

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[View this email in your browser](#)

December 2020



Wishing you all a lovely holiday season!

Please note 4Korners will be closed for winter break*. Our last day will be Wednesday, December 16th, and our services will resume on Monday, January 4th.

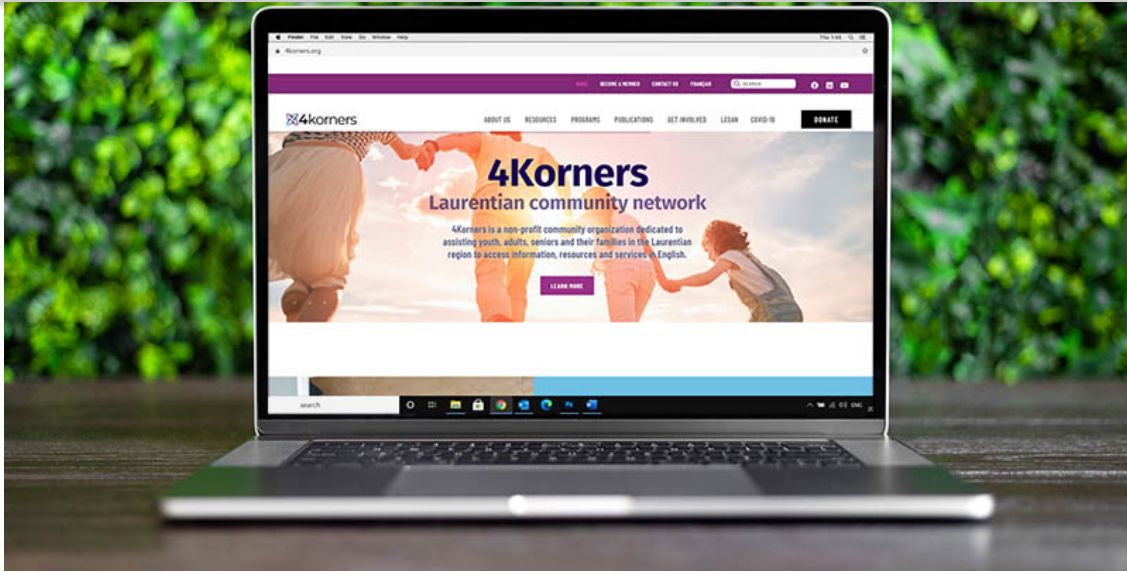
*All online activities scheduled to take place on Thursday, December 17th will still be offered!



Subscribe

Past Issues

Translate ▾



www.4korners.org

...and don't forget to follow us on social media!



Every year, from November 25 (International Day for the Elimination of Violence against Women) to December 10 (World Human Rights Day), Canadians observe the 16 Days of Activism against Gender-Based Violence. It is an opportunity to come together to call out, speak up and renew our commitment

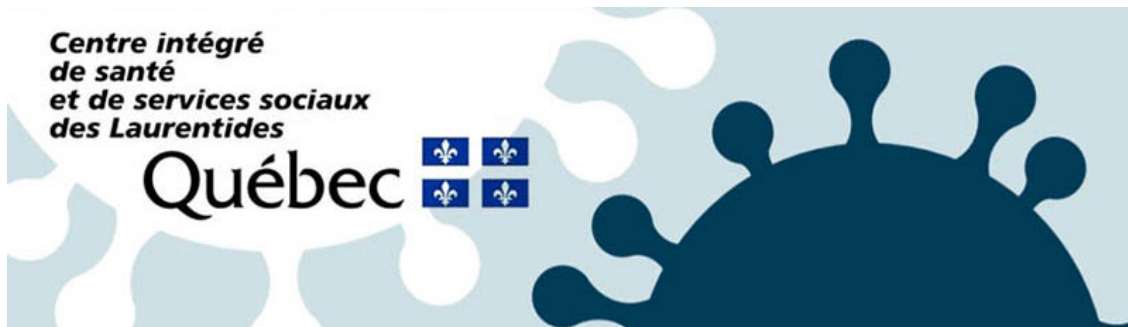
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

works to advance equality through the inclusion of people of all genders, including women, in Canada's economic, social, and political life. Visit their [Facebook page](#) for more information.

Thank You!

