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May 2024



The 4Korners Annual General Meeting - June 13th 2024

Please join us for our AGM on June 13th from 6:00 p.m. to 9:00 p.m. at the [Lachute Golf Club](#)!

While enjoying a delightful dinner, we will present the annual impact report and elect our new officers on to the board of directors. We will then finish the evening with a hilarious stand-up comic show!

One of the aims of our annual general meeting is to highlight and appreciate our valued members. Please validate your annual membership [online](#) or drop



Announcing the 4Korners Imagine Festival!

On August 4th, 2024, 4Korners and Autism and Arts in the Laurentians (AAL) are excited to announce Imagine festival — a festival which will celebrate and showcase the diverse talents of neurodiverse artists in the Laurentians.

We invite you to explore indoor and outdoor art exhibitions, participate in morning painting sessions, family crafts tables, a reading corner, watch martial arts presentations, enter into a moitié/moitié., and browse artist tables. Featured artists include Benjamin Lachapelle (Ben Animalia) and Lena Baldoni (Sourire Animé), amongst many other talented local artists.

At Imagine Festival, we will be dedicated to accommodating the unique sensory needs of all neurodiverse artists and attendees. Join us for a day filled with creativity, acceptance, and community as we come together to support and celebrate neurodiversity in the Laurentians!



Join the 4Korners Board of Directors!

Dear Community Members,

With our Annual General Meeting coming in June, we're looking for passionate individuals to join the Board of Directors at 4Korners. If you are committed to making a difference in your community, and if you have strong leadership skills, then we would like to hear from you!

Apply before May 22nd by sending a letter of interest and resumé to board@4korners.org.

Make sure you become a member by [clicking here!](#)



Health &
Wellness

kids &
Families

Seniors &
Wellness

Arts &
Culture



Parent Support Group

of Neurodivergent Children

Are you a parent or caregiver of a NeuroDivergent child? If so, we invite you to join our warm and supportive community dedicated to providing guidance, understanding, and solidarity on this journey. Our group offers a safe space where you can share experiences, exchange advice, and connect with others who truly understand.

Wednesday, May 15th,
7:00 p.m. - 9:00 p.m.

4Korners Activity Centre -
1650 chemin d'Oka,
Deux-Montagnes, QC,
J7R 1M9

Click [here](#) to subscribe



Life Path · Life Project

Structure Your Life

This online workshop aims to help you take stock of your life and develop your Life Project for the years to come. It is a structured process that requires your reflection and intuition. Get to know yourself better by clarifying your needs and limitations. For more information, click [here](#).

Dates to be determined upon registration.

Click [here](#) to subscribe



Youth Art and Wellness

Youth Mental Health

Come join us for weekly art making and wellness activities. Hot beverages, snacks and all art material will be supplied by 4Korners. This group is meant for young adults between 18 and 29 years old. No experience in art is required!

Tuesdays, 7:00 p.m. - 9:00 p.m.

4Korners Activity Centre -
1650 chemin d'Oka,
Deux-Montagnes, QC,
J7R 1M9

Click [here](#) to subscribe



AAL Convo's & Crafts

Autism & Arts in the Laurentians

If you're a neurodivergent teen or young adult this is THE event for you! Join us for a relaxed evening where you can meet new friends and explore your own creativity in a safe and supportive environment. Parents & siblings welcome.

Tuesdays, 7:00 p.m. - 8:30 p.m.

4Korners Activity Centre -
1650 chemin d'Oka,
Deux-Montagnes, QC,
J7R 1M9

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POST-NATAL SUPPORT

At Home Support

4K is providing support to parents of newborns aged between 0 to 1 years old. Aid can be as simple as allowing parents to take a nap, help with laundry, breastfeeding support, or preparing dinner! Registrants can book blocks of 2 hours per visit for a maximum of 5 visits per family.

Click [here](#) to subscribe



PLAY TO LEARN

Fun Games and New Friends!

A weekly activity for parents and children to spend time with others enjoying a variety of activities and games. Children will have the opportunity to learn basic social skills through play, while parents connect and share experiences.

Click [here](#) to subscribe

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

Ste-Thérèse -
2 rue du Ravin, Ste-Thérèse,
QC, J7E 2T2



Tuesday Walk and Talk

Take a break from the hustle and bustle of everyday life and join us at the Oasis Church on our weekly Walk & Talk group! Enjoy a stroll while engaging in stimulating conversations with like-minded individuals. All you need is some comfortable walking shoes and a bottle of water for your convenience.

Thursdays, May 7th and May 14th,
1:30 p.m. - 2:30 p.m.

214 Av. 14e,
Deux-Montagnes, QC,
J7R 3W2

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Wednesday Wellness

Morning Presentations and Weekly Activities for Seniors

For more information about our Wednesday Wellness presentations and weekly activities for this month, click [here](#).

