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November 2023



Strengthening Community Vitality
in the Laurentians




Collectif
petite
enfance

**Rising
together**
to champion young
children's rights!

**EARLY
CHILDHOOD
— WEEK —**

8th edition
November
20–26, 2023
grandesemaine.com

November 20th - 26th is the 8th edition of [Early Childhood Week!](#)

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

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National Caregivers Week

November 6th 2023 to November 12th 2023

National Caregivers Week is supported by these partners



(Click the above image to read 4Korners' full article for National Caregivers Week)

National Caregivers Week - November 6th to November 12th.

4Korners and partners are excited to honor the caregivers of our communities by celebrating National Caregivers Week. For this special week, 4Korners conducted two interviews with Laurentian Caregivers and wrote an article around their stories. To read the full story, please click on the above banner.

To learn more about National Caregivers Week, or to find resources as a Caregiver, click [here](#).

4kActivities

Check out our upcoming activities & support services!

[Adults](#)

[Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

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

[Adults](#)

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For more information contact [Info](#) or call 450-974-3940



Understanding Sexual Health: How the Dimension Impacts Us

In-person Fathers Project Presentation in Deux-Montagnes

This event is made possible with the financial support of



(Click the above image for a full page flyer)

Understanding Sexual Health: How the Dimension Impacts Us

A Fathers Project initiative.

Registration Required.



Life Path · Life Project

READY FOR A FRESH START?
ZOOM CLASSES TO HELP STRUCTURE YOUR LIFE

This event is made possible with the financial support of



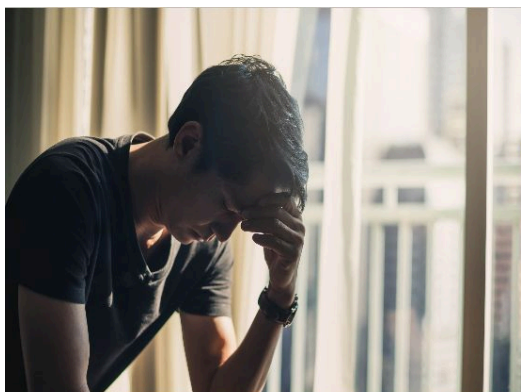
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888-974-3940. Workshops take place via Zoom.



4K | Health & Wellness
Laurentian's English Community Network

Living without violence

An Anger Management Program for Men

This event is made possible with the financial support of

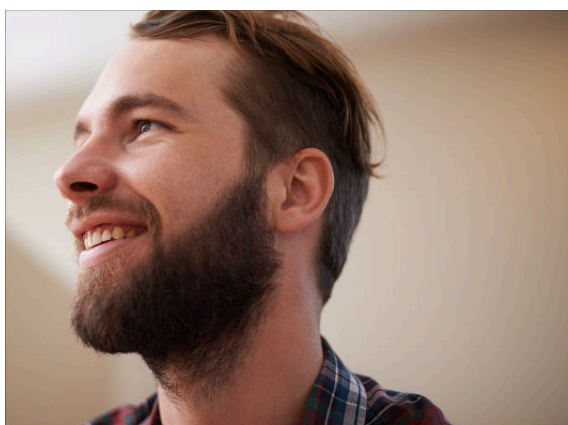


(Click the above image for a full page flyer)

Living Without Violence

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

Workshops take place via Zoom.



4K | Health & Wellness
Laurentian's English Community Network

Mens Social Support Group

Online Support Group Via Zoom

This event is made possible with the financial support of



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Meeting Saturday, November 18th, 11:00 a.m. - 12:00 p.m.

Classes take place via Zoom.

One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940

Family & Youth

[CLICK HERE TO REGISTER FOR 4KORNERS' ACTIVITIES](#)

For more information contact [Info](#) or call 450-974-3940





4K | Health & Wellness
Laurentian's English Community Network

Youth Art and Wellness Group

Weekly Art and Wellness Group for Youth Aged 18-29 in Deux-Montagnes

This event is made possible with the financial support of



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Youth Art and Wellness Group

Registration required.

Start date to be determined.

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HEALTH & WELLNESS
Laurentian's English Community Network

Yoga for Parents of Kids with Special Needs

Online via Zoom

This event is made possible with the support of



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Yoga for Parents of Kids with Special Needs

Registration required.



4kids & families
Laurentian's English Community Network

November 20th, 5:30 p.m. to 7:30 p.m.

1650 Chemin d'Oka, Deux-Montagnes,
QC, J7R 1M9

ROLL THE DICE DADDY!

This event is made possible with the financial support of



(Click the above image for a full page flyer)

Roll the Dice Daddy!

A 4Korners Fathers Project Initiative.

Registration required.

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Free Weekly Arts Program and Friendship Club

Autism and Arts in the Laurentians

This event is made possible with the support of



(Click the above image for a full page flyer)

Autism & Arts in the Laurentians

Wednesdays from 3:30 - 4:50 p.m.

Science Wing, Room 123, Laurentian Regional High School.

448 Av. d'Argenteuil, Lachute, QC, J8H 1W0.



COMMUNITY KITCHEN

Wednesdays, 9:30 a.m. to 12:00 p.m.
November 1st | November 15th | December 6th
2 rue du Ravin, Ste-Thérèse, QC, J7E 2T2

This event is made possible with the financial support of



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Community Kitchen

Registration required.