A huge thank you goes out to the members who completed the survey about an evaluation framework! The information collected will be of great theoretical use to the student and of great practical use to 4Korners.

Be on the look out for another survey on seniors' needs in the New Year. Participants will have the chance to win prizes as 4Korners seeks to learn more about the needs of English-speaking seniors in the Laurentians. More information will be available in the February newsletter.



[CISSS des Laurentides English only info site on COVID](#)

[English updates from the government of Quebec regarding Covid-19](#)



4kActivities

The logo for 4kActivities features a stylized icon on the left consisting of four interlocking circles in purple, blue, and pink. To the right of this icon, the text "4kActivities" is written in a large, bold, black sans-serif font.

IMPORTANT! Please pay close attention to the locations and registration requirements for each individual activity as they may differ.

Subscribe

Past Issues

Translate ▼



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

Women's Wellness Workshop

Atelier Bien-être pour femmes

Intuitive Painting

With Cécile Bouchard, painter

Let your brush be guided by your intuition and your emotions without restraint. Intuitive painting allows you to practice "letting go" and to learn more about yourself. You don't need any special skills; your creativity is your main tool!

Give yourself some resting time to recharge your batteries and live in the moment.

Peinture Intuitive

Avec Cécile Bouchard, artiste peintre

Laissez votre pinceau être guidé par votre intuition et vos émotions, sans contrainte. La peinture intuitive vous permet de pratiquer votre « lâcher-prise » et d'en apprendre davantage sur vous-même. Vous n'avez besoin d'aucune habileté particulière, votre créativité est votre outil principal! Accordez-vous ce temps de répit afin de vous ressourcer et de vivre l'instant présent.



Thursday, December 10, 2020

Jeudi, 10 Décembre 2020

7 p.m. to 9 p.m. • 19 h à 21 h

1650, ch. d'Oka, Deux-Montagnes

English activity / L'activité se déroule en anglais.

Space is limited! Zoom option also available.

Participants MUST register in advance.

450-974-3940 ext. 601, info@4korners.org



FREE for 4Korners' members!

GRATUIT pour les membres de 4Korners!

Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org



Women's Wellness - Intuitive Painting

Thursday, December 10, 7 p.m. - 9 p.m.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person** at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.

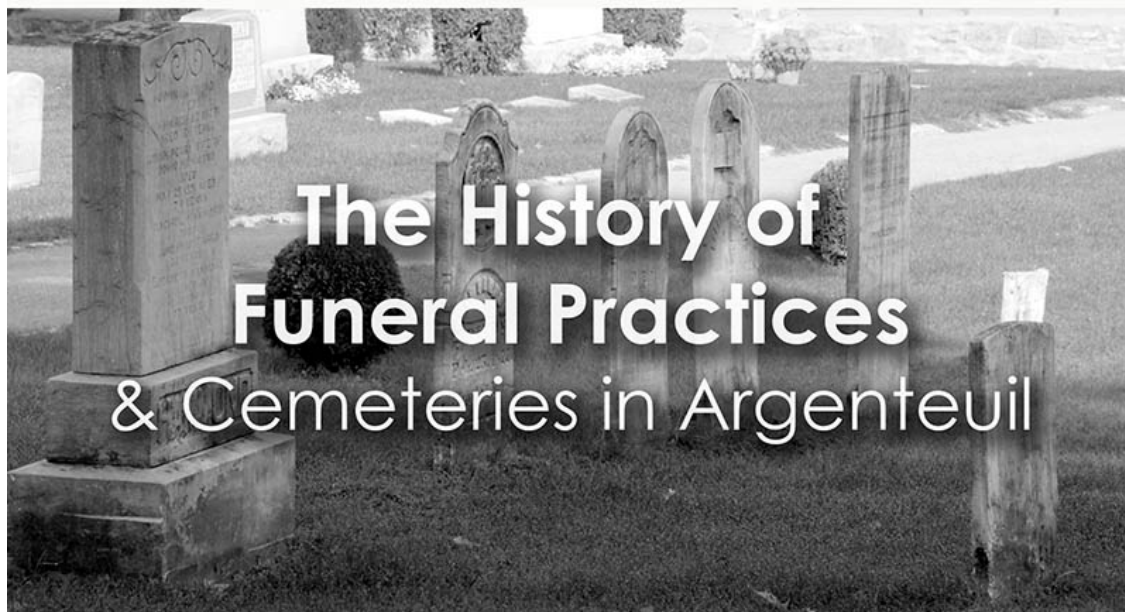
In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or

