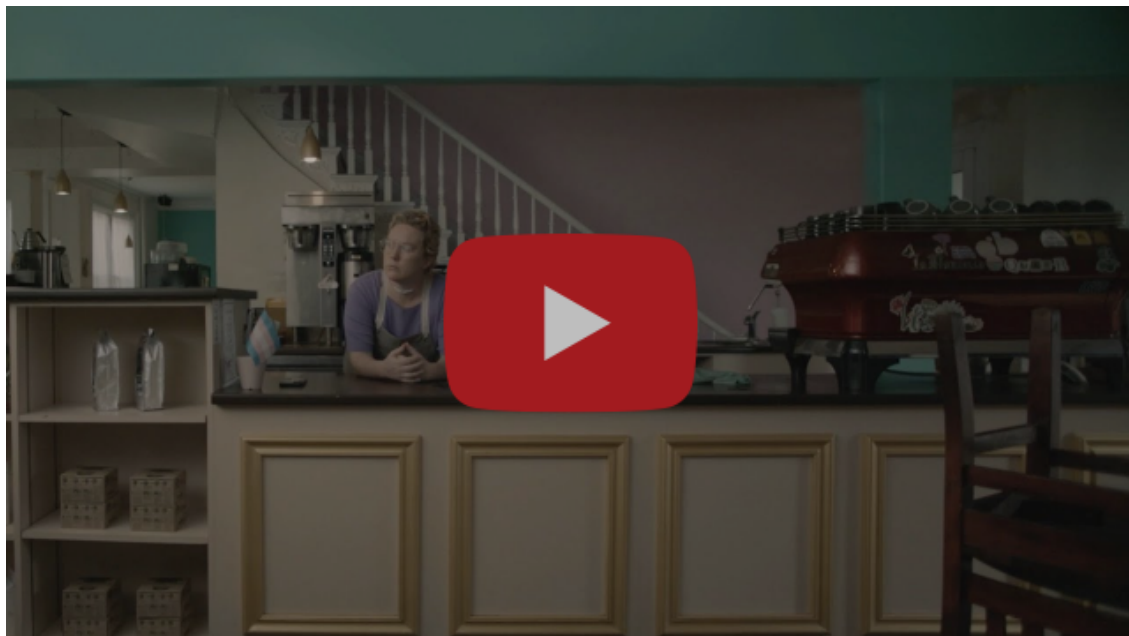


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February 2023



4korners
Strengthening Community Vitality
in the Laurentians



GET HELP HERE - Find resources to take care of your mental health

Mental health is an important part of everyone's well-being. Good mental health can help people enjoy life, while coping with its challenges. Poor mental health, on the other hand, can lead to mental and physical illness.

The last few years have been difficult, and one in three Canadians indicated their mental health got worse during the pandemic. Many factors can affect mental health, and they aren't all within one's control.

Poor mental health can affect anyone. If you or someone you know is

[Subscribe](#)[Past Issues](#)[Translate ▼](#)Get help here at: Canada.ca/mental-health



Feb. 2023 LESAN REGIONAL EXCHANGE

YOU ARE INVITED TO PARTICIPATE
Feb. 20, 2023

New Year **New LESAN**

The LESAN (Laurentian English Services Advisory Network) is made up of citizens associated with community organizations, public institutions and service providers to the English-speaking community.

We hold two Regional LESAN Exchanges a year, filled with valuable information and networking opportunities.

- **Are you interested in working together with partners to identify the needs of the English-Speaking Community?**
- **Is finding sustainable ways to deliver services to the English-Speaking Community in the Laurentian Region important to you?**

Our Mission: To improve access to English health and social services while also supporting the vitality of English-speaking communities across the Laurentians. If this speaks to you then the LESAN might be a committee you'd benefit from being a member of!

Participants are also welcome to bring flyers and information to share at the event.

