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November 2022



Bouncing Back Together!

Because our kids have rights, too.

**EARLY
CHILDHOOD
— WEEK —**

7th edition
November 14–20, 2022
grandesemaine.com

Let's Celebrate Early Childhood Week Together!

Early Childhood Week aims to give a voice to the 512,000 children aged 5 and under in Quebec and to make early childhood development a true social priority.

Early Childhood Week is an opportunity for us as a society to stop for a moment, take a closer look at the youngest members of our community and think about what we can do, together, to help each and every one of them get the best possible start in life. Let's make the most of this week to inspire and inform a conversation about early childhood development in Quebec, from the womb through to preschool, as we shine the spotlight on local and regional support initiatives, and engage community groups, the business world, elected officials and society as a whole.

Early Childhood Week is an opportunity to raise awareness, encourage dialogue and advocate for early childhood development. [Learn more](#)

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

In recognition of
**EARLY
 CHILDHOOD
 — WEEK —**

7th edition
 November 14–20, 2022
grandesemaine.com



Collectif
 petite
 enfance



 **4korners**
www.4korners.org



In recognition of Early Childhood Week, 4Korners invites you to come celebrate with us. Educazoo will visit for a morning of learning followed by a brunch buffet and raffle prize for two lucky winners. This event is for parents and children 0-5.

Monday, November 14th

10 a.m. to 12 p.m.

2 rue du Ravin, Sainte-Thérèse

Registration/inscription:

info@4korners.org

450.974.3940 ext. 601

 Fondation Lucie
 et André Chagnon 

 **4kActivities**

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Check out our upcoming activities:

[Arts & Culture](#)

[Individual, Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

ARTS & CULTURE

4Korners & Café Parenthèse
présente

Séances de musique en directe

LIVE MUSIC SESSIONS

4 nov.
Ken & Brian Duff

11 nov.
Jim Brown & Mike Schmidt
avec/with Dan Stecko

18 nov.
Bruno Martin & Sebastien Rivard

25 nov.
Angélique Savoie

Les vendredis à 19 heures
Fridays at 7 p.m.

Café Parenthèse | 221 rue Hémond, Saint-Eustache, Québec

Souhaitez-vous jouer ? Contactez-nous ! Interested in performing? Contact us!
info@4korners.org

En partenariat avec
In partnership with

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221 Rue Hémond, Saint-Eustache

We're also looking for local performers to take the stage and share their talents with us! Contact info@4korners.org for more info or to participate.



After the 2nd World War finally ended, great tensions appeared between the two great military powers and the world entered into what is called the "Cold War". An important chapter of Canadian military history took place in the Laurentians and particularly in the small sleepy village of La Macaza where nuclear weapons were strategically installed to defend North America.

Wednesday, November 23 at 10 a.m.

This Speaker Series presentation is also being presented as part of our 4K Wednesday Wellness series!

Live presentation: In-person at Holy Trinity Church
12 Rue Prefontaine O, Sainte-Agathe-Des-Monts

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

Online presentation: connect on Zoom from home

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



Benoit Thibeault
Researcher

Benoit Thibeault worked for the federal government in Ottawa for about 14 years. He has held clerical positions, then became a financial analyst, a planning officer and chief of telecommunications officer at the Public Service Commission. He then decided to pursue his career as an accounting technician and administrator. He has always been passionate about history in general and military conflicts. He is currently a municipal Councillor and a volunteer to promote the history of La Macaza. He was born in 1958 in Ste-Rose-de-Lima (Gatineau) the same year his family came back to Canada from Detroit USA with his two sisters.



www.4korners.org



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Live presentation: In-person at Holy Trinity Church, 12 Rue Prefontaine O,
Sainte-Agathe-Des-Monts

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

Online presentation: Connect on Zoom, register [here](#)

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



The poster features a central yellow banner with the text '4K kids CLUB' at the top, followed by 'Drawing Classes' in a large, stylized font. Below this, it lists 'Cours de dessin' and 'Tuesdays/mardis - 16:30'. It also mentions 'Online activity · Activité en ligne' with dates '09/13/2022 - 11/29/2022'. The target audience is 'For kids aged 6-12 · pour enfants 6-12 ans' and 'Activity takes place in English · Activité se déroule en anglais'. The registration information is 'Registration/inscription info@4korners.org'. The background is filled with various hand-drawn icons like a pencil, apple, clock, skull, car, and ice cream. At the bottom, there are logos for '4korners www.4korners.org' and 'CHSSN Canada'.