info@4korners.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

4K SPEAKER SERIES



Cemeteries are carriers of memory. Evocative of times gone by, they bear witness to the history of the settlement of Argenteuil. These heritage places reveal the funeral practices of our ancestors, practices characterized by the diversity of origins of pioneer families. In this conference, Robert Simard, historian of Argenteuil, will present the results of an inventory of cemeteries and burial places traced on the territory of the MRC of Argenteuil.



Robert Simard
Historian & Storyteller

Friday, January 15th at 1 p.m.

Join us in person
**Chalet Bellevue, 27 Rue Bellevue,
Morin-Heights or on Zoom to connect live!**

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

Robert Simard is the recipient of the Excellence Award at the 26th
Laurentians Culture Grand Prix, History and Heritage in 2015.



4K Speaker Series

Friday, January 15, at 1 p.m

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at Chalet Bellevue, 27 Rue Bellevue, Morin-Heights**

In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Some of our [past 4K Speaker Series presentations](#) are now on our YouTube channel. Check them out!



Medical Emergency Preparedness for seniors



A Community Health Education Plan DVD will be shown followed by a discussion on how to respond to medical emergencies in seniors. How to respond as a caregiver and tips on how to respond if you experience a medical issue and are alone.

Wednesday, January 13, 2021

10 a.m. to 12 p.m.

Online via Zoom or in person at our activity centre

1650 chemin d'Oka, Deux-Montagnes

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



Medical Emergency Preparedness for Seniors

Wednesday, January 13, 10 a.m. to 12 p.m.

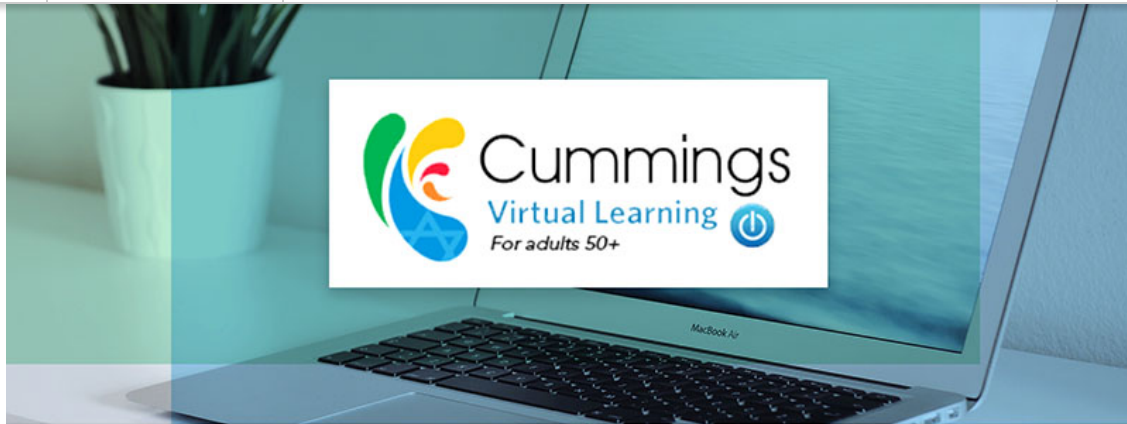
There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes**

In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or

info@4korners.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Free access to the Cummings Centre Virtual Learning Library for English-speaking adults aged 50 and over

With 220+ videos of Cummings Centre events, classes and lectures including : health and wellness, global affairs, music and art, exercise, entertainment and so much more, presented by experts in the field of well-aging.

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



Cummings Virtual Learning

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)www.4korners.org

for caregivers - Les mercredis "bien-être" pour proches aidants



Count Me In! with Aileen Borrue. Throughout this 8 week course we will discuss interesting topics related to community participation, emotional well-being and aging through interactive and reflective exercises (Such as: Identification of Strengths; Adaptation to Aging and Communication). This is a wonderful opportunity to connect and socialize with other seniors living in the community.

EVERY WEDNESDAY starting January 27

10:00 a.m. to 11:30 a.m.

