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March 2026



March invites us to reflect on the kind of communities we are building in the Laurentians.

With **International Women's Day** and **Neurodiversity Celebration Week**, this month highlights the importance of inclusion, dignity, and equity in our everyday lives.

At 4Korners, we believe that strong communities are built when everyone feels valued, supported, and able to participate fully. Whether we are celebrating women's contributions, embracing neurodiversity, or standing together against loneliness, our commitment remains the same: ensuring English-speaking residents have access to services, connection, and belonging.

This month, we invite you to join us in learning, connecting, and celebrating the strength that comes from diversity.

**Together, we continue building a community where everyone can thrive.**

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 **Quick Community Question**

**How do you access local news in the Laurentians?**

Help us improve how we share information.  
Takes less than 1 minute.

[Take the poll](#)



# 4k | Activities

Youth & Families

Adults

Seniors

Community



## 4k | Youth & FAMILIES

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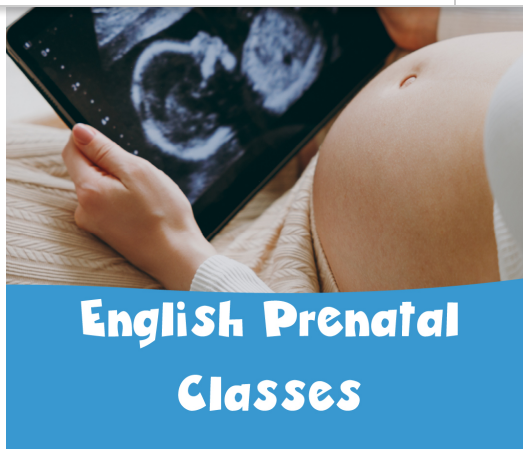
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## Expecting mothers and their Partners

Prepare for your baby's arrival with our supportive prenatal classes!

Learn about breathing techniques, pain management, partner involvement, postpartum care, breastfeeding, baby care, and more.

[info@4korners.org](mailto:info@4korners.org)  
**450-974-3940**



## Post-Natal Respite

In-home support for English-speaking parents of newborns (0–1 year) in the Laurentians.

Caregivers assist with rest, breastfeeding, meal prep, and household tasks: helping new parents to take a break and support parent-baby bonding.

Up to five 2-hour visits scheduled flexibly.

[info@4korners.org](mailto:info@4korners.org)  
**450-974-3940**



## Parenting Circle in Deux-Montagnes

Join us Tuesday mornings for a supportive program where parents connect and children (0-5 years) take part in guided play and activities that encourage growth and learning.

**Tuesdays, 10 a.m. to 12 p.m.**

**January 20 to March 10, 2026**

1650, chemin d'Oka, Deux-Montagnes

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## Play to Learn (0-5)

Join us for a weekly morning of fun, learning, and connection for parents and children. Crafts, games, and free play give little ones a safe start, while parents share and connect.

**Fridays, 9:30 to 11:30 a.m.**

**January 16 to March 27, 2026**

2 rue du Ravin, Ste-Thérèse

Click [here](#) to know more

## Girl Talk – Secondary 1 & 2

Girl Talk creates a safe space for Secondary 1 & 2 girls to share openly, build confidence, and form meaningful connections while exploring topics that support mental health and personal growth.

**Wednesdays at lunch**

**January 14 to March 18, 2026 (except March break)**

Library (Lake of Two Mountains High School)

Click [here](#) to know more



## Girl Talk Secondary 1-2 (12-14)

## Vibe Check at Rosemere High School

A creative after-school hangout for teens 12–17. Relax with art, games, and friends in a safe, welcoming space.

**Wednesdays 2 p.m. to 3:30 p.m.**

**January 14 to April 1, 2026 (except March break)**

Art Room A-222A (Rosemere High School)

Click [here](#) to know more



## Vibe Check (12-17)

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A creative and welcoming space for youth ages 12 to 17 to explore art, express emotions, and nurture well-being through fun, hands-on activities. No experience needed, just imagination and curiosity.

