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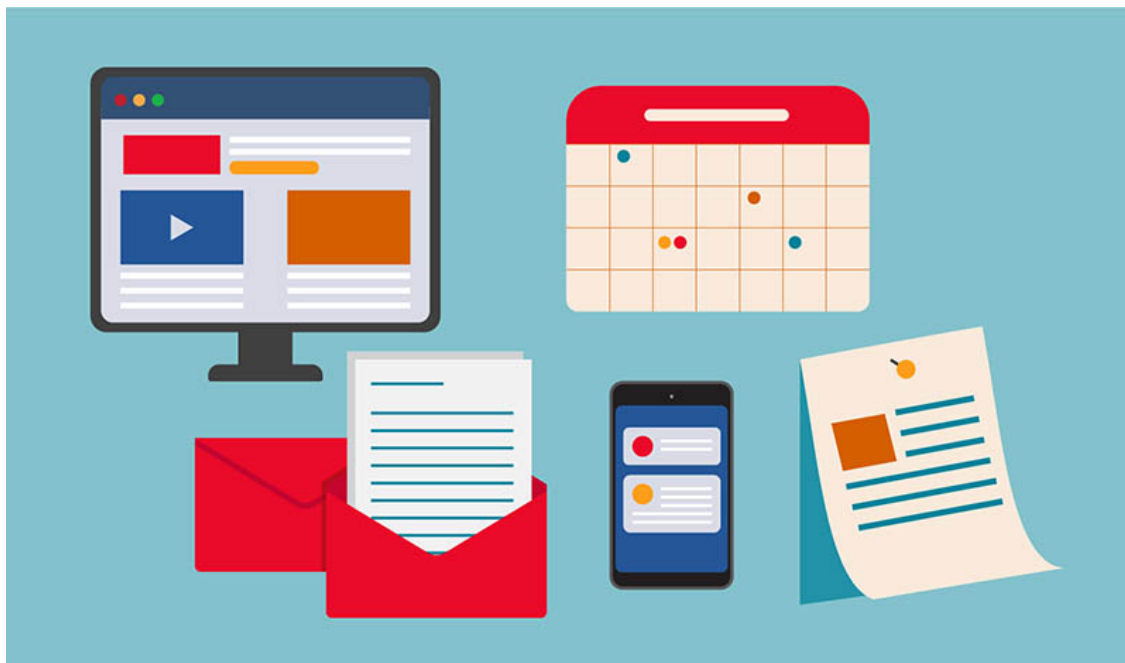
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March 2021



Strengthening Community Vitality  
in the Laurentians



**Stats Canada is now hiring for the 2021 census!**

The next Census of Population will take place in May 2021. Census information is used to make informed decisions about your community, province or territory, and the country as a whole.

Statistics Canada is now hiring candidates to help conduct the #2021Census in May. For more info, visit [www.census.gc.ca/jobs](http://www.census.gc.ca/jobs)

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### Seniors, we need your input!

4Korners is currently conducting a needs assessment to better understand English-speaking seniors residing in the Laurentians, specifically your needs in regards to health, social services and other related services offered in your region. The purpose of this survey is to determine whether the existing services offered in the Laurentians meet the needs of the English-speaking community. Any information gathered during the survey will be kept strictly confidential to 4Korners authorized personnel. This survey should take no more than 25 to 30 minutes to complete. Simply click on the following link when you are ready to begin: <https://www.surveymonkey.com/r/4kseniorpartners>



### COVID-19 INFORMATION

For details on how to make an appointment visit [Government of Quebec COVID-19 Vaccination Campaign](#)

Making an appointment is mandatory.

Here are some more important COVID-19 resources:

[Government of Quebec COVID-19 Information](#)

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

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## NEW THIS MONTH!

**\*In person** activities are subject to government restrictions. Contact us to confirm before attending an activity in person.

