

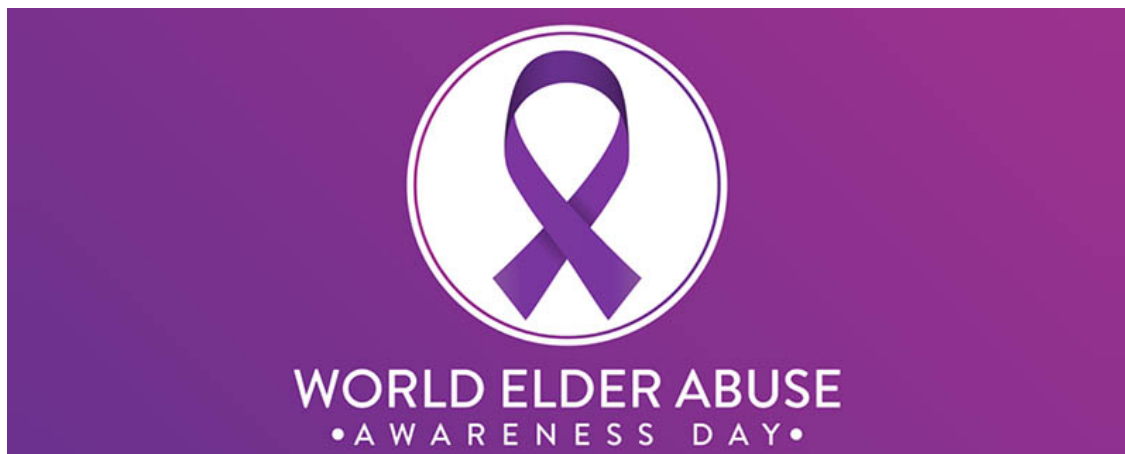
Subscribe

Past Issues

Translate ▼

[View this email in your browser](#)

June 2022



**June 15th is World Elder Abuse Awareness Day**

The Elder Mistreatment Helpline offers you free, confidential and bilingual services from 8 a.m. to 8 p.m., 7 days a week.

1-888-489-2287

For more information visit [www.aideabusaines.ca](http://www.aideabusaines.ca)

**We're renovating!**

**Please note that our activity centre in Deux-Montagnes will be closed from June 13th to July 24th during the renovations.**

Should you require in-person assistance during this period please visit us at our head

[www.4korners.org](http://www.4korners.org)

# Annual General Meeting Assemblée générale annuelle

Thursday, June 16th 2022 at 7 p.m.  
jeudi, 16 juin 2022 à 19h

On/sur Zoom

## Are you interested in helping your community?

4Korners is currently recruiting new board members. If you would like to participate and are available for 6 to 8 meetings per year then please contact Peter Andreozzi, [president@4korners.org](mailto:president@4korners.org)

### Details

The meeting will be conducted entirely in English. Only active members have voting privileges at the A.G.M., which includes the election of board members.

## Aimeriez-vous soutenir votre communauté?

4Korners recrute de nouveaux membres pour son conseil d'administration. Si vous souhaitez vous impliquer et êtes disponible pour six à huit réunions par année, veuillez communiquer avec Peter Andreozzi, [president@4korners.org](mailto:president@4korners.org)

### Détails

L'assemblée se déroulera entièrement en anglais. Seuls les membres actifs peuvent exercer leur droit de vote lors de l'assemblée générale, incluant l'élection de directeurs au conseil d'administration.

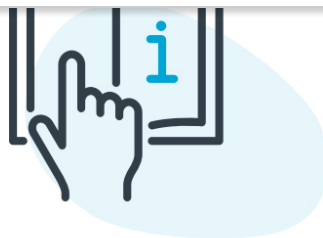
## 4Korners' Annual General Assembly on Zoom

Registration mandatory

[Register on Zoom](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

## Legal Information and Referrals Guide



Educaloï has created a legal information and referrals guide. Check it out [here](#).

---

### Have you checked out our [resources](#) yet?

If you live in the Laurentians and are looking for local English-language resources then our website is the place to start.

Don't forget that you can also contact us by [email](#) or phone at 1-888-974-3940 ext. 601 and we'll be happy to assist you.

---

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

---

### COVID-19 RESOURCES

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

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

---



### New this month!

Be sure to double-check the location before registering.

[Subscribe](#)
[Past Issues](#)
[Translate ▼](#)


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

## Mornings in the Park

Weekly meetups in local parks with a variety of activities (arts & crafts, games, toys) for kids 0-5 and their parents!