**Wednesdays 2:30 p.m. to 4 p.m.**

**January 14 to March 18, 2026 (except March break)**

Resource Room (Lake of Two Mountains High School)

Click [here](#) to know more



## Afterschool Art & Wellness Club (12-17)

## Film Club at LTM

Join us in the library for Film Club! Watch movies, discuss ideas, and enjoy snacks with friends. Each week, students vote for next week's film.

**Wednesdays 2:30 p.m. to 4 p.m.**

**January 14 to March 18, 2026 (except March break)**

Library (Lake of Two Mountains High School)

Click [here](#) to know more



## Film Club (12-18)

## Autism and Arts in the Laurentians (12+)

Join our after-school club for neurodivergent teens and young adults! Explore art, build life skills, and connect with friends in a supportive space. Parents and siblings welcome.

**Wednesdays 3:30 p.m. to 5 p.m.**

**January 14 to March 18 (except March break)**

Laurentian Regional High School, Lachute

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## Autism and Arts in the Laurentians (12+)

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### Autism and Arts in the Laurentians (6-12)

A welcoming monthly art program for neurodiverse kids aged 6-12 and their families. Hands-on activities, creativity, and fun.

Thursday, 2 p.m. to 4 p.m.

March 12, 2026

Sainte Agathe Academy, Sainte-Agathe-des-Monts

Click [here](#) to know more

### Creative Connections

A monthly evening of crafts and socializing for neurodivergent people. This creative, welcoming space fosters skills, confidence, and meaningful connections. Parents and siblings are encouraged to join.

Thursday 7 p.m. to 8:30 p.m.

March 12, 2026

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



### Creative Connections (All Ages)

### Autism and Arts in the Laurentians (12+)

Join our monthly after-school club for neurodivergent teens and young adults! Explore art, build life skills, and connect with friends in a supportive space. Parents and siblings welcome.

Thursday, 2 p.m. to 4 p.m.

March 19, 2026

Sainte Agathe Academy, Sainte-Agathe-des-Monts

Click [here](#) to know more



### Autism and Arts in the Laurentians (12+)

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Join a welcoming group for parents of neurodivergent kids to share, connect, and find support from those who understand.

**Tuesday, 7 p.m. to 8:30 p.m.**

**March 17, 2026**

ONLINE & 1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



**Support Group for parents of neurodivergent children (All Ages)**



**Sensory Tool Lending Library**

### 4K Neurodiversity Library – Now Available

Explore a curated collection of books for children, teens, and caregivers focused on autism and neurodiversity. Resources available to all 4Korners members across the Laurentians.

Available region-wide

For all ages

[info@4korners.org](mailto:info@4korners.org)  
**450-974-3940**

## 4k Seniors

### Open Circle

Every Tuesday, enjoy a friendly space to connect, share, and keep active. Activities include gentle movement, creative projects, engaging discussions, and a shared meal.

**Tuesdays, 9:30 a.m. to 1:30 p.m.**

**January 13 to March 17, 2026**

Margaret Rodger Memorial Presbyterian Church, 463 Rue Principale, Lachute

Click [here](#) to know more



**Senior Open Circle Lachute (50+)**

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## Walk & Talk for Seniors (50+)

Get active and connect with other seniors in Deux-Montagnes! Join our weekly 60-minute walk, a great way to enjoy the outdoors and socialize. Don't forget your water bottle!

**Tuesdays, 2 p.m. to 3 p.m.**

**January 13 to March 31, 2026**

Oasis Evangelical Baptist Church, 214 14e Ave, Deux-Montagnes

Click [here](#) to know more

## Rouge Valley Days

A weekly program for seniors offering cognitive, social, creative, and physical activities. Connect, learn, and stay active. Everyone is welcome!