**4K kids  
March Break**

5 free days of online fun from March 1-5!  
For kids aged 6-12

Monday @ 11 - PJ party/games  
Tuesday @ 4:30 - Drawing class  
Wednesday @ 11 - Science fun  
Thursday @ 4:30 - Drawing class  
Friday @ 11 - Yoga adventure

To register contact [info@4korners.org](mailto:info@4korners.org) or visit our events page at [www.facebook.com/4KornersCenter](https://www.facebook.com/4KornersCenter)

[info@4korners.org](mailto:info@4korners.org)  [www.4korners.org](https://www.4korners.org)

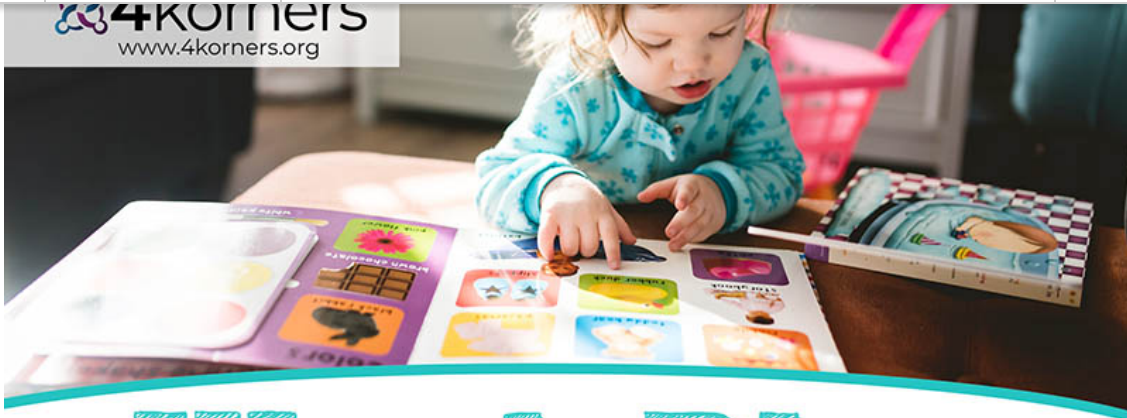
The graphic has a blue and purple bokeh background with a white wavy line separating the title from the details.

### 4K Kids March Break!

March 1st - 5th

Monday, Wednesday & Friday activities register [here](#)

Tuesday & Thursday activities register [here](#)

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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 series of 6 online workshops with a speech-language pathologist.

**Every Tuesday & Thursday from March 9 to March 25, 2021  
9 a.m. - 11 a.m.**

To register contact us at  
1-888-974-3940 ext. 601 | 450-974-3940 ext. 601 | [info@4korners.org](mailto:info@4korners.org)



### Word Play Parent-Child Workshops

Every Tuesday & Thursday from March 9 - 25, 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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be an informed  
community player!



## ● Session 3

# Literacy and early childhood language development



In this session, we promote early literacy and offer practical approaches to parents and individuals caring for children 0-5 years of age. Through interaction and lively discussion, we'll share ways to inspire children to discover books for learning, for building their language skills and for exploring the world around them.

### We'll discuss:

- when and how to introduce books
- the links between spoken and written language
- the importance of books in a child's life before school entry
- conditions and practices that create good readers
- strategies for including books in routines other than bedtime
- how to support bilingualism or multilingualism as the child learns to read and write

### These live sessions will be provided free online!

**Date:** March 10th 2021

**Time:** 7pm to 9pm

**Register:** <https://us02web.zoom.us/join/register/tZl1ce6gqzMvHNX79sepINVPzBv6y9fSPPAg>

**Presenter:** 4Korners



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

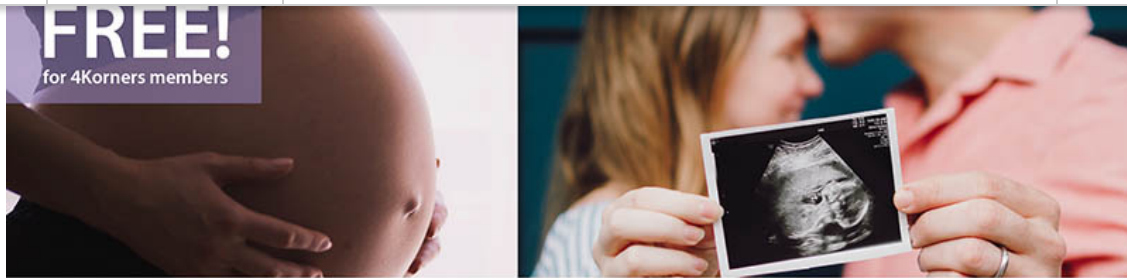


## Walk the Talk - Session 3 - Bilingualism & Early Childhood

Wednesday, March 10, 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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# Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo) laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Verification and installation of car seats also offered.

