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February 2021



4korners

Strengthening Community Vitality
in the Laurentians

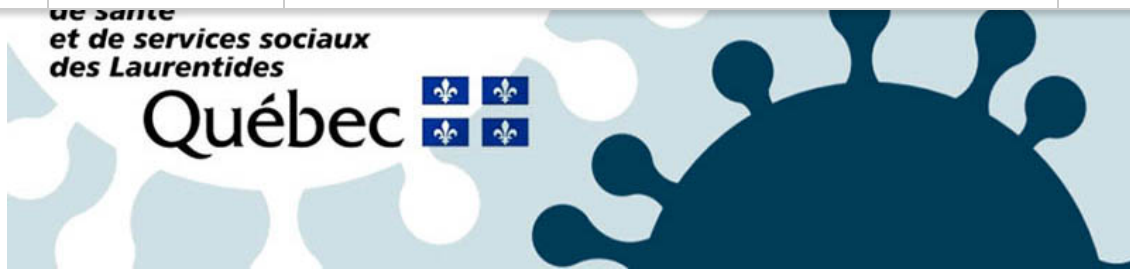


Excellent resource for children, families and educators. This illustrated educational tool is available for free in English and French on [La Liberté's Web site](#). It includes a story for youth about COVID-19 while summarizing the characteristics of the virus, the global pandemic, the pandemic in a Canadian context, health and security measures and ways to prevent transmission.

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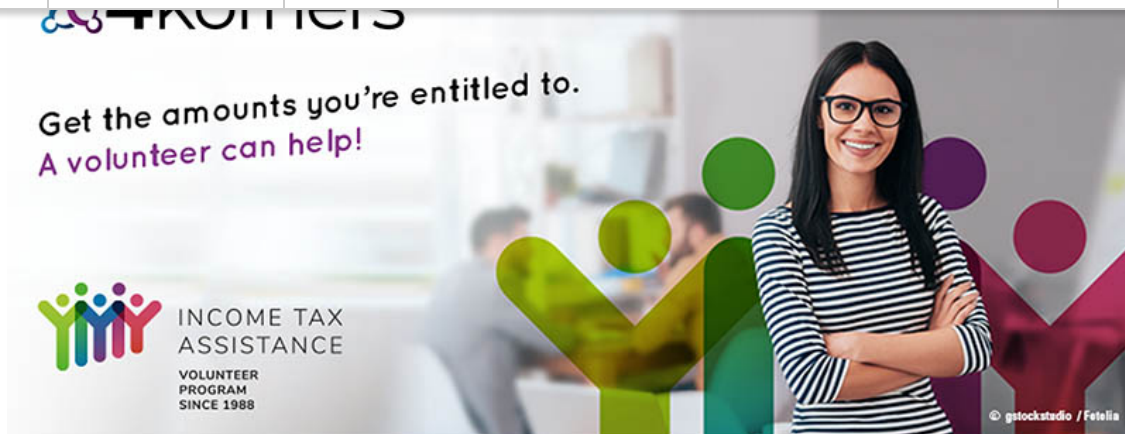


[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)

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



NEW THIS MONTH!

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4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from Feb 15 thru April 30th to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals and seniors.

There are three ways to file your taxes with us!

Option 1: Drop Off

You are welcome to drop your tax documents off any time during our opening hours (Monday - Thursday 9am-4pm, Friday 9am-12pm) at 1650 chemin d'oka, A volunteer will contact you to follow up.

Option 2: In person

Make an appointment to have your taxes filed while you are present during one of our weekly clinics.

Option 3: Remotely

Make an appointment to have your taxes filed by means of a videoconference or telephone call without having to visit our office.

To schedule an appointment or learn more about remote tax filing, contact us at info@4korners.org 450-974-3940 ext. 601, toll free 1-888-974-3940 ext. 601

4Korners Basic Income Tax Clinic

February 15 - April 30

To schedule an appointment contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

Income Tax Assistance Volunteer Program

Want to help people in your community? During the 2021 tax season you can volunteer with 4Korners to help fellow community members file their basic income tax returns. With 4Korners and the Community Volunteer Income Tax Program (CVITP), you'll be helping people get their entitled benefits and credits. As a CVITP volunteer, you'll receive training, guidance, and tax software.

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4korners
Baby & Toddler
Sleep Workshop



In this workshop we will learn about your baby's sleep needs and be introduced to a variety of methods to get baby sleeping. Come learn a variety of sleep training methods and find out which will work best for your family.

February 22, 2021 at 5 p.m.

Join us in person at our Activity Centre,
 1650 chemin d'Oka, Deux-Montagnes
 or online via ZOOM

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



Baby & Toddler Sleep Workshop

Monday, February 22 at 5 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

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Word Play

Parent-Child Workshops

Become an active player in your child's language development!
Learn and integrate language stimulation strategies and techniques all while playing with your child.

- Do you have a child on the waitlist for speech-language services?
- Do you have a child whose sibling has been identified as having a communication disorder?
- Does your child have factors that may impact their speech and language development?