For more information please contact info@4korners.org

- 01** 10am-10:30am
Welcome & Icebreaker
Presenters: LESAN chairs
- 02** 10:30 am-11:30am
LESAN - Where do we go from here?
- 03** 11:30am-12pm
LESAN through the Years
(A short history)
- 04** 12pm-1pm
Lunch & Networking
Lunch & refreshments provided
- 05** 1pm-2pm
Regional Exchange
Members present themselves and share information

Register by February 13th, 4pm!

- ☎ (450) 974-3940 ext. 601
- ✉ info@4korners.org
- 📍 4Korners Head Office
1650 chemin d'Oka, Deux-Montagnes

Interested in joining the LESAN committee?

For more information or to register contact [info](#)

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Maxime Laliberté, from Tous Complices talks to us about Socio-ecological Transitions in the Laurentians.

We're getting youth talking in the Laurentians!

Youth Korner Jeunesse is a bilingual space where young Laurentian community members can express themselves in the format of a dialogue-based podcast. Hosts share their thoughts on topics that matter to them and that also have an impact on the Laurentian region. We bring together young French and English-speakers, First Nations and immigrants established in the Laurentians with an aim to develop their leadership skills.

New episodes will be released on Mondays and are available on our [YouTube channel](#), as well as on Spotify and Apple Music (search Youth Korner Jeunesse).



Check out our upcoming activities!

[Individual, Family & Youth](#)

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[Individual, Family & Youth](#)



4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from March 8th thru April 26th to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals.

Are you aware of the **NEW** benefit applications for financial support?

Apply now for the interim Canada Dental Benefit. This benefit is for eligible children under 12 years old on December 1, 2022 who do not have access to a private dental insurance plan.

Apply now for the one-time top-up to the Canada Housing Benefit. This benefit helps low-income renters with housing costs.

There are two ways to file your taxes with us & new locations added for 2023!

Option 1: In person

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

DEUX-MONTAGNES 1650 Chemin d'Oka, Wednesdays, from March 8 to April 26

SAINT-SAUVEUR 19 Av. de la Gare, local 19-C, Exclusively on April 6 and 13

SAINTE-AGATHE-DES-MONTS 31, rue Principale, Exclusively on March 23 and 30

LACHUTE 508, rue Principale, Exclusively on March 23 and 30

Option 2: Document Drop Off

You are welcome to drop off your tax documents during our opening hours at the following location: 1650 Chemin d'Oka, Deux-Montagnes.

You will need to phone in advance and a volunteer will contact you to follow-up.

Spaces are limited. Please contact us to book an appointment.

info@4korners.org

450-974-3940 ext. 601 | 1-888-974-3940 ext. 601

Basic Income Tax Clinic

Space is limited. Please contact us at [info](#) to book an appointment.

or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**READY FOR A FRESH START?**

This 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.

THEMES TO BE EXPLORED:

- The foundations of choices and decisions in our lives.
- The missions and roles we take on.
- Our most frequent challenges.
- Some techniques to structure self reflection.
- The definition of the Life Project, its realization.
- Affirmation: be yourself without forgetting or imposing yourself.

Tuesdays, 6:30 p.m - 8:30 p.m.**January 17th to February 21st****Online via Zoom**

Registration deadline: January 10th.

Registration: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

**Life Path / Life Project - Online**To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).
Free & confidential. Open registration. Join any time.

Registration: info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

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

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Baby Sensory Classes

Classes sensorielles pour bébés

A five-week sensorial workshop for babies aged 2-15 months focusing on activities geared to stimulate each of the five senses, as well as various games to help develop both fine and gross motor skills. There will also be a weekly discussion period for parents. This activity takes place in English and is open to all.

Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 15 mois, axé sur des activités visant à stimuler chacun des cinq sens ainsi que sur divers jeux permettant de développer la motricité fine et globale. Il y aura également une période de discussion hebdomadaire pour les parents. Cette activité se déroule en anglais et est ouverte à tous.

2 - 9 months/mois

January 16, 23, 30 & February 6, 13

16, 23, 30 janvier & 6, 13 février

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

8 - 15 months/mois

February 27 & March 6, 13, 20, 27

27 février & 6, 13, 20, 27 mars

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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

Canada

 Fondation Lucie
 et André Chagnon

 CHSSN

Baby Sensory Classes

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

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A weekly activity for parent 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. This activity takes place in English.

