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July 2020



Strengthening Community Vitality
in the Laurentians



We've decided to keep several activities running throughout the summer and also added a few new ones to help you make the most out of this years staycation! Check out what 4Korners has to offer below!

Wishing everyone a fun-filled summer!

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

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

Summer Activities



 <p>Presented by 4Korners</p> <h1>Live music SESSIONS</h1> <p>EVERY FRIDAY 7:30 PM</p> <p>Facebook Live event on 4Korners Facebook page www.facebook.com/4KornersCenter/</p> <p>WANT TO PERFORM? For more info contact us at (450) 974-3940 info@4kornerscenter.org Sign up at saken.ca/4korners-music-registration/</p> <p>4korners totumos Canada</p>	 <p>Présenté par 4Korners</p> <h1>Séances de musique EN DIRECT</h1> <p>TOUS LES VENDREDIS 19h30</p> <p>événement Facebook Live sur la page Facebook 4Korners www.facebook.com/4KornersCenter/</p> <p>VOUS VOULEZ PERFORMER? Pour plus d'informations contactez-nous au (450) 974-3940 info@4kornerscenter.org Inscrivez-vous à saken.ca/4korners-music-registration/</p> <p>4korners totumos Canada</p>
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4Korners Live Music Sessions on Facebook Live

Every Friday at 7:30 pm

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 at the dates and times

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Upcoming sessions:****July 3 - Johnny & ME****July 10 - Larry Cool****July 17 - to be announced****July 24 - Piper****July 31 - Anna Foreman****Parents Online Support Group**

A time for parents to get together (virtually) to share and discuss all parenting matters. EVERYONE WELCOME!

To register for upcoming sessions please click [here](#)

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or jaime@4korners.org and she'll help set you up!

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Mornings in the Park

Meet up with other kids (0-5) and parents for organized activities as well as a free play period.

Wednesdays at 10 am, park to be confirmed

To register or for more information contact Jaime 1-888-974-3940 ext. 232 or jaime@4korners.org



Kids Yoga

Yoga, stories, activities and games for children between 6 and 12 years old. Classes will be held at the 4Korners Activity Centre* at 1650 chemin d'Oka and occasionally in nearby park (tbc)

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

*All government restrictions will be respected. Face masks mandatory for indoor classes. Please bring your own yoga mat and water.



Story Time on Facebook Live

Simply visit our Facebook page every Wednesday at 12:30pm

Kids can't get enough of Jaime's story time? Click [here](#) to watch past stories over and over...and over again!

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Kids Drawing Classes on Zoom

To register for upcoming sessions please click [here](#)

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or jaime@4korners.org and she'll help set you up!

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ONLINE &
INTERACTIVE!

SENIORS WELLNESS

CHAIR YOGA

Chair-adapted yoga with Josephine.
All you need is a sturdy chair (preferably with no arms)

Every Thursday from 10am - 11:30am

Join us on Zoom to connect live!
Not sure what Zoom is? Need help connecting online?
Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!



Chair Yoga classes on Zoom

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

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231 or melanie@4korners.org and she'll help set you up!

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.

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INTERACTIVE!**

SENIORS WELLNESS

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!

Not sure what Zoom is? Need help connecting online?
Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!



Drawing Classes on Zoom

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

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!

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ONE-ON-ONE SUPPORT & REFERRALS

**Consultations privée, soutien
et références**

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

Contact us / Pour nous joindre

1.888.974.3940

lilia@4korners.org

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

 **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

Contact lilia@4korners.org or 1-888-974-3940



Caregivers Support Group

The responsibilities of caregiving can lead to feelings of isolation and frustration. Caregivers' social lives disappear. Feelings of guilt and exhaustion are normal! All calls and emails are confidential.

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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

Kids Help Phone 

Need help now?

Text CONNECT to [686868](tel: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.

-  Facebook
-  Twitter
-  Website
-  Email

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