Join us for this free online 6-week workshop with a speech-language pathologist.

Tuesdays starting February 16 to March 30, 2021
9 a.m. - 11 a.m.

(No class on March 2nd during Spring Break)

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



Word Play Parent-Child Workshops

Tuesdays, February 16 - March 30, 9 a.m. - 11 a.m.

To connect on Zoom and to register contact [info](#) or call 450-974-3940 ext. 601 |

Toll-free 1-888-974-3940

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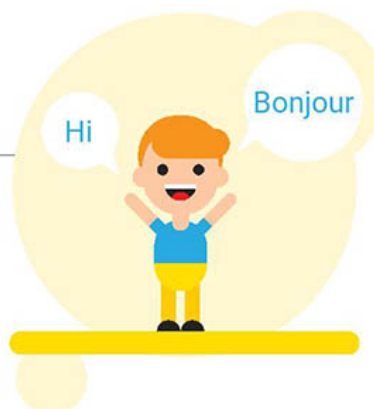
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Session 2

Bilingualism and early childhood



In this interactive session, we delve into bilingualism, multilingualism and communication needs for children from 0-5 years of age.

Listening to your interests, concerns, and questions, we'll discuss:

- how bilingualism and multilingualism impact language development
- what is 'normal' or expected in bilingual language development
- why it's important to support the home language in a minority-language context

and how to:

- recognize potential challenges and support bilingualism for children living with difficulties
- prepare children for school entry in a language other than what's spoken at home

These live sessions will be provided free online!

Date: February 15th 2021

Time: 7pm to 9pm

Register: <https://us02web.zoom.us/join/register/tZUvfu6pqzkoE9AVSgrLN9jCUrisd-IIQ6Y>

Presenter: 4Korners



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Walk the Talk - Session 2 - Bilingualism & Early Childhood

Monday, February 15, 7 p.m.

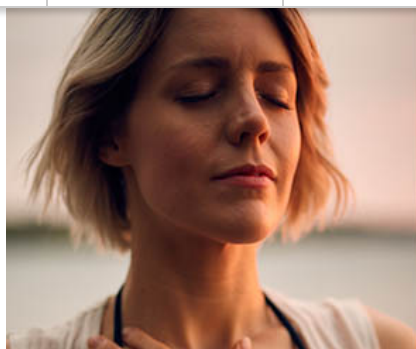
To connect on Zoom and register click [here](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

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Women's Wellness Workshop

Atelier Bien-être pour femmes

Reducing Anxiety and Finding Inner Balance with Aileen Borrueel from Joyful Connections

Join us for this very interactive workshop where we will discuss strategies on how to reduce our anxiety and find inner balance through reflective exercises and an open dialogue in a safe space.



Réduire l'Anxiété et Trouver un Équilibre Intérieur avec Aileen Borrueel de Joyful Connections

Rejoignez-nous pour cet atelier très interactif où nous discuterons des stratégies pour réduire notre anxiété et trouver un équilibre intérieur grâce à des exercices de réflexion et un dialogue ouvert dans une zone neutre.

Thursday, February 11, 2021

Jeudi, 11 février 2021

7 p.m. to 9 p.m. • 19 h à 21 h

1650, ch. d'Oka, Deux-Montagnes

Join us in person or on Zoom!

Participants MUST register in advance.

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

English activity / L'activité se déroule en anglais.



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 Workshop

Thursday, February 11, 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 by contacting [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

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Legal Tools for Planning Ahead - Workshop on Zoom February 24, 1:30 p.m.

An overview of some important legal tools to make life easier for your loved ones down the road. This presentation will cover the basics of powers of attorney, protection mandates, wills, and advance medical directives.

**To register contact 1-888-974-3940 ext. 236
or josephine@4korners.org**



Legal Tools for Planning Ahead - Workshop on Zoom

Wednesday, February 24, 1:30 p.m.

To register contact [Josephine](#) or call 450-974-3940 ext. 236 | Toll-free 1-888-974-3940

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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.



Benoit Thibeault
Researcher

Friday, February 19 at 1 p.m.

In person at Place Lagny: 2 Rue Saint Louis,
Ste-Agathe-des-Monts
or online via Zoom to connect live!

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

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



4K Speaker Series

Friday, February 19, at 1 p.m

with speaker Benoit Thibeault, recipient of the [Prix Francine-Ouellette](#) in recognition of his exceptional contribution to the history of our region.


There are two ways you can participate!

1. Online Zoom registration [here](#)
2. In person at 2 rue Saint Louis. Ste-Agathe-des-Monts

In person participants must register in advance by contacting [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

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channel. Check them out!



COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

Straight Talk about End-of-Life Options

Jennifer Hobbs Robert, M.Sc.A, BCN, CNEd, Senior Advisor - JHCP

WEDNESDAY, FEBRUARY 17, 2021

10:00 - 11:30 AM EST

via ZOOM


This session addresses end-of-life options: palliative care, do not resuscitate orders, refusal or withdrawal of treatment, medical assistance in dying, and advanced medical directives.