Une activité hebdomadaire permettant aux parents et aux enfants de passer du temps avec d'autres personnes en profitant d'une variété d'activités et de jeux. Les enfants auront l'occasion d'acquérir des compétences sociales de base par le jeu pendant que les parents se connectent et partagent leurs expériences. Cette activité se déroule en anglais.

Fridays · vendredis

January 20 - March 24 • 20 janvier - 24 mars

9:30 - 11:30

2 rue du Ravin, Ste-Thérèse

To register contact · pour s'inscrire contacter:

info@4korners.org | 450.974.3940 ext. 601

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

 Canada

 Fondation Lucie
et André Chagnon

 CHSSN

Play to Learn

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

Service
Canada 

Special Play to Learn Activity presented by Service Canada
Info Session on Programs for New Parents

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A Service Canada representative will be present to discuss topics such as Parental Caregiver Leave – sick kids & work, Sick Leave, Maternity Leave, registering for your child's Social Insurance Numbers, RESPs and much more. This will take place during Play-to-Learn activity...everyone is welcome. Children will be free to play during the info session.

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

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Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

Jan. 18 | Feb./fév. 1 | Feb./fév. 15 | Mar. 1 | Mar. 22

9:30 - 11:30

2 rue du Ravin, Sainte-Thérèse

Registration/inscription:

info@4korners.org | 450.974.3940 ext. 601

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

 Moisson
Laurentides
banque alimentaire

 Fondation Lucie
et André Chagnon

 Canada
 CHSSN

Community Kitchen

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

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Bright
Beginnings



Parenting Circle

Cercle parental

Parenting Circle is a weekly meeting space designed for parents to discuss topics of interest, as well as learn new parenting skills and strategies. Your little ones will be kept entertained as they play nearby with a facilitator. This activity takes place in English and is open to all.

Le « Cercle parental » est un espace de rencontre hebdomadaire conçu pour les parents afin de discuter de sujets d'intérêt, ainsi que d'apprendre de nouvelles compétences et stratégies parentales. Vos petits seront divertis en jouant à proximité avec un animateur ou une animatrice. Cette activité se déroule en anglais et est ouverte à tous.

EVERY TUESDAY • TOUS LES MARDIS

9:30 - 11:30

1650 chemin d'oka, Deux-Montagnes

January 17, 2023 – March 21, 2023 • 17 janvier 2023 - 21 mars, 2023

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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Parenting Circle

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

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Tiny Tots

Tout-petits

Drop your little one off for a morning filled with fun and learning. Weekly themes with games, activities, and lessons for children aged 2-5. Space is limited. This activity takes place in English and is open to all.

Déposer votre petit pour une matinée remplie de plaisir et d'apprentissage. Thèmes hebdomadaires avec jeux, activités et leçons pour les enfants de 2 à 5 ans. Le nombre de places est limité. Cette activité se déroule en anglais et est ouverte à tous.

EVERY THURSDAY • TOUS LES JEUDIS
 Group/groupe 1: 9:30 - 11:30
 Group/groupe 2: 13:00 - 15:00
 1650, chemin d'Oka, Deux-Montagnes
 January 12 - June 15, 2023 • 12 Janvier - 15 Juin 2023

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



Tiny Tots

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

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING
APPRENTISSAGE SOCIAL ET ÉMOTIONNEL



Calling all kids in grades 4, 5, and 6!

Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills. This activity takes place in English.

Appel à tous les enfants de 4e, 5e et 6e année !

Cherchez-vous à mieux comprendre vos pensées et vos émotions, à devenir un bon joueur d'équipe ou même à gérer des conflits avec des amis ? Si la réponse est OUI, alors c'est l'endroit qu'il vous faut ! Venez vous faire de nouveaux amis, vous amuser après l'école et développer des compétences pour la vie. CETTE ACTIVITÉ SE DÉROULE EN ANGLAIS

MONDAYS | LUNDIS