**Wednesdays, 10 a.m. to 4 p.m.**

**January 21 to March 18, 2026**

Harrington Golden Age Center, 259 chemin Harrington

Click [here](#) to know more



## Rouge Valley Days Senior Wellness (50+)

## Wellness for Seniors in Sainte-Agathe

Join us for a vibrant program designed specifically for English-speaking seniors in the Laurentians! Our activities are designed to nurture your health and well-being throughout the year.

**Wednesdays, 10 a.m. to 3:30 p.m.**

**February 11 to March 18, 2026**

118 rue Principale Est, Suite 220, Sainte-Agathe-des-Monts

Click [here](#) to know more



## Wednesday Wellness Sainte-Agathe (50+)

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We're pleased to introduce a new location for English-speaking seniors in Sainte-Thérèse. Enjoy chair yoga for seniors followed by a social hour with coffee and snacks in a welcoming environment.

**Every 2nd Wednesday, 2 p.m. to 4 p.m.**

**March 11 and 25, 2026**

2 rue du Ravin, Ste-Thérèse

Click [here](#) to know more



### Wednesday Wellness Sainte-Thérèse (50+)



### Nel's Yoga (50+)

### Nel's Yoga New Group Added!

Due to high demand, a second Nel's Yoga group is now open for seniors in Deux-Montagnes. Gentle yoga practiced together while following a guided video.

**Fridays, 11:30 a.m. to 12:30 p.m.**

**January 16 to March 27, 2026**

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more

### Tour of the Éducaloi Website (18+)

Join us for a one-hour online workshop to learn how to navigate the Éducaloi website with confidence and find reliable legal information about everyday life in Quebec.

**Thursday, 11 a.m. to 12 p.m.**

**March 19, 2026**

Online

Click [here](#) to know more



### Workshop: Tour of the Éducaloi Website (18+)

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## OUTREACH CARAVAN

This spring, seniors are invited to join the Outreach Caravan: a welcoming day of health services, resource kiosks, a free lunch, and wellness activities.

**Monday, 10 a.m. to 3 p.m.**

**March 23, 2026**

Mille-Isles Community Hall

Click [here](#) to know more

## Monthly Potluck Lunch

Join us every last Friday of the month from 11 a.m. to 1 p.m. at the 4Korners Activity Center. Bring a dish to share or just come enjoy good food, conversation, and community.

**Friday, 11 a.m. to 1 p.m.**

**March 27, 2026**

1650 chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



## Monthly Potluck Lunch

## Monthly Caregivers Support Group

This group offers a safe and respectful space to exchange experiences, receive emotional support, and reduce the stress and isolation often associated with caregiving.

**Monday, 2 p.m. to 3:30 p.m.**

**March 30, 2026**

1650, chemin d'Oka, Deux-Montagnes

Click [here](#) to know more



## Caregivers Support Group (All ages)

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Improve strength, balance, and body awareness with this free weekly chair yoga class, live on Zoom. Ideal for fall prevention and senior wellness.

**Mondays, 10 a.m. to 11 a.m.**

**January 12 to March 16, 2026**

ONLINE

Click [here](#) to know more



## Chair Yoga for Balance (50+)

### Online Drawing for Seniors

Nurture your creativity this fall with weekly online drawing classes led by Carol Lyng. Members only. \$25 participation fee. No experience needed: just bring paper, pencil, and curiosity!

**Tuesdays, 10 a.m. to 11 a.m.**

**January 13 to March 17, 2026**

ONLINE

Click [here](#) to know more



## Online Drawing (50+)

### Online Painting for Seniors

Join weekly online painting classes this fall with instructor Carol Lyng. No experience needed. Members only. \$35 participation fee. Register now and spark your creativity from home.

**Wednesdays, 1:30 p.m. to 3:30 p.m.**

**January 14 to March 18, 2026**

ONLINE

Click [here](#) to know more



## Online Painting (50+)



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Free health check-ups, consultations, and on-site test results offered by professional interns from John Abbott College. Access helpful health and social resources in a welcoming community setting.