**For upcoming dates, details, and to register contact [info@4korners.org](mailto:info@4korners.org) or cal 450-974-3940 ext. 601**

Classes offered online via Zoom & in person  
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



## Prenatal Classes

For upcoming dates, detail, and to register contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

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



## Women's Wellness Workshop

### Atelier Bien-être pour femmes

#### Mindful Doodling with Carol Lyng

Did you know that doodling can help with mindfulness and relaxation? Doodling can help reduce anxiety, help you stay focused and can also help you better your memory retention and your problem-solving skills. Mindfulness is not only attainable via moving exercises; you can also practice it through creative ones. You don't have to be skillful at drawing, the goal is to free your mind! So join us for an interactive and calming activity!

#### Griffonnage Conscient avec l'artiste Carol Lyng

Saviez-vous que le griffonnage peut faciliter la pratique de la méditation pleine conscience et aider à la relaxation? Le griffonnage peut aider à réduire l'anxiété, vous aider à rester concentré et peut également vous aider à améliorer votre mémoire et vos compétences en résolution de problèmes. La pleine conscience n'est pas accessible qu'à travers des exercices physiques; vous pouvez également la pratiquer à l'aide de méthodes créatives. Vous n'avez pas besoin d'être doué pour le dessin, le but est de libérer votre esprit! Alors rejoignez-nous pour une activité interactive et apaisante!

**Thursday, March 11, 2021**

**Jeudi, 11 mars 2021**

7 p.m. to 9 p.m. • 19 h à 21 h

1650, ch. d'Oka, Deux-Montagnes

**Join us on Zoom! In person option TBC**

**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, March 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

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



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# 4K SPEAKER SERIES



## Cemeteries

### A History of People & Places

Cemeteries contain a rich narrative on the history of people and places in Argenteuil. With this presentation, Historian Robert Simard invites you to take a trip back in time and meet some of the famous people of Argenteuil!

**Friday, March 5th at 1 p.m.**

Join us on Zoom to connect live!

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



**Robert Simard**  
Historian & Storyteller

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil; he is currently working on a virtual exhibit on Maude Abbott and her family history. In this lecture, he will talk about his rôle as a public historian and storyteller, his field of research on Argenteuil history, the use of technology as a vector of change in history presentation and certainly about cemeteries.

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



#### 4K Speaker Series

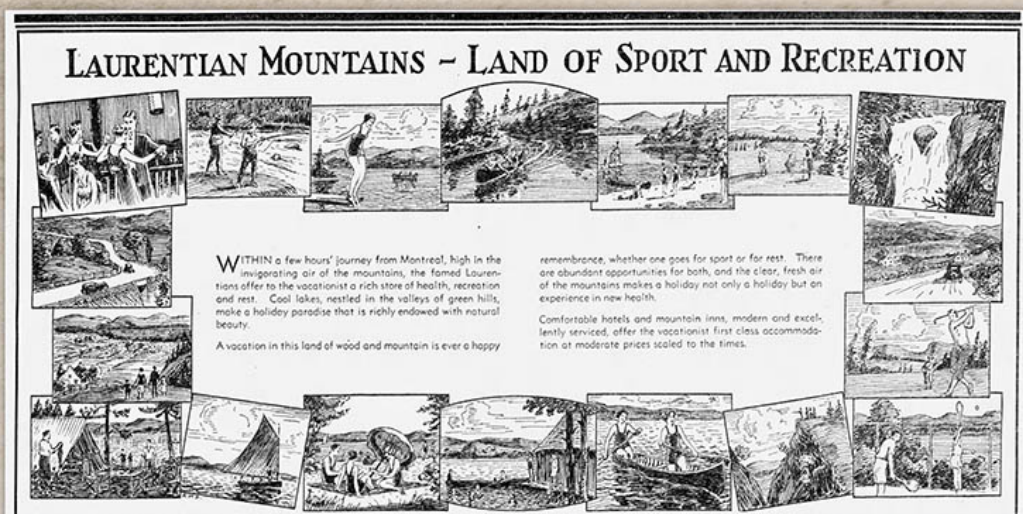
Friday, March 5, at 1 p.m

Online Zoom registration [here](#)

