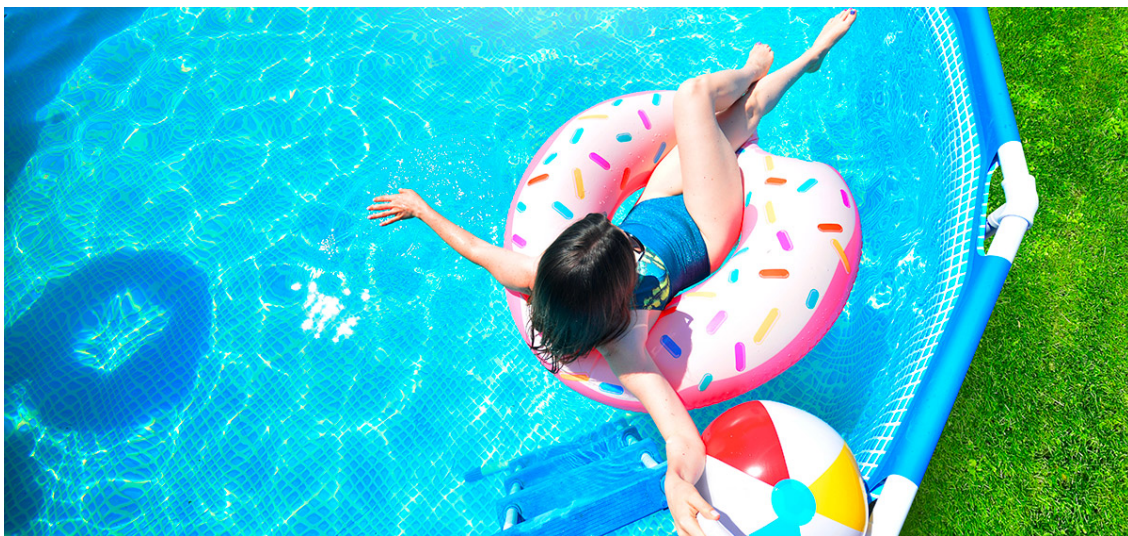
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July 2021



Strengthening Community Vitality
in the Laurentians



July 25th is World Drowning Prevention Day

World Drowning Prevention Day is held annually on the 25th of July. This global advocacy event serves as an opportunity to highlight the tragic and profound impact of drowning on families and communities and offer life-saving solutions to prevent it.

[National Drowning Prevention Day](#)

[World Drowning Prevention Day](#)

FYI, starting July 1st, 2021, all private pools are now subject to [new rules](#).

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Meet Joe & Sheila from Saint-Agathe-des-Monts! Two Laurentian community members featured in the Je Me Souviens: Portraits of Who We Are project.