1650, ch. d'Oka, Deux-Montagnes

Space is limited! Zoom option also available.

Participants MUST register in advance.

450-974-3940 ext. 601, info@4korners.org

FREE for 4Korners' members! • GRATUIT pour les membres de 4Korners!

Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org

Wednesday Wellness - Count Me In!

Wednesdays, starting January 27, 10 a.m. to 11:30 a.m.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person** at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

The Price We Pay for Safety—Managing Risk and Uncertainty in Life

Dr. Camillo Zacchia, Clinical Psychologist

WEDNESDAY, JANUARY 20, 2021

10:00 - 11:30 AM EST

VIA ZOOM

This session addresses managing risk and uncertainty in life. Join us with return presenter Clinical Psychologist Dr. Camillo Zacchia, Ph.D.

To register, please contact Caitlin Sigouin at 4Korners
caitlin@4korners.org

*A CHSSN initiative funded through Health Canada's Official Languages
Health Contribution Program 2018-2023*



Video Conference - Managing Risk & Uncertainty in Life

Wednesday, January 20, 10 a.m. to 11:30 a.m.

To register contact caitlin@4korners.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Our event's new date!

TOUCHER LE SOMMET – 2021 EDITION

Saturday, May 29, 2021, in Bromont

Toucher le sommet 2021 is a huge challenge for our organizers! We still want to “climb the mountain,” but a giant Plan B is being put together because we must respect the rules so that all of us are protected.

Be assured that we will keep you informed of all developments!

All events are held in French. Persévérans ensemble encourages youth from all backgrounds to join in, collaborate and create new links!

**Please note that Persévérans ensemble will ensure that its Toucher le sommet event will take place as long as the Covid-19 regulations regarding gatherings and safety in force during this period are respected.*

Toucher le sommet!

To register your teen for this amazing experience contact info at 450-974-3940 ext. 601 or info@4korners.org

Subscribe

Past Issues

Translate ▼

4Korners

Live music SESSIONS

EVERY FRIDAY
7:30 PM
 Facebook Live event
 on **4Korners Facebook page**
www.facebook.com/4KornersCenter/

WANT TO PERFORM?
 For more info contact us at
 (450) 974-3940
info@4kornerscenter.org
 Sign up at
saken.ca/4korners-music-registration/

4korners totumos Canada

4Korners

Séances de musique EN DIRECT

TOUS LES VENDREDIS
19h30
 événement Facebook Live
 sur la page Facebook **4Korners**
www.facebook.com/4KornersCenter/

Souhaitez-vous jouer?
 Pour plus d'informations contactez-nous au
 (450) 974-3940
info@4kornerscenter.org
 Inscrivez-vous à
saken.ca/4korners-music-reglstration/

4korners totumos Canada

4Korners Live Music Sessions on Facebook Live

Did you know 4Korners Live Music Sessions have transitioned to Facebook Live! Now our entire Laurentian community can enjoy local talent from the comfort of home simply by going to our Facebook page [here](#).

For the months of December and January we will be airing edited repeat presentations from past 4Korners Facebook Live Music Sessions at 7:30 p.m. on the dates below!

Nov. 27 - Angelique Savoie

Dec. 4 - Larry Cool

Dec. 11 - Jabbour

Dec. 18 - Ranya Ahmed

Jan. 8 - Tom Foreman

Jan. 15 - Piper

Jan. 22 - Robert Bergeron

Jan. 29 - Jean Guy Lacroix

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

4K kids CLUB

SOCIAL & EMOTIONAL LEARNING PROGRAM



This 24-week Social & Emotional Learning program is geared towards students in grades 4, 5 and 6. Students will learn about skills such as growth mindset, active listening, and teamwork while engaging in a wide range of fun & interactive activities.

EVERY TUESDAY & WEDNESDAY

January 19 - June 30, 2021

4:15 p.m. to 6:15 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact

450-974-3940 ext. 601, info@4korners.org

We are happy to have the support from PANDA BLSO on this new program developed by Lindsay Parr!