**MRC Deux-Montagnes - Thursdays 9:30 a.m. to 11:30 a.m.**

**Dates:** June 30, July 14, 21 & 28, Aug 4, 11 & 25

**Location:** Contact us to register and we'll update you on which park we'll be visiting each week!

**MRC Thérèse-De Blainville - Tuesdays 9:30 a.m. to 11:30 a.m.**

**Dates:** June 28, July 12, 19 & 26, August 2, 9 & 23

**Location:** Contact us to register and we'll update you on which park we'll be visiting each week!

**MRC Argenteuil - Mondays & Wednesdays 9:30 a.m. to 11:30 a.m.**

**Dates:** July 4 to August 17 (no activity on August 9)

**Location:** Richelieu Park, 651 rue Meikle, Lachute

**To register contact [info@4korners.org](mailto:info@4korners.org)**  
1.888.974.3940 | 450.974.3940 ext. 601

## Mornings in the Park

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**4korners**  
www.4korners.org**4K kids**  
For kids  
aged 6-12 **CLUB**

### Summer Fun Activities

Join us for various activities geared towards 6-12 year olds. A great chance to get out, socialize, meet new people and try new things. Activities include games, cooking tacos, scavenger hunt and diy crafts. Sign up for all four or choose your favourites.

**MRC Thérèse-De Blainville - Wednesdays at 1 pm**

**July 13 & 20, August 10 & 17**

**2 rue de Ravin, Ste-Thérèse**

**To register contact [info@4korners.org](mailto:info@4korners.org)**

**1.888.974.3940 | 450.974.3940 ext. 601**

### 4K Kids Summer Activities

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

### Sleep: A Free Miracle Drug?

June 1 at 10 a.m.

Location Online only

Why do we sleep? What happens to our body when we're sleeping? Is there such a thing as 'sleep debt'? Are naps good or bad? How does diet and exercise impact the restfulness of sleep? Why am I getting up in middle of the night?

If any of these questions intrigue you and you're eager to improve the restfulness and quality of your sleep, then this workshop will offer up some answers as to the possible culprits keeping you from a blissful bedtime. Led by Argi Papagiannaki, Kinesiologist

### Seniors Aware

June 8 at 10 a.m.

Locations

- Online
- Deux-Montagnes - 4K Activity Centre, 1650, Chemin d'Oka
- Harrington - Rouge Valley Days, 259 chemin Harrington
- Sainte-Agathe-des-Monts - Trinity Church, 12, rue Préfontaine Ouest

Recognizing, understanding and acting against fraud and abuse.

Led by Jonathan Hatfield, Sûreté du Québec

### CHEP Stroke Signs, Symptoms and Recovery

June 15 at 10 a.m.

Locations

- Online
- Deux-Montagnes - Heritage Social Club, 503, rue Cedar

Community Health Education Program presentation led by Dr. Morais, Professor and Director of the Division of Geriatric Medicine at McGill, MUHC, and JGH

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

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
Québec

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.

### June 1 - Sleep: A free miracle drug?

[online presentation](#)

### June 8 - Seniors Aware

[online presentation](#)

*In-person presentations*

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

---

**NEW! Sainte-Agathe-des-Monts** - Trinity Church, 12 rue Préfontaine Ouest

**June 15 - CHEP Stroke Signs, Symptoms & Recovery**

[online presentation](#)

*In-person Deux-Montagnes* Heritage Social Club, 503, rue Cedar

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

---

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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

### Ongoing 4K Activities

Be sure to double-check the location before registering.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

---

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

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

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

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

---

**Mother Goose (age 0-5)**

April 13 - June 15

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.

---

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

Wednesdays &amp; Thursdays, 4:30 p.m. - 6:30 p.m.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

---

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

For kids aged 6-12

Tuesdays at 4:30 p.m.

[Register on Zoom](#)

---

### 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](#)

---

### Prenatal Classes

For upcoming dates, details, 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, June 20

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.

---

### French Conversation Courses

**Currently Full**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

---

Class 2: Online only Tuesdays, 1 p.m. to 2 p.m.

1650 chemin d'Oka, Deux-Montagnes

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

*Zoom link to be provided after groups are determined by the teacher.*

---

### **Painting Classes - Seniors Wellness**

Spring Session - April 13 to June 15

Weekly on Wednesdays

12:30 - 2:30 p.m.

Register on Zoom [here](#)

---

### **Drawing classes - Seniors Wellness**

Spring Session - April 12 to June 14

Weekly on Tuesdays

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

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

---

### **Chair Yoga - Seniors Wellness**

Spring Session - April 21 to June 30

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

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

---

### **Tai Chi - Seniors Wellness**

Spring Session - April 12 to May 31

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

To register and connect on Zoom click [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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

---

**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](mailto: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](#)**

**or call a counsellor:**

**1-800-668-6868**

Subscribe

Past Issues

Translate ▼



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

Generously supported & funded by



You care *for them*, we care *for you*.



Health Canada

Santé Canada



VILLE DE DEUX-MONTAGNES

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

### 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.

*Copyright © 2022 4Korners, All rights reserved.*

You are receiving this email because you attended a 4Korners event and gave your permission to use your email.

**Our mailing address is:**

4Korners  
200 Henri-Dunant  
Deux-Montagnes, Québec J7R 4W6  
Canada

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