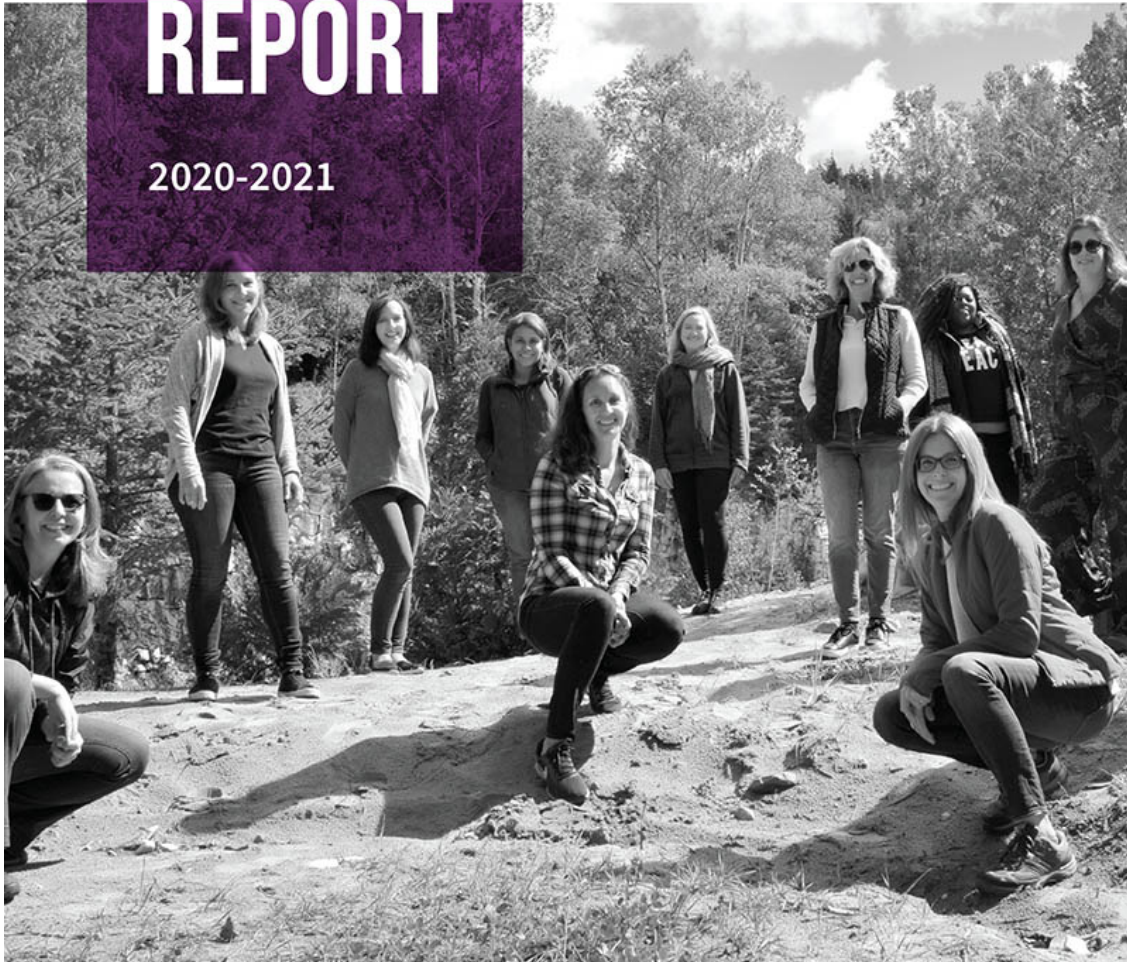
Je Me Souviens: Portraits of Who We Are

Je me Souviens: Portraits of Who We Are is series of videos featuring the stories of English-speaking seniors in Quebec who have witnessed our province's recent history and have been a crucial part of the development of our culture and community. Watch and listen to the stories of our older community members as they talk about what it means to them to be a Quebecer, and why they have chosen to call this province home.

For more interviews and to learn more about this project visit the [Seniors Action Quebec page](#).

IMPACT REPORT

2020-2021



LAURENTIAN COMMUNITY NETWORK



Check us out!

4Korners recently held it's 16th annual general meeting on Zoom. If you missed it check out our annual report!

[2020-2021 Impact Report.](#)

[Rapport d'impact 2020-2021](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**COVID-19
Vaccination
operation**

COVID-19 INFORMATION

For details on how to make an appointment visit [Government of Quebec COVID-19 Vaccination Campaign](#)

Making an appointment is mandatory.

Here are some more important COVID-19 resources:

[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)



NEW THIS MONTH!

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**Summer Activities
starting June 28**
For children aged 0-5
& their parents

Mornings in the Park

Meet up with other kids (0-5) and parents for a variety of organized activities as well as a free play period.
Contact us to register and we'll update you on which park we'll be visiting each week!

MRC Deux-Montagnes - Mondays at 10am

MRC Argenteuil (Lachute area) - Mondays at 10am

MRC Thérèse-de Blainville - Tuesdays at 10am

Family Craft Nights

Let's get creative! Join us for crafts suitable for the whole family.
Contact us to register.

Mondays starting June 28 - August 23

6:30 - 7:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



4Korners' Bright Beginnings - Summer Activities

Starting June 28, for children aged 0-5 and their parents.