4K kids CLUB

Drawing Classes

////////// Cours de dessin //////////

Tuesdays/mardis - 16:30

Online activity · Activité en ligne
09/13/2022 - 11/29/2022

For kids aged 6-12 · pour enfants 6-12 ans
Activity takes place in English · Activité se déroule en anglais

Registration/inscription info@4korners.org

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 **CHSSN** Canada

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

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

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ONLINE &
INTERACTIVE!

SENIORS WELLNESS

4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.
All you need is a piece of paper and a pencil.

Join us on Zoom to connect live!

Tuesdays, 10 a.m. - 11 a.m.

September 13 - November 29

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



Secrétariat des relations
avec les Québécois
d'expression anglaise



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.

Drawing classes - Seniors Wellness

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A promotional graphic for 4Korners Painting Classes. The background is a close-up of a person's hands painting a white surface with a brush, with a partially completed floral painting in shades of orange and green. The text is overlaid in a semi-transparent white box with purple and black text. At the top left, it says 'ONLINE & INTERACTIVE!' in white on a purple background. The main title is '4Korners Painting Classes' in large purple font. Below it, in black, it says 'Painting workshops with Carol Lyng. Painting supplies will be needed to participate in this activity.' Then, in purple, 'Join us on Zoom to connect live! Wednesdays, 1:30 p.m. - 3:30 p.m. September 14 - November 30'. At the bottom, in black, it says 'To register contact info@4korners.org 450-974-3940 | 1-888-974-3940 ext. 601'. At the bottom left is the 4Korners logo and at the bottom right is the Canada logo.

ONLINE & INTERACTIVE!

SENIORS WELLNESS

4Korners Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!
Wednesdays, 1:30 p.m. - 3:30 p.m.
September 14 - November 30

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

Painting Classes - Seniors Wellness

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

French Conversation Courses

Currently Full

Tuesdays & Wednesday at 1:30 p.m.

Online & In-Person at 1650 chemin d'Oka, Deux-Montagnes

To put your name on the waiting list please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Individual, Family & Youth](#)

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Bright
Beginnings



Parenting Circle

Cercle parental

Parenting Circle is a weekly meeting space designed for parents to discuss topics of interest, as well as learn new parenting skills and strategies. Your little ones will be kept entertained as they play nearby with a facilitator. This activity takes place in English and is open to all.

Le « Cercle parental » est un espace de rencontre hebdomadaire conçu pour les parents afin de discuter de sujets d'intérêt, ainsi que d'apprendre de nouvelles compétences et stratégies parentales. Vos petits seront divertis en jouant à proximité avec un animateur ou une animatrice. Cette activité se déroule en anglais et est ouverte à tous.

EVERY TUESDAY • TOUS LES MARDIS

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

October 25, 2022 - November 29, 2022 • 25 octobre 2022 - 29 novembre 2022

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 Ouellet

CHSSN2 

Parenting Circle is Back!

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

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Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

Sept. 21 | Oct. 5 | Oct. 19 | Nov. 2 | Nov. 16 | Nov. 30

9:30 - 11:30

2 rue du Ravin, Sainte-Thérèse

Registration/inscription:

info@4korners.org | 450.974.3940 ext. 601

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www.4korners.org

Community Kitchen (Parents/caregivers with children age 0-5)

We're also looking for a volunteer to help out during this activity!

To register or volunteer please 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

MONDAYS, September 12 - October 17

LUNDIS, 12 septembre- 17 octobre

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

8 - 15 months/mois

MONDAYS, October 31 - November 28

LUNDIS, 31 octobre - 28 novembre

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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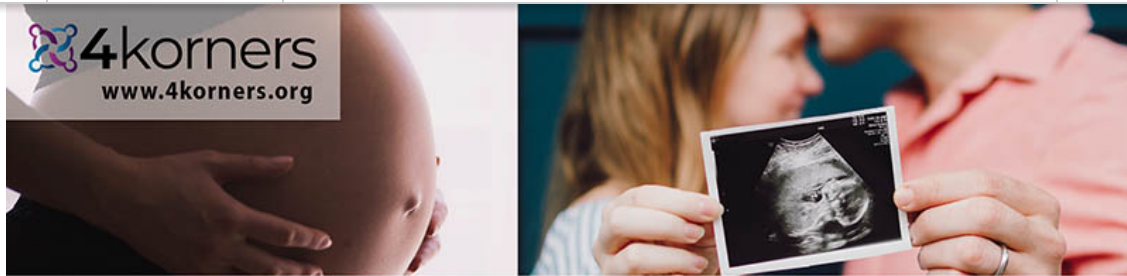
Canada

 Fondation Lucie
et André Chagnon

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Baby Sensory Classes

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

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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. Led by Laury Peroff from Laury's Perinatal.

