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**LAURENTIANS
4K NEWSLETTER
March 2019**



March 8th is International Women's Day

Innovation and technology can help empower women and girls. Yet a growing digital divide means that women are underrepresented in fields like science, technology, engineering, and math (STEM). Let's reverse this trend.

Do you know a woman making a difference in STEM? This International Women's Day, celebrate her achievements using the hashtag **#InnovateForChange!**

Recent activities at 4K:

Artists hard at work at Family Craft Night

This service dog is a frequent visitor at the Playgroup in Rosemère. He's so calm, everybody loves him!



Photo by 4 Korners staff



Photo by Pat Nicholson



The Women's Wellness Group discovered all the benefits of Laughter Yoga.

Don't miss the next workshop on March 14!

Photo by Aileen Borruei

Painting and card making at Open Circle



Photos by 4 Korners staff

Upcoming Activities in Argenteuil

Rouge Valley Days

259, Harrington Rd., Harrington

Thursdays

10:00 a.m. On-going - Jog your mind

12:00 p.m. Lunch - everyone welcome

1:30 p.m. Chair Yoga – everyone welcome, no experience needed

Foot care services available, call for more information

Open Circle/Cercle Ouvert

Lachute United Church,

232, ave. Hamford, Lachute

Mondays

10:30 a.m. Games – everyone welcome

12:30 p.m. Lunch – everyone welcome

1:00 p.m. Information sessions, art workshops, travel experiences, etc.

Call Melanie Wilson for more information: 1-888-974-3940, extension #1

Upcoming Activities in Deux-Montagnes

Family Craft Night

Monday, March 11, 6:30 to 7:30 p.m.

Get creative with puppets!

202, Henri-Dunant, Deux-Montagnes

Women's Wellness Group

Friday, March 14, 7:00 - 9:00 p.m.

Entrepreneurship as a way to be autonomous

202, rue Henri-Dunant, Deux-Montagnes

On-going

A League of Our Own

Tuesday mornings

Parent and Tot Group

Free daycare during the activity

and their parents or caregiver

outings!

Upcoming Activites in Rosemère

Playgroup

Join us for this free activity

Mondays, from 9:30 to 11:30 a.m.

Mom, Dad and grandparents, bring the kids for fun activities while you sip on tea or coffee!

Rosemère Community Center
202, ch. de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Are you getting the benefits you deserve?

Arundel Community Center
2, Chemin White, Arundel

Monday March 11, 1:30 – 3:30 p.m.

Chalet Bellevue
27, Bellevue, Morin-Heights

Friday, March 15, 1:30 – 3:30 p.m.

Zootherapy Info Session

Gore Community Center
9, Cambria Street, Gore

Tuesday, March 12, 12:00 – 3:00 p.m.

Your Life, Your Legacy

Arundel Community Center
2, Chemin White, Arundel

Thursday, March 21, 9:30 - 11:30 a.m.

Women's Wellness Wednesdays

Arundel Community Center
2, Chemin White, Arundel

Mindfulness & Women's Well-being

Natural Wellness Therapies and Help with Chronic Pain

Health, Justice and Social Services Caravan

Sainte Agathe Academy
26, Napoléon, Sainte-Agathe-des-
Monts
Wednesday, March 20, 2:45 - 5:00
p.m.

Margaret Rodger Memorial
Presbyterian Church
463, Principale, Lachute
Wednesday, March 27, 1:30 - 4:00
p.m.

Feeling calm throughout the day

Lunch conference

Holy Trinity Church
12, Préfontaine ouest, Sainte-
Agathe-des-Monts
Tuesday, March 26, 3:15 - 7:00
p.m.

Royal Canadian Legion
127, chemin Watchorn, Morin-
Heights
Thursday, March 28, 5:00 - 8:00
p.m.

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Tel-jeunes is a free, confidential
resource for young people
throughout Quebec, available 24
hours a day, 7 days a week. In

logo to access their website:



Éducaloi -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.



Centre intégré de santé et de services sociaux des Laurentides



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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