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4kids & families
Laurentian's English Community Network

BABY SENSORY CLASSES

Mondays, 9:00 a.m. to 11:00 a.m.
November 6th to December 4th
2 rue du Ravin, Ste-Thérèse,
QC, J7E 2T2

This event is made possible with the financial support of



(Click the above image for a full page flyer)

Baby Sensory

Registration required.



4kids & families
Laurentian's English Community Network

October 31st - December 12th
Thursdays, 4:00 p.m. to 6:00 p.m.
1650 Chemin d'Oka, Deux-Montagnes,
QC, J7R 1M9

4K's Homework Support

*Thank you to our generous volunteers for donating their time to support this activity.

(Click the above image for a full page flyer)

4K's Homework Support

Registration required in order to reserve block of 45 minutes.

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Laurentian's English Community Network

SOCIAL AND EMOTIONAL LEARNING

Mondays, 4:30 p.m. to 6:30 p.m.
November 6th 2023 to June 10 2024
 2 rue du Ravin, Ste-Thérèse, QC, J7E 2T2

This event is made possible with the financial support of



(Click the above image for a full page flyer)

Social & Emotional Learning Thérèse-De Blainville

Registration required.



REGISTRATION Nourri-Source

4K | Health & Wellness
 Laurentian's English Community Network

Prenatal Classes

Classes offered in-person and via Zoom

This event is made possible with the financial support of



Prenatal Classes

For upcoming dates and details contact info@4korners.org or call 450-974-3940

Seniors & Caregivers of the Elderly

[CLICK HERE TO REGISTER FOR 4KORNERS' ACTIVITIES](#)



4K Seniors & Wellness
Laurentian's English Community Network

November Wednesday Wellness

Morning Presentations
starting at 10:00 a.m.

This event is made possible with the financial support of



(Click the above image for a full page flyer)

Senior Wednesday Wellness

New Presentation every Wednesday!

Weekly recurring activities in Sainte-Agathes-des-Monts and Harrington.

Registration Required.



4K Seniors & Wellness
Laurentian's English Community Network

Holiday Wreath Crafting Workshop

Monday, November 20th, 1:30 p.m. to 3:00 p.m.
1262 chemin de Mille-Isles, Mille-Isles
QC, J0R 1A0

This event is made possible with the financial support of



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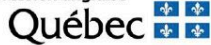
4K Seniors & Wellness
Laurentian's English Community Network

Senior Wellness Presentation: Understanding Artificial Intelligence

Tuesday, November 21st 10 a.m. to 12:00 p.m.
2 chemin Cambria, Gore, QC,
J0V, 1K0

This event is made possible with the support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise



(Click the above image for a full page flyer)

Senior Wellness in Gore

Registration Required.

[CLICK HERE TO REGISTER FOR 4KORNER'S' ACTIVITIES](#)

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!



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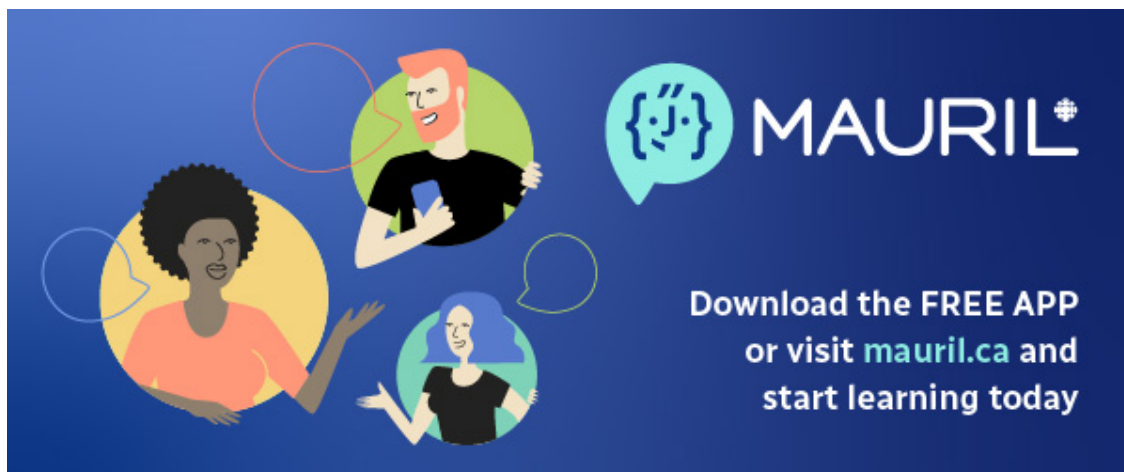


It's never been easier to [become a 4Korners member](#)! Your annual donation will help us continue to deliver services to the communities of the Laurentians!



We are proud to support independent and local media organizations, especially our friends over at the Main Street publication. Each month, Main Street releases a new addition which covers news and topics - in English - from all over the Laurentians. 4Korners also releases a different article every month which is included in each Main Street publication!

You can read a digital copy of MainStreet's monthly publication by visiting their website, [here](#). Check out 4Korners' article that is always on page 8!



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CAREGIVER SUPPORT

1 855 852-7784

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we care *for you*.

Dialogue McGill



Health
Canada

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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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Deux-Montagnes, Québec J7R 1M9
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