Join us to learn how you can ensure that treatment is consistent with your final requests or those of your loved one.

To register please contact your local community organization.

4Korners
melanie@4korners.org

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



CHEP - Straight Talk about End-of-Life Options

Wednesday, February 17, 10 a.m. - 11:30 a.m.

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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.

**Upcoming dates: January 22, February 19, March 19, April 16
1 p.m. - 3 p.m.**

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

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

L'APPU POUR LES PROCHES AIDANTS *You care for them,
we care for you.*

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 are experiencing the same challenges, and allows you to share your experiences.

Once a month on Fridays from 1 p.m. to 3 p.m.

Feb 19, 2020

March 19, 2020

April 16, 2020

Online via Zoom [register here](#)

OR register for in person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.

by contacting [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

ONGOING ACTIVITIES

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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](#)

4K Kids Club - Social & Emotional Learning Program.

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

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

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

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

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Play to Learn Group

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

In person at Maison Parenfant, 310 Montée Sanche, Rosemere

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

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!

In person participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

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Prenatal Classes

Saturdays, January 16 - February 13, 3 p.m - 5 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 by contacting [info](#) or calling 450-974-3940 ext. 601

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
In person participants must register in advance by contacting [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

Seniors Wellness - Painting Classes

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 and connect on Zoom click [here](#)

Seniors Wellness - Chair Yoga classes

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

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

Seniors Wellness - Tai Chi

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

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

Seniors Wellness - Drawing Classes

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

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French Conversation Classes on Zoom

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

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

Level 3: Tuesdays, 10 a.m. - 11:30 a.m.

Space is limited. Participants must register in advance.

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

Live music SESSIONS
CALLING ALL MUSICIANS!

4Korners, Laurentian community network, is looking for musical performers of all backgrounds, languages, ages and genres to perform in our upcoming Live Music Sessions currently being held virtually.

We are also on the hunt for new performance spaces! If you're in the Laurentian region and are interested in hosting one of our Live Music Sessions (as soon as we can go live again) please contact us!

4korners Séances de musique
EN DIRECT
APPEL À TOUS LES MUSICIENS!

4Korners, le réseau communautaire des Laurentides, recherche des artistes musicaux de tous horizons, langues, âges et genres pour se produire lors de nos prochaines sessions de musique en direct qui se déroulent actuellement de manière virtuelle.

Nous sommes également à la recherche de nouveaux lieux de représentation! Si vous êtes dans la région des Laurentides et que vous êtes intéressé à accueillir l'une de nos sessions de musique en direct (dès que nous pourrons reprendre le direct), veuillez nous contacter!

Canada info@4korners.org www.4korners.org

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](#).

Feb. 5 - Celine Gaspé

Feb. 12 - Anna Foreman

Feb. 19 - Mister D

Feb. 26 - Tim Walsh

Bonnie Smith has been making reassurance calls as a volunteer with 4Korners since 2017 but her history of volunteering dates back to when her now-adult children attended elementary school. Like so many of the volunteers I have the good fortune of meeting in my job, Bonnie believes the world would be a better place if more people volunteered. For Bonnie it comes naturally and is a quality she feels most volunteers possess; being a doer, and if that means stacking chairs you stack chairs, if it means folding tables you fold tables. You just do what needs to get done. As a member of her children's PPO (Parent Participation Organization), Bonnie logged hundreds of volunteer hours and since "once a volunteer always a volunteer" this has continued well after her children left home.

Along with the reassurance calls for 4Korners, Bonnie has also helped run the Out to Lunch program with the United Church in Deux-Montagnes since 2012 and served up burgers and hot dogs Monday nights at the Heritage Social Club before COVID put all social gatherings on hold. (She can also mix a mean cocktail if you can tell her exactly what's in it.) To hear her speak about these contributions leaves me with no doubt that she misses them as much as she is most certainly missed by the people whose orders she had ready before they opened their mouths. She tells me about the sound of a smiling face on the other end of the phone line and how the people she calls also want to know how she is doing. She may be the reassurance caller, but they are in a sense keeping an eye out for each other during a very weird time. She talks about how much she enjoys meeting people and the wonderful friends she has made through volunteering, many of whom she is still in touch with and are just as eager for things to return to normal.

When she is not volunteering her time, Bonnie works as a caregiver through the CISSS, helping out three seniors, two of whom reside at the Sélection Retraite seniors home in Deux-Montagnes. She sees firsthand the need for affordable housing for seniors and is extremely bothered when one of the ladies she assists is unable to afford a monthly Gazette subscription. Bonnie brings her the crossword from her own paper and often picks up her Saturday Gazette, a small gesture, but a perfect illustration of her ethos, doing what needs to be done.

To recommend someone for the 4Korners Community Cup please email

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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



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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 a focus on access to health and social services for the English-speaking population.

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