**Wednesday, 1 p.m. to 4 p.m.**

**March 18, 2026**

Trinity Church, Sainte-Agathe-des-Monts

Click [here](#) to know more

### 4Korners Tax Clinic in Saint-Sauveur!

Need help filing your taxes? We still have a few spots available in Saint-Sauveur. Unfortunately, Sainte-Agathe and Deux-Montagnes are fully booked.

Call us for more information and to reserve your appointment. Spaces are limited, so don't wait!

**By Appointment Only**  
[info@4korners.org](mailto:info@4korners.org)  
**450-974-3940**



### Employability Support and Services

Looking for support with employment, skills development, or navigating work opportunities in the Laurentians?

Our Employability Support and Services help English-speaking residents build confidence and access resources that support economic participation.

[katie@4korners.org](mailto:katie@4korners.org)  
**579-251-1434**



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### Heritage in the Laurentians

We're collecting original stories that preserve the English culture and heritage of the Laurentians. Whether it's a family memory, a local tradition, a historical anecdote, or a little-known tale passed through generations, your contribution can help build a shared digital archive that celebrates our community's identity and strengthens its legacy.

Click [here](#) to know more



**English Culture & Heritage  
in the Laurentians**



# 4k

## Partners' Messages & KEY RESOURCES

We are excited to share some valuable messages and resources from our partners that can enhance your well-being and keep you informed!

**Centre intégré  
de santé  
et de services sociaux  
des Laurentides**

**Québec** 

### Women's Health and Well-Being

In recognition of International Women's Day, CISSS des Laurentides is highlighting its Women's Health and Well-Being webpage, a dedicated resource designed to support women at every stage of life.

Women often carry significant family, social, and caregiving responsibilities. Ensuring their health and well-being is essential not only for individuals, but for our entire community. This page brings together tools, consultations, and

and more.

The CISSS des Laurentides has also conducted regional consultations to better understand women's needs and ensure that services are equitable, adapted, and responsive.

Whether you are looking for support for yourself or a loved one, these resources are here to help.

Click [here](#) to explore the Women's Health and Well-Being page



Over 1,700 mentor & mentee  
applicants for Cohort 2 of  
**CIRCONFLEXE!**

### **Circonflexe Cohort 2: Momentum is Building!**

The response to the launch of our second cohort has been nothing short of incredible. Over the past month, we have seen a massive surge in interest, with over 1,700 applications from mentors and mentees across the province.

Curious to see what's behind the momentum? Watch our short video to hear directly from mentors and mentees about their Circonflexe experience.

[< Watch the video >](#)



## Kickstart Your 2026 Talent Strategy with a Clear Roadmap

We know that attracting and retaining top talent is a top priority for employers.

PERT is proud to support this goal with CLAIR, our AI-powered tool available through the Circonflexe au travail program. CLAIR suggests specific resources and pathways that help create a workplace that fosters French language learning and inclusivity—key drivers for hiring and retaining top talent in 2026.

How does it work?

- **Assess:** It starts with a short survey to identify your specific needs.
- **Plan:** Receive tailored recommendations to build your recruitment and retention strategy.
- **Act:** Implement concrete steps to create an inclusive environment immediately.

Don't let another year slip by without a plan. Participate in the program to have free access to the pro version of CLAIR.

[< Apply Today >](#)



**\*\* NEW \*\***

# GRIEF GROUP

**Support for those in grief**

- **A place for your grief to be welcomed and seen**
- **A place that offers you a safe space to share**
- **A place to share your grief with others who understand**

Palliaccio is offering its first Grief Group in English, a free, closed group consisting of 7 consecutive weekly sessions aimed at helping you navigate the process of grief.