4K Kids Club - Social & Emotional Learning Program

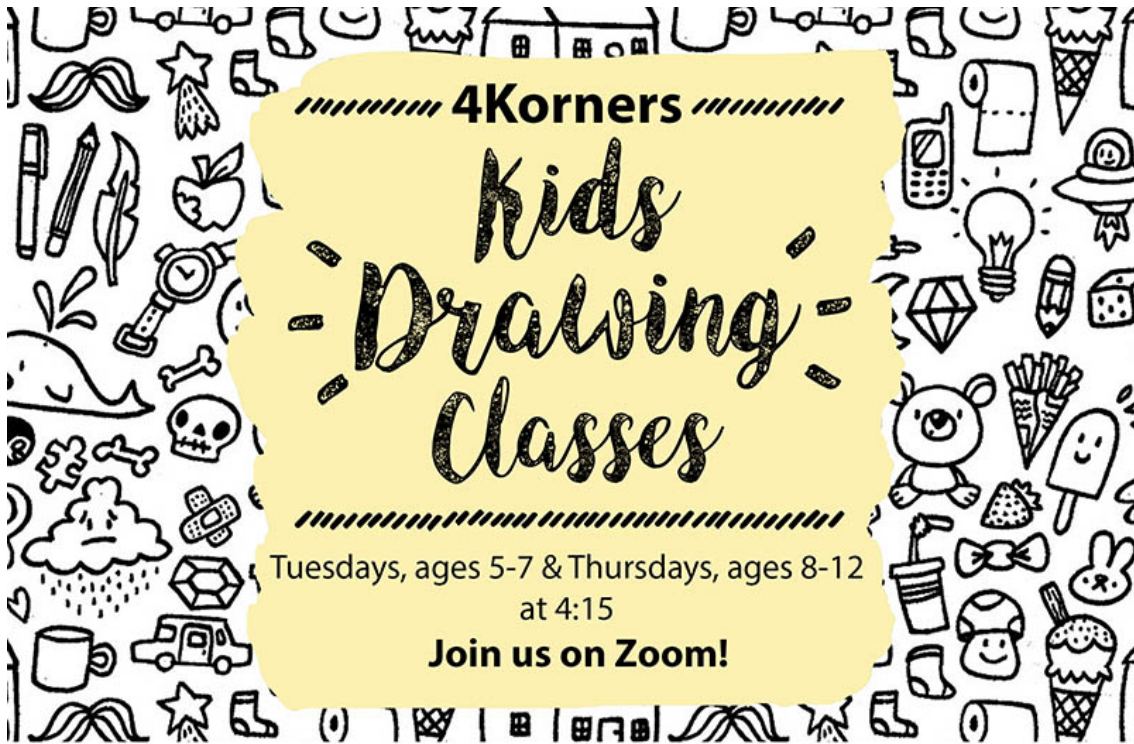
Fall/Winter Session ends on December 10th

Wednesdays & Thursdays, 4:15 p.m. - 6:15 p.m.

Winter/Spring Session starts January 19th

NEW SCHEDULE! Tuesdays & Wednesdays, 4:15 p.m. - 6:15 p.m.

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



4K Kids Drawing Classes

Tuesdays, ages 5-7 at 4:15 p.m.

Thursdays, ages 8-12 at 4:15 p.m.

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Tiny Tots

An opportunity for moms and dads to come together with their children (0-5) to do a variety of activities. We will work on different aspects of development through fun games, exercises and activities.

Space is limited! Attendance must be confirmed weekly.

EVERY THURSDAY • TOUS LES JEUDIS
September, 2020 to June, 2021
septembre 2020 - juin 2021

Option 1: 9 a.m. to 10:30 a.m. • 9 h à 10 h 30
 Option 2: 11 a.m. to 12:30 p.m. • 11 h à 12 h 30
 1650, chemin d'Oka, Deux-Montagnes

Registration/inscription:
450-974-3940 ext. 601
info@4korners.org

FREE for 4Korners' members! GRATUIT pour les membres de 4Korners!

Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org



A shining start
for children
ages 0-5

Canada



Tiny Tots

Every Thursday

Option 1: 9 a.m. - 10:30 a.m.

Option 2: 11 a.m. - 12:30 p.m.

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

Space is limited! Attendance must be confirmed weekly.

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Based on the Minipally program developed by the Centre de Psycho-Éducation du Québec. This program is designed for children under 5 years and teaches basic social skills such as communicating, expressing emotions, self-control and problem resolution. There is also a period dedicated to discussion and support amongst parents. This activity takes place in English.