**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



Prenatal Classes

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

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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

Tiny Tots (age 0-5)

Currently Full

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Play to Learn (age 0-5)

Currently Full

To place your name on the waiting list please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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

[Seniors & Caregivers of the Elderly](#)

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National Caregivers Recognition Week

Event organized by the comite proches aidants lac des deux-montagnes!

- An information session in English from the Canada Revenue Agency (CRA) about benefits and income taxes for Caregivers.
- One 30 minutes workshop on auto massage and one on tapping.
- Presentation by Service Canada in French. Topics covered are not the same.

Refreshments will be served by
Centre Action Bénévole les Artisans de l'Aide

Meet your local service providers for caregivers at Kiosks on location
Centre Action Bénévole les Artisans de l'Aide, 4Korners, l'Appui, GRPAAL,
Société d'Alzheimer, Aide Chez Soi Basses-Laurentides, CISSS – SAD, L'Antr'Aidant)

November 8th, 1 p.m. to 5:30 p.m.

Online or In-Person

**Maison du citoyen de Saint-Eustache,
184 Rue Saint-Eustache, Saint-Eustache**

**For assistance registering please contact
info@4korners.org | 450-974-3940 ext. 601**



 **4korners**
www.4korners.org

Participating Partners

4Korners, L'organisateur communautaire CISSS des Laurentides, Société Alzheimer Laurentides, GRPAAL, CAB Les Artisans de l'aide, l'Appui Laurentides, Office de l'habitation de Saint-Eustache, Soutiene a Domicile (SAD) CLSC St-Eustache, Cap Emmaüs, L'Antr'aidant and presenters from the CRA

Special Event for National Caregivers Recognition Week

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

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4KORNERS WEDNESDAY WELLNESS

Cardio-Drumming

November 2 at 10 a.m.

Streaming presentation In-Person: Heritage Social Club, 503 Rue Cedar, Deux-Montagnes
Rouge Valley Days, 259, chemin Harrington, Harrington
Holy Trinity Church, 12 Rue Prefontaine Ouest, Sainte-Agathe-des-Monts

Online presentation: connect on Zoom from the comfort of home

Cardio-Drumming is a fun class that brings together drumsticks (long handled kitchen utensils) and an exercise ball (pillow, soft cushion). Mixed together with fantastic music and easy to follow patterns, cardio-drumming will be a memorable workout that you'll want to do again and again.

Led by Nancy Morgan, Owner, The Workshop Dance Studio www.theworkshopdancestudio.com

Health Care Decisions: The Basics on How to Plan Ahead

November 9 - AFTERNOON PRESENTATION from 1:30 p.m. - 3:30 p.m.

Streaming presentation in-person: 1650 chemin d'Oka, Deux-Montagnes & Holy Trinity Church, 12 Rue Prefontaine Ouest, Sainte-Agathe-des-Monts

Online presentation: connect on Zoom from the comfort of home

This workshop informs seniors and their families about the rules on consent to health care.

It explains the different legal tools for planning health care in advance, including protection mandates, advance medical directives, and living wills.

CHEP Coping with Chronic Pain

November 16 at 10 a.m.

Streaming presentation in-person: 1650 chemin d'Oka, Deux-Montagnes & 259, chemin Harrington, Harrington

Online presentation: connect on Zoom from the comfort of home

A Summary of the Work by the Canadian Pain Task Force.

Led by Dr. Manon Choniere and Dr. Patricia Poulin, members of the Canadian Pain Task Force

4K Speaker Series - The Laurentians During the Cold War

November 23 at 10 a.m.

Live presentation in-person: Holy Trinity Church in Ste-Agathe: 12 Rue Prefontaine Ouest, Sainte-Agathe-des-Monts

Streaming presentation in-person: 1650 Chem. d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

An important chapter of Canadian military history took place in the Laurentians and particularly in the small sleepy village of La Macaza where nuclear weapons were strategically installed to defend North America.

Led by Benoit Thibeault.

Self-Talk Metamorphosis through Journaling

November 30 at 10 a.m.