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



# 4K SPEAKER SERIES



## Marketing the Laurentians

How Cochand, Ratelle and others helped build a premier tourist destination

PR and advertising meet history and nostalgia for this overview of how the Laurentians became a 20th century tourist destination. We'll get to know the movers and shakers who promoted the Laurentians to Americans and Montrealers, and take a look at some of their communications strategies and marketing materials. Travel back to a time when skiing in the Laurentians meant taking a train up from the city and a horse-drawn sleigh from the station; a time before the autoroute brought the glory days of popular resorts like Chalet Cochand to an end.



**Michelle Sullivan**  
PR Consultant & Historian

**Friday, March 19th at 1 p.m.**

Join us on Zoom to connect live!

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

PR consultant by profession and historian by choice, Michelle Sullivan has taught media relations and digital communications at l'Université de Montréal and McGill. She is the founder of Provenance Productions, developing projects at the intersection of history and technology. Among these, He Said She Said Stories, a service that helps couples document their personal history. Michelle is a resident of Sainte-Adèle and owner of one of the last vestiges of what was once North America's first ski resort.  
[MichelleSullivan.ca](http://MichelleSullivan.ca) | [HeSaidSheSaidStories.com](http://HeSaidSheSaidStories.com)



### 4K Speaker Series

Friday, March 19, at 1 p.m

Online Zoom registration [here](#)

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

# Virtual Health CARAVAN 2021



**This year seniors are invited to attend our completely virtual health caravan where we will focus on promoting healthy habits!**

Join us for an interactive discussion - Bring your questions and concerns! Graduating Nursing and Dental students from John Abbott College will focus on:

- Nutrition (healthy snacks, healthy teeth)
- Being active - including safety tips
- Good oral hygiene
- Coping with Covid-19 and your mental health

**Wednesday, March 31, 2021**

**1:30 p.m. - 3:30 p.m.**

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



## Virtual Health Caravan

Wednesday, March 31, 1:30 p.m. - 3:30 p.m.

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

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## Online Service Canada Information Session

To promote its programs and services for seniors, Service Canada is providing an information session designed to:

- Explain the Canada's retirement-income system and how to obtain benefits from the public pension system:
  - Old Age Security
  - Guaranteed Income Supplement
  - Allowance
  - Allowance for the Survivor
- Provide additional information to improve the quality of life for seniors and their families by making them aware of other programs and services, such as the protection of the social insurance number, abuse or fraud against seniors, Compassionate Care Benefits.

This presentation will also touch upon the changes as they relate to COVID 19, the advances they have made in automating their information and services, changes relative to employment insurance, and fraud prevention.

**Wednesday, March 17, 1:30 -3 p.m.**

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



### Service Canada Info Session

Wednesday, March 17, 1:30 p.m

Online Zoom registration [here](#)



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**211 THAT OF OTHER N11 NUMBERS**