Basé le programme Brindami créée par Le Centre de Psycho-Éducation du Québec. Le programme est conçu pour les enfants en bas de cinq ans. Ils apprendront des habiletés sociales de base, de communication et d'expression des émotions, d'autocontrôle et de résolution de problème. Il y a aussi une période consacrée à la discussion et au soutien entre les parents. Cette activité se déroule en anglais.

EVERY FRIDAY • TOUS LES VENDREDIS

September, 2020- June, 2021 • septembre 2020 - juin 2021

9:30 a.m. to 11:30 a.m. • 9 h 30 à 11 h 30

Maison Parenfant, 310 Montée Sanche, Rosemère

Registration/inscription: 450-974-3940 ext. 601, info@4korners.org

FREE for 4Korners' members! GRATUIT pour les membres de 4Korners!

Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org



Canada



Play to Learn Group

Fridays, 9:30 a.m. - 11:30 a.m.

In person at Maison Parenfant, 310 Montée Sanche, Rosemère

Space is limited! Attendance must be confirmed weekly.

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

PARENTING CIRCLE

Join us every Monday from 9:30 to 11:30 to discuss topics of interest and learn new parenting skills, while sharing experiences.

Space is limited! Attendance must be confirmed weekly.
Sessions take place at our Activity Centre OR on Zoom
1650 chemin d'Oka, Deux-Montagnes

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



Parenting Circle

Mondays, 9:30 a.m. - 11:30 a.m.

**In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes
OR online!**

Space is limited!

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**ONLINE &
INTERACTIVE!**

FRENCH CONVERSATION COURSES



Winter session begins on January 18th on a new day with new times!

Level 1: Mondays, 10 a.m. - 11:30 a.m.

Level 2: Mondays, 1 p.m. - 2:30 p.m.

Registration necessary. Space is limited.

Contact info 1-888-974-3940 ext. 601 or info@4korners.org



Québec  Canada 

French Conversation Classes on Zoom*

**REGISTER NOW FOR THE WINTER SESSION STARTING JANUARY 18TH
ON A NEW DAY WITH NEW TIMES!**

Level 1: Mondays, 10 a.m. - 11:30 a.m.

Level 2: Mondays, 1 p.m. - 2:30 p.m.

Space is limited. Participants must register in advance.

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

*Please note the Fall session is still in progress and is not currently accepting new participants. The last class is on December 16th, 2020

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A promotional banner for 4Korners Painting Classes. The background is a close-up of hands painting a white surface with a brush. The text is overlaid on a semi-transparent white box. At the top left, it says 'ONLINE & INTERACTIVE!' in white on a purple background. The main title '4Korners Painting Classes' is in large white font on a purple background. Below that, it says 'Painting workshops with Carol Lyng. Painting supplies will be needed to participate in this activity. Paint starter kits may be provided upon request!' in purple. Then, 'Every Thursday from 1pm - 3pm' in bold purple. 'Join us on Zoom to connect live!' in bold purple. Contact info: 'Contact info at 1-888-974-3940 ext. 601 or info@4korners.org for more info!' in purple. 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.
Paint starter kits may be provided upon request!

Every Thursday from 1pm - 3pm

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!

Painting Classes on Zoom

Thursdays 1 p.m. - 3 p.m.

Painting supplies will be needed to participate in this activity. Paint starter kits may be provided upon request.

To register click [here](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

ONLINE &
INTERACTIVE!

SENIORS WELLNESS

4Korners Chair Yoga

Chair-adapted yoga with Josephine.
All you need is a sturdy chair (preferably with no arms)
Every Monday & Thursday from 10am - 11:30am

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Canada



Chair Yoga classes on Zoom

Mondays & Thursdays, 10 a.m. - 11:30 a.m.

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

Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 4Korners from any and all claims or causes of action.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

ONLINE & INTERACTIVE! **SENIORS WELLNESS**

4Korners Tai Chi

Join us for a session of Tai Chi with Christine.
We suggest that you wear loose fitting clothing.
Every Tuesday from 1pm - 2:30pm

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Tai Chi

Tuesdays, 1 p.m. - 2:30 p.m.