Streaming presentation In-Person: 1650 chemin d'Oka, Deux-Montagnes, 259 chemin Harrington, Harrington & Holy Trinity Church, 12 Rue Prefontaine Ouest, Sainte-Agathe-des-Monts

Online presentation: connect on Zoom from the comfort of home

You speak to no one more than you speak to yourself. Together we will learn and practice how journaling can improve your self-talk, inspiring more positivity, hope, self-compassion, and self-love. Happier thoughts lead to a more contented and healthier you! Led by Jill Grumbache

To register contact [450-974-3940](tel:450-974-3940) | [1-888-974-3940 ext. 601](tel:1-888-974-3940) | 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 services proposés ci-dessus ne sont pas
nécessairement offerts par le gouvernement du Québec.

 éducaloi  CHSN

Wednesday Wellness

November 2: Cardio-Drumming at 10 a.m.

Streaming presentation in-person at the following locations:

Heritage Social Club, 503 rue Cedar, Deux-Montagnes

Rouge Valley Days, 259 chemin Harrington, Harrington

Holy Trinity Church, 12 Rue Préfontaine O, Sainte-Agathe-des-Monts

Online presentation: [Register on Zoom](#)

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[Streaming presentation in-person](#) at the following locations:

1650 chemin d'Oka, Deux-Montagnes

Holy Trinity Church, 12 Rue Préfontaine O, Sainte-Agathe-des-Monts

Online presentation: Contact info@4korners.org to register

November 16: Coping with Chronic Pain at 10 a.m.

[Streaming presentation in-person](#) at the following locations:

1650 chemin d'Oka, Deux-Montagnes

Rouge Valley Days, 259 chemin de Harrington, Harrington

Online presentation: [Register on Zoom](#)

November 23: 4K Speaker Series at 10 a.m.

[Live presentation in-person](#) Holy Trinity Church, 12 Rue Préfontaine O, Sainte-Agathe-des-Monts

[Streaming presentation in-person](#) 1650 chemin d'Oka, Deux-Montagnes

Online presentation: [Register on Zoom](#)

November 30: Self-Talk Metamorphosis Through Journaling at 10 a.m.

[Streaming presentation in-person](#) at the following locations:

1650 chemin d'Oka, Deux-Montagnes

Rouge Valley Days, 259 chemin de Harrington, Harrington

Holy Trinity Church, 12 Rue Préfontaine O, Sainte-Agathe-des-Monts

Online presentation: [Register on Zoom](#)

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

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HEALTHCARE DECISIONS

This workshop informs seniors and their families about the rules on consent to health care.

It explains the different legal tools for planning health care in advance, including:

- protection mandates
- advance medical directives
- living wills

Wednesday, November 9th 1:30 - 3:30 p.m.

Streaming presentation: In-person at 1650, ch. D'Oka, Deux-Montagnes

Online presentation: Via Zoom from the comfort of home

To register contact info@4korners.org

450-974-3940 | 1-888-974-3940 ext. 601

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

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avec les Québécois d'expression anglaise.
Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

In partnership with
 **educaloi**

Healthcare Decisions

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

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ONLINE & INTERACTIVE! **SENIORS WELLNESS**

Yoga for Balance

Join 4korners and Josephine from YogaTout as we learn to develop muscles, awareness, and balance for fall prevention. Weekly classes focused on identifying risk factors with practices adapted to strengthen body and mind. Access to videos to practice weekly and integrate prevention into daily life.

Join us on Zoom to connect live!
Thursdays, 10 a.m. - 11:30 a.m.
September 15 - December 1

Contact us for more info:
 info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Yoga for Balance - Seniors Wellness

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

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INTERACTIVE!

SENIORS WELLNESS

Café Connected

Take a break and connect with others on topics that matter to you. A supportive space where participants encourage each other, break isolation, and build upon resiliency skills. Led by a facilitator.

Join us on Zoom to connect live!

**Wednesdays, 1 p.m. - 2 p.m.
September 7 - December 14**

Contact us for more info:

info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601






 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.

Café Connected - Seniors Wellness

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



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.

**Monthly Support Group in Deux-Montagnes.
Contact us for upcoming dates and location.**

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


 POUR LES PROCHES AIDANTS
 You care for them,
 we care for you.

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Monday, November 21, 2022

Monday, December 12, 2022

In person at 1650 chemin d'Oka. Deux-Montagnes

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

Tai Chi - Seniors Wellness

Weekly on Mondays, 9:30 a.m. to 11 a.m.

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

Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

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

To register 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!

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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A shining start for children ages 0-5



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

Dialogue McGill



Health Canada

Santé Canada



VILLE DE DEUX-MONTAGNES

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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