**Where : 2280, rue Labelle, Mont-Tremblant**

**When : Wednesday, March 11 – April 22 from 13 h 30 to 15 h 30**

**Registration is required. Pre-group interviews will be held. [info@palliaccio.org](mailto:info@palliaccio.org) or 819 717-9646**

**L'Ombre-Elle**  
et la Maison Lucille Milord

**Starts in March!**

**A safe, confidential, and supportive space for women who have experienced intimate partner violence.**

- **Weekly workshops**
- **Understand the dynamics of violence**
- **Reduced isolation and shared support**
- **Increased confidence and personal power**
- **Respectful, non-judgmental approach**



**For info or registration, contact L'Ombre-Elle  
819-326-1321  
Ask for Priscilla or Jande  
You're not alone. Support is available.**



# 4k | in the News!

Find out what's going on locally, with the Laurentians' English-language newspaper/newsmagazines!



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### OPEN CALL FOR STUDENT BURSARIES

Are you studying health or social services and passionate about helping others in your community?

The **Community Network Bursary Program**, offered through **4 Korners** and **Dialogue McGill**, supports English-speaking students in the Laurentians who want to make a difference, right here at home!

**Bursary Amounts:**

- Bursary: \$10,000
- College/College: \$5,000
- Vocational training: \$1,000-\$2,000

These tax-exempt bursaries help cover tuition and expenses so you can focus on building a career that matters, while strengthening English-language health and social services in your community.

Contact us to learn more: [info@4korners.org](mailto:info@4korners.org) | 430-974-3940

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### Persistence in Our Community

**Caillie Girardon**

As we step into a new year, all of us at 4Korners would like to begin by saying thank you. Thank you to the individuals, families, volunteers, partners, and community members who made 2023 a year of resilience, endurance, and shared growth. Your presence, participation, and support continue to remind us that no one builds community alone.

The start of a new year often brings reflection and fresh momentum. For many, January can also be a challenging time. It is a quiet season that can bring isolation, uncertainty, or worry. At 4Korners, we want to remind you of something essential: you are not alone. Our programs, activities, and networks exist to create space where people of all ages feel seen, supported, and connected.

January is Alzheimer's Awareness Month, a time to recognize not only those living with Alzheimer's and other forms of dementia, but also the caregivers and families who walk alongside them every day. In the Laurentians, caregiving can be both deeply meaningful and emotionally draining. Through our senior wellness activities and caregiver support groups, 4Korners aims to reduce isolation, foster understanding, and offer moments of relief, connection, and shared experiences. Awareness begins with conversation, compassion, and community care.

January also invites us to reflect on learning and growth. On January 24, we mark the International Day of Education, a reminder that education is not limited to classrooms or age groups. Learning happens at every stage of life through reading, creating, and building, and support. At 4Korners, education takes many forms, including language learning, wellness workshops, youth programs, mentorship, and opportunities to gain confidence and practical skills.

This reflection naturally leads into February's *Healed on School Days*, a province-wide movement celebrating perseverance in education. Perseverance is rarely a solo effort. It grows when young people feel encouraged, when families feel supported, and when communities create environments where progress matters more than perfection. Sometimes, a single word of encouragement or a moment of understanding can change a path forward.

As we move into 2024, our commitment remains clear: to strengthen belonging, promote well-being, and support the English-speaking community of the Laurentians through inclusive, responsive programs. Whether you are a writer, a caregiver, a youth, a parent, or someone simply looking to connect, there is a place for you at 4Korners.

A new year is not about starting over alone. It is about moving forward together and together our community continues to thrive.

To learn more about our programs and activities for all ages, visit [www.4korners.org](http://www.4korners.org).

### 4Korners receives funding from Fondation Tremblant to support neurodivergent youth in the Laurentians

4Korners is pleased to announce that it has received a \$4,825 grant from Fondation Tremblant to support the Autism and Arts in the Laurentians (AAL) program offered at Sainte-Agathe Académie. This contribution directly supports neurodivergent teens and young adults in the MRC des Laurentides, helping them access inclusive, creative, and community-building opportunities.