**DIAL THE RIGHT NUMBER.**

**211** Information and referrals towards community, public and para-public services and programmes.

**911 IMMEDIATE EMERGENCY**  
Call for emergency services

**811 OPTION 1 - INFO-SANTÉ**  
To speak to a nurse about a health issue

**811 OPTION 2 - INFO-SOCIAL**  
Intervention and psychosocial follow-up

**311 INFORMATION AND MUNICIPAL SERVICES**


**COVID-19**  
1 877 644-4545  
Coronavirus (COVID-19) information line

**Centraide**  
Régions centre-ouest du Québec

**4korners**

**ECOL**  
English Community Organization of Lanaudière

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



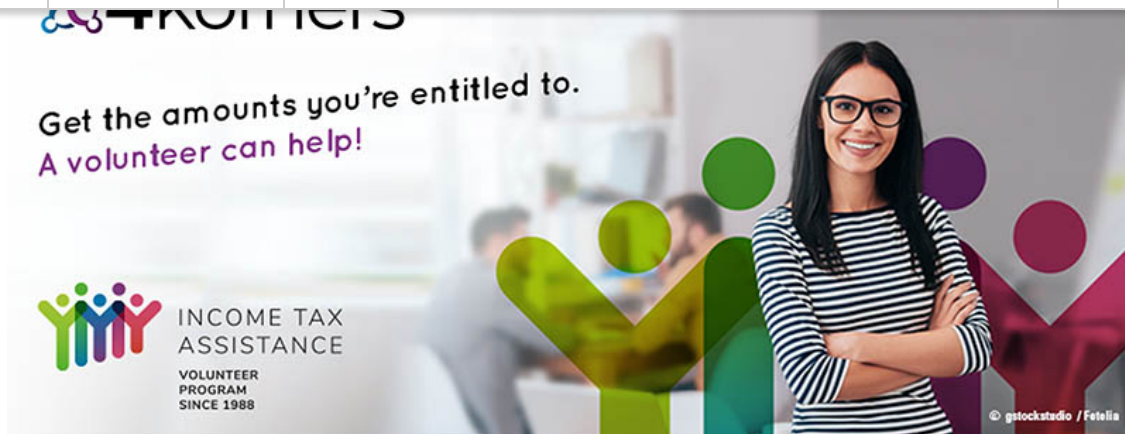
The 211 service is now available throughout Quebec for nearly 10,000 socio-community resources. Join us for this Zoom presentation on March 8th at 2:30 p.m. to find out more. <https://zoom.us/j/4078148514> CODE: 1234

### Need help? Dial the right number!

We've partnered with [ECOL](#) in the Lanaudiere to offer this informative session!

Monday, March 8, 2:30 p.m

Join us on Zoom [here](#) (Password: 1234)

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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](mailto: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 | 1-888-974-3940

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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](mailto: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.**

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





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

### **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.

Zoom option now available!

\*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.

Zoom option now available!

\*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

### **Wednesday Wellness - Count Me In!**

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

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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.

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

### **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

**\*In person** activities are subject to government restrictions. Contact us to confirm before attending an activity in person.

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**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!

**Sessions 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



**4K Community Cup winner for March 2021**  
**Tom Whitton**

Tom Whitton is currently on his second stint as a 4Korners board member, serving from 2013 to 2016 and then rejoining in 2018 when he returned from out-of-town work. He also served as a City Councillor from 2009-2013 and is the current president of the Canada Day Committee in Deux-Montagnes. Tom recently decided to write a series of essays that detail his love/hate relationship



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personal journey, I wondered if it was for a sense of accountability. He said it was more a desire to effect positive change in his community. Tom clarified that he does not fancy himself a Tony Robbins by any stretch but thought that if something he says clicks for someone, then why not?

I do find it a rare and wonderful thing when men decide to share any level of vulnerability publicly and truly believe that the world would be a better place if more men felt comfortable in doing so. To read what Tom writes about self-talk that went from superficial criticism to a deeper, darker place, I couldn't help thinking what a brave and amazing thing he was doing at a time when so many people are struggling in the silence of their own homes.

For Tom, the pandemic was a catalyst that actually helped him change some habits and put him back on track for getting his weight and diabetes under control. He admits that the internal dialogue regarding his self-worth is a battle he fights daily. Maybe sharing his story can be that catalyst for others who will recognize some familiar aspects to his story. For his ongoing contribution to his community and bravely putting himself out there, Tom is our 4Korners Community Cup winner for March. You can read more about his journey with food and negative self-talk in the March issue of Main Street where you will find the first of the three-part essay.

To recommend someone for the 4Korners Community Cup please email [andie@4korners.org](mailto:andie@4korners.org)

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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](mailto:info@4korners.org)

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# Become a member!

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](#)**  
**or call a counsellor:**  
**1-800-668-6868**



[Éducaloi](#) -

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

CAREGIVER SUPPORT

**1 855 852-7784**

LISTENING-INFORMATION-REFERRALS

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### 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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