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

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Afternoons in the Park

Join us for a variety of organized activities, and some fun in the sun! Contact us to register and we'll update you on which park we'll be visiting each week!

MRC Deux-Montagnes - Mondays at 1 pm

MRC Thérèse-De Blainville - Tuesdays at 1 pm

Family Craft Nights

Let's get creative! Join us for crafts suitable for the whole family. Dates to be announced. Contact us to register and we'll contact you with the specific dates and times once they are confirmed.

Mondays starting June 28 - August 23

6:30 -7:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

Kids Connect

We will explore different arts, crafts, science experiments, games and much more!

Wednesdays at 11 am on Zoom

To register contact info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



4K Kids Club - Summer Activities

Starting June 28, for children aged 6-12

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

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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.

Upcoming dates: Tuesday, July 20 & Tuesday, August 17
1 p.m. - 2:30 p.m.

In person at 200, Henri-Dunant, Deux-Montagnes, Salle Annette-Savoie
(Door on the right-hand side when you come from Henri-Dunant)

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.*

Caregivers Support Group

Tuesday, July 20 & August 17

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

In person at 200, rue Henri-Dunant, Deux-Montagnes

*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.

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

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WEDNESDAY WELLNESS

workshops



The Things We Grieve

August 18 at 10 a.m.

This workshop will help participants answer important questions like "How do we grieve loved ones while also adapting to the many other changes in our lives?" and "How can we help someone who is grieving? "

Presented by Cathy Hamilton

To register contact 450-974-3940 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 - The Things we Grieve

August 18 at 10 a.m.

Register on Zoom [here](#)

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WEDNESDAY WELLNESS

4KORNERS & FADOQ - RÉGION DES LAURENTIDES

Involved seniors, aging gracefully!

Workshops inspired by the program Antidote VIT

Virtual meetings

**15-week workshop
starting June 2nd on
Wednesdays**

10 a.m. - 11:30 a.m.
on Zoom



HOW IT WORKS

- ◆ Online small group meetings on zoom, animated by FADOQ personnel.
- ◆ The aim is to bring seniors together to create an online community that exchanges, discusses and shares.
- ◆ A creative approach giving a chance for seniors to have fun in an atmosphere of warmth, respect, lightness and openness.

PROPOSED THEMES

- ◆ What is aging in 2021?
- ◆ What are the positive sides of aging?
- ◆ What are your preoccupations?



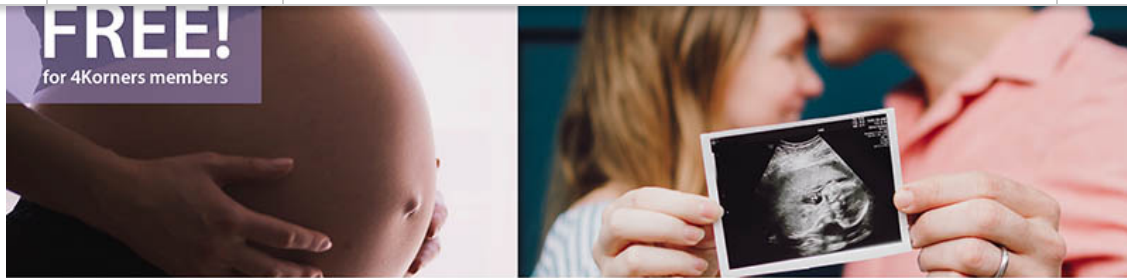
To register contact
info@4korners.org
 1.888.974.3940 ext. 601
 450.974.3940 ext. 601
 Animated by Johanne Robitaille
 514 503-8058
johanne@fadoqlaurentides.org
 Toll-free : 1 877 429-5858 ext. 443

With the contribution of :



Wednesday Wellness - Involved Seniors, Aging Gracefully!

Sorry, this activity is currently full.

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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. Verification and installation of car seats also offered.

