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**LAURENTIANS
4K NEWSLETTER
February 2019**



"I didn't know what to say, but it helped to talk about it."

TALKING ABOUT SUICIDE SAVES LIVES

howtotalkaboutsuiicide.com

For you or someone you care about, call
1 866 APPELLE (277-3553)



In partnership with



Call for support: 1 866 APPELLE (277-3553)

Recent activities at 4K:

4K organized a parent-child pizza-making activity for the Pre-K Parent Night at Sainte Agathe Academy.



Photo by 4 Korners staff

Jog Your Mind in Deux-Montagnes



Photo by Aileen Borrue

Upcoming Activities in Argenteuil

Rouge Valley Days

Harrington Golden Age Club

420 Chemin de Harrington, Grenville-sur-la-Rouge

Lunch available each week for all

Open Circle

Lachute United Church,

232, ave. Hamford, in Lachute
Lunch available

Thursdays

Mondays

February activities

are welcome.

By appointment :
 War Years*, Foot care, Document &
 Technology assistance*
 (* for appointment, call Marlene at 450-
 562-3719)

Impossible?

DVD Presentation

February 4, starts at 1:00 p.m.

Painting workshop with Linda Peatman
February 18, starts at 1:00 p.m.

Creating Greeting Cards: Come try your
 hand at making greeting cards.
February 25, starts at 1:00 p.m.

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

Info session for seniors

Are you getting the benefits you deserve?

by Service Canada

Tuesday, February 12

12:00 p.m. to 3:00 p.m.

Light lunch served at 12:00 p.m., conference starts at 1:00 p.m.

Registration: Jody Anker. 450-562-2025, #3543

Gore community Centre

9, Cambria Street, Gore

Videoconference on February 13

Women's Heart Health

with Wendy Wray, Nurse Director of MUHC Women's Healthy Heart Initiative

From 10:00 a.m. to noon

Laurentian Regional High School

448, ave. Argenteuil, Lachute

Upcoming Activities in Deux-Montagnes

Family Craft Night

Kids of all ages: get ready to paint!

Monday, February 6,

6:30 p.m. to 7:30 p.m.

Women's Wellness

Laughter Yoga: how to feel more
 energetic and healthy

Thursday, February 7,

7:00 p.m. to 9:00 p.m.

202, Henri-Dunant, Deux-Montagnes

Videoconference on February 13

Women's Heart Health

with Wendy Wray, Nurse Director of
MUHC Women's Healthy Heart Initiative
10:00 a.m. - 12:00 p.m.

Wednesday Wellness

JOG YOUR MIND - continues
10:00 a.m. - 12:00 p.m.

200, Henri-Dunant, Deux-Montagnes

Upcoming Activities in Rosemère

Playgroup

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

Don't miss the fun!

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

Upcoming Activities - Pays-d'en-Haut and Laurentides

Women's Wellness Wednesdays

FREE speaker series
Wednesdays, from 10:00 a.m. to 12:00 p.m.
Arundel Community Center
2, Chemin White

Essential Oils & Women's Wellness
with Sue Rich - Essential Oil Educator

February 6

Finding Meaning in the Second Half of Your Life
with James Hollis

February 20

Menopause, Aging, & Sexuality

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 English and French. Click on the 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.

L'APPU POUR LES PROCHES AIDANTS D'AINÉS

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

CHSSN

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

Canada

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec



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Laurentides
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Our Mission

In a spirit of respect, support and empowerment, the 4 Korner's 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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