To connect by Zoom and to register for December classes click [here](#)

To connect by Zoom and to register for classes in the new year click [here](#)

Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 4Korners from any and all claims or causes of action.

Subscribe

Past Issues

Translate ▼

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.

Every Tuesday from 10am - 11:30am

Join us on Zoom to connect live!

Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Drawing Classes on Zoom

Tuesdays, 10 a.m. - 11:30 a.m.

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

Subscribe

Past Issues

Translate ▼

ONE-ON-ONE SUPPORT & REFERRALS

**Consultations privée, soutien
et références**

...parce que c'est bien de demander de l'aide

**...because it's
okay to ask
for help!**

Contact us / Pour nous joindre

1.888.974.3940

info@4korners.org

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

FREE for 4Korners' members!

GRATUIT pour les membres de 4Korners!

Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites! info@4korners.org

For support or referrals visit us during our business hours or contact info at 1-888-974-3940 ext. 601 or info@4korners.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

p.m.

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who are experiencing the same challenges, and allows you to share your experiences.

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes. Space is limited!

For in person registration contact info at 450-974-3940 ext. 601 or info@4korners.org



**4Korners Community Cup winners for December
Sheila Eskenazi and Joseph Graham**

It is not hyperbole to say that without Sheila and Joe, the English landscape in the Laurentians would look much different. In fact, there are many lives that would be completely different had they not fallen into the orbit of this couple that are quite simply a force of nature. From the over 75 Southeast Asian refugees they helped settle here back in 1979, some of whom they stay in touch with to this day, to the travelers who have stayed on their almost entirely self-sufficient homestead as part of WWOOF (World Wide Opportunities on Organic Farms), or think of the first person to hear Sheila's voice on the

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

fraction of what they have accomplished together over their 45-year marriage.

Interviewing them both via intermittent Zoom and a dodgy phone connection was an experience in itself. I couldn't shake the feeling that I was watching one of these couple's interviews from the film *When Harry Met Sally*. Joe would interrupt Sheila with story, and she would correct him on the dates and names of the people we were discussing. They called it a dog and pony show but to me it looked like a beautiful love story that - much like their self-sufficient home - creates its own energy that they have harnessed into true community building.

For many years their community work overlapped their day jobs as they ran their real estate business out of their office in Sainte-Agathe. That was where they would meet members of the community, print out their community newsletter *The Doncaster Ballyhoo* and where Joe would finesse his historical story-telling with clients on the long drives to visit homes. This penchant for storytelling eventually led to him getting booked as the first speaker for the Canadian Club (now the Laurentian Club), a community group that gathers English-speakers from all over the Laurentians once a month. Both Joe and Sheila have served on its board of directors. Between the two of them they have also sat on or presided over: the Sainte-Agathe Heritage Committee, numerous school committees, the CSSS (now CISSS) board representing the English-speaking communities. Sheila co-founded the first environmental group in Sainte-Agathe, implementing its first recycling program before the MRC took the reins. From 1995-2000 they coordinated Canada Day celebrations in Sainte-Agathe, and Sheila was a founding member of the English Communities Committee, a lobby group that eventually became LESAN (Laurentian English-Speaking Advisory Network), a committee I presently chair. In the early days, this committee persuaded the hospital to make their phone menu bilingual and it was Sheila who translated and recorded the English menu, all on volunteer hours. It is because of this group that we continue to have representation at French-speaking community tables where major decisions are made about care and support to our communities.

500 words is not nearly enough to encompass everything they mean to their community, especially considering another of Sheila's volunteer duties is editing my articles, so I will wrap up with the quote Sheila and Joe live by and passed not only to their two sons Jonah and David but, I imagine, most people who have the pleasure of meeting them: The only way to have community is to be

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

December.

To recommend someone for the 4Korners Community Cup, please email andie@4korners.org

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



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](tel:686868)
or call a counsellor:
1-800-668-6868

Subscribe

Past Issues

Translate ▼



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

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Generously supported & funded by



4Korners

Laurentian Community Network

Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with

Subscribe

Past Issues

Translate ▼

Copyright © 2020 4Korners, All rights reserved.

You are receiving this email because you attended a 4Korners event and gave your permission to use your email.

Our mailing address is:

4Korners
200 Henri-Dunant
Deux-Montagnes, Québec J7R 4W6
Canada

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