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

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



LAURY'S PERINATAL

Canada



Prenatal Classes

For upcoming dates, detail, and to register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

Café Connected - A virtual Wellness Centre

4Korners wants to hear from you!

Would you like to participate in a Summer online (zoom) chat group to allow community members to connect with others and exchange the hot and cold experiences of life! The purpose of this group is to support one another and recognize each others strengths in discussion of any topic. If this is something you'd be interested in please let us know!

Contact info@4korners.org

ONGOING

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One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

Seniors Wellness - Chair Yoga classes

Off for the month of July. Back in August!

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

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

Seniors Wellness - Drawing classes

Off for the month of July. Back in August!

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

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

The following activities are taking a break for the Summer. New September dates and times to be confirmed in the August newsletter.

- **4K Kids Drawing Classes**
- **4K Kids Club - Social & Emotional Learning Program.**
- **Tiny Tots**
- **Play to Learn Group**
- **Parenting Circle**
- **Seniors Wellness - Painting Classes**
- **Seniors Wellness - Tai Chi**
- **French Conversation Classes**

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Live music SESSIONS

CALLING ALL MUSICIANS!

4Korners, Laurentian community network, is looking for musical performers of all backgrounds, languages, ages and genres to perform in our upcoming Live Music Sessions currently being held virtually.

We are also on the hunt for new performance spaces! If you're in the Laurentian region and are interested in hosting one of our Live Music Sessions (as soon as we can go live again) please contact us!

Canada

info@4korners.org

www.4korners.org

séances de musique EN DIRECT

APPEL À TOUS LES MUSICIENS!

4Korners, le réseau communautaire des Laurentides, recherche des artistes musicaux de tous horizons, langues, âges et genres pour se produire lors de nos prochaines sessions de musique en direct qui se déroulent actuellement de manière virtuelle.

Nous sommes également à la recherche de nouveaux lieux de représentation! Si vous êtes dans la région des Laurentides et que vous êtes intéressé à accueillir l'une de nos sessions de musique en direct (dès que nous pourrons reprendre le direct), veuillez nous contacter!



4K Community Cup winner for July 2021
SMOKEY RICHARD

4Korners tech support over the last ten years has rested on the shoulders of Andre Richard, affectionately known to 4Korners staff as Smokey. Smokey was the name that stuck when he couldn't pronounce his first Kanien'kehá (Mohawk) name whose meaning translated to full of smoke. The second Kanien'kehá name given to him by his grandmother is Tekaronhiake which means "he was two skies," but Smokey is the name he

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In every one of my jobs, I have been an employee that tech support knows well. This is no humblebrag. I am a nightmare. I forget passwords, I have no patience, and the dislike I have towards computers and technology in general appears to be mutual. Needless to say, Smokey and I have passed some time together. In each encounter, he has managed to not only fix my tech issue but make me laugh a few times and generally leave me in a much better mood than when he found me. When I ask how he stays so patient and good-natured with people when trying to problem-solve, he tells me that this is a relatively new skill. He says he used to be more judgmental but now he puts himself in the position of his client and can understand why they are so frustrated.

A tinkerer from way back, Smokey took an electronics course in CEGEP. After pit stops as a janitor at an elementary school and school bus driver (hacking satellites on the side for the challenge and free cable), he enrolled in CDI College at the age of 36. After an overwhelming first week finding himself back in a classroom with a few years on most of his classmates, Smokey did what he does best, he took on the challenge and beat it. Smokey attended night classes four days a week for two years to complete his Network Technician Certification.

After initially charging a small fee for his services, Smokey has been doing tech support “pro bono” for 4Korners for the last two years. It is a courtesy he also extends to his community in the village of Oka. “I earn a salary. I’m good for money,” is his simple explanation for volunteering his time. “People need breaks from time to time.”

For all that he does for our staff and his community, Smokey Richard is the 4Korners Community Cup winner for July. Niá:wen, Smokey!

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

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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](#)
or call a counsellor:
1-800-668-6868



[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

LISTENING-INFORMATION-REFERRALS

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Canada Québec



4Korners

Laurentian Community Network

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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