Click [here](#) to subscribe



Senior Health and Wellness in Mille-Isles

Mothers Day Craft and Travel Log Presentation

Jill Mathieus from Hope for Dementia will be hosting a Mothers Day scrapbooking event, and 4Korners intern Fahima will be hosting a presentation about her home country of Afghanistan! To learn more, click [here](#).

Mille-Isles Community Hall -
12 chemin de Mille-Isles, Mille-Isles,
QC, J0R 1A0

Click [here](#) to subscribe



Senior Health and Wellness in Gore

Join 4Korners intern Fanima to explore and learn about her home country. Baklava will be served after the presentation. Mens support group and Chair yoga for all to follow after the presentation.

Tuesday, May 14th,
10:00 a.m. - 12:00 p.m.

Gore Community Hall -
4 chemin Cambria, Gore,
QC, J0V 1K0

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4k | in the News!

See the latest news relevant to 4Korners or the 4Korners mission, and check out some important resources that we'd like to promote!



Caring in Action: Government of Canada Commits to a National Caregiving Strategy in Budget 2024

On April 16th, Finance Minister Chrystia Freeland committed the government to developing a National Caregiving Strategy.

The Strategy will be spearheaded by Ministers O'Regan (Seniors and Labour) and Sudds (Families, Children and Social Development). The commitment includes a sector table of stakeholders backed by senior government officials.

[The Canadian Centre for Caregiving Excellence](#) is in the middle of

all of us who care about care!



**Call for English Speaking Caregivers to Participate in CIUSSS de Centre
Ouest Montreal Workshops**

Are you a caregiver that belongs to an ethnocultural group, or who is not comfortable using French to communicate with public services? The CIUSSS de Centre Ouest Montreal wants to hear from you! They are offering **financial compensation** to anyone who is eligible and willing to participate in their online workshops. The objective of this call out is to ultimately improve the lives of caregivers in this region by bettering access to health and social services.

If interested or want to learn more, click [here](#).

You can also contact:

Anaïs El Amraoui, Chargée de projet

514-464-8042

[pagema.sherpa@gmail.com](mailto:pagama.sherpa@gmail.com)



The CISSS des Laurentides Mental Health Resource Page

The CISSS des Laurentides has developed a mental health resource page, now available in English! This website contains an abundance of useful tools and support systems for mental health that have been validated by the CISSS. Check it out, [here](#).

Youth Korner Jeunesse - A Podcast Made By The Youth for The Youth

Youth Korner Jeunesse is the official youth podcast of 4Korners. This podcast offers youth a safe space to talk about issues, topics, or realities that are facing youth in the Laurentians and in Québec. Check out the latest episodes below!

[Watch: Season 3, Episode 5: Being a Youth in the Laurentians](#)

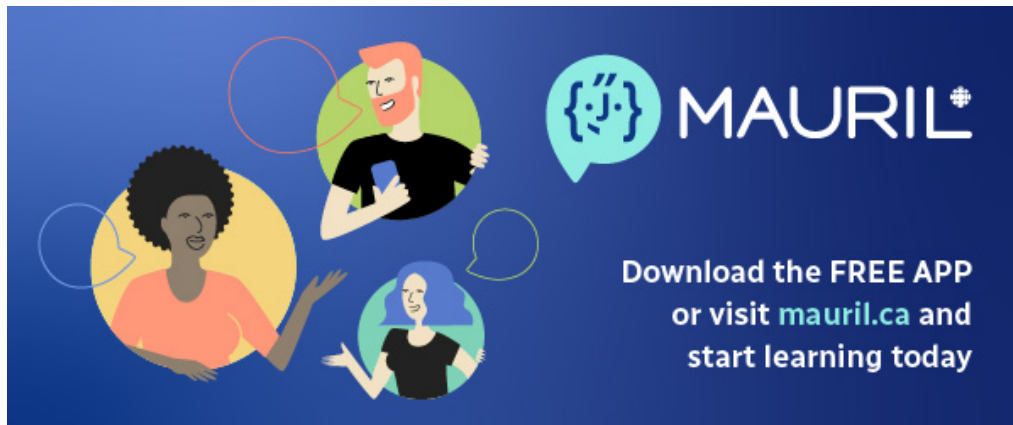
[Watch: Season 3 Episode 4: Managing Anxiety](#)



Check out 4Korners' monthly column in Main Street!

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

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



Mauril: The app from CBC Radio that makes language learning fun!

Mauril is a free platform to help you improve your English and French oral comprehension skills, using a wide range of stimulating and entertaining content from CBC/Radio-Canada.

Download the free app today at [mauril](#).

Become a MEMBER!

Strengthening the vitality of the
English-speaking community



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!

Generously supported & funded by

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de santé
et de services sociaux
des Laurentides

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You care *for them*,
we care *for you*.

Dialogue McGill



Health
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4Korners - Laurentian English Community Network
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