AAL is part of 4Korners' Neurodiversity Initiative and provides a safe, engaging environment where participants explore visual arts, connect socially, and build confidence. Activities are guided by local artists and supported by educators who understand the needs of youth with Autism, ADHD, and other neurodevelopmental conditions. The program aligns closely with 4Korners' mission to strengthen community vitality and reflect our core values: inclusion, dignity, equity, and accessibility.

As members of the English-speaking linguistic minority in Quebec, many neurodivergent youth face barriers to services, culturally adapted programming, and social participation. AAL addresses these gaps by offering fun English-language programming while fostering a strong sense of belonging within the broader Laurentian community.

This grant from Fondation Tremblant will help ensure program continuity, support qualified facilitators, and maintain a nurturing environment where youth can thrive. It is an investment in young people whose creativity, resilience, and potential enrich our region. Because our neurodiversity program is not publicly funded, we are grateful for the support of the community and the private sector, whose contributions help enhance the lives of neurodivergent youth.

4Korners extends its sincere thanks to Fondation Tremblant for its trust and commitment to community development. We also recognize the collaboration of Sainte-Agathe Académie, whose partnership helps make this program possible.

For more information about 4Korners and our programs, visit [www.4korners.org](http://www.4korners.org) or contact us directly. Together, we are building a more inclusive Laurentians where everyone has the opportunity to thrive.

### 10 nominés de passage au Théâtre Le Patriote!

Les nominations de **Le Prix Le Patriote** ont récemment été dévoilées. En 2023, de 60 de nos bénévoles et membres ont été nommés pour le prix. Parmi les gagnants, nous avons: Anthony Kowachuk, Megan Brindley, Mona de Gendreau, Lisane Blanchet, Joanne, Danyelle Poirier, Suzanne St-Onge, Claude Bouché et son fils, Pierre-Henri Ducharme. Cette programmation démontre une fois de plus à quel point le Théâtre Le Patriote propose, année après année, une sélection d'activités de premier plan et une programmation de grande qualité. Prochaines soirées à venir sur le site du théâtre. Bon spectacle, mes amis!

### France-Étienne Duranceau appuie les chambres de commerce

La députée France-Étienne Duranceau a récemment tenu un colloque avec les chambres de commerce et de services de la région de Sainte-Agathe, tenue dans la communauté jeunesse de Bertrand, afin de soutenir plusieurs initiatives, y compris le projet de loi de la Loi sur le statut de la ville de Saint-Jovite. La députée a également rencontré les membres de la communauté jeunesse de Bertrand afin de soutenir plusieurs initiatives, y compris le projet de loi de la Loi sur le statut de la ville de Saint-Jovite. La députée a également rencontré les membres de la communauté jeunesse de Bertrand afin de soutenir plusieurs initiatives, y compris le projet de loi de la Loi sur le statut de la ville de Saint-Jovite.

### Le sourire de la semaine

**Jamie**

Notre sourire de la semaine est celui de Jamie, responsable de programme de neurodiversité, qui a été élue au concours d'engagement au sein de l'organisme 4Korners. Les membres du Trépas ont adoré son sourire et son engagement envers les personnes neurodivergentes. Son leadership, son dévouement et sa passion ont profondément contribué à renforcer le programme de neurodiversité et à créer des espaces inclusifs, où les individus et les familles peuvent s'épanouir et prospérer.

**Bonne fête!**

- 11 février: Pierre Deshaie, Sainte-Agathe-des-Monts
- 13 février: Robert Morneau, Saint-Denis
- 16 février: Simon Legault, Val-David
- 14 février: Hugo Charbonneau, Saint-Denis

Gagnant: Hugo Charbonneau, Saint-Denis

INSCRIPTION

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Merci à notre partenaire

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# TheReview

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**4Korners - Strengthening the English-speaking Community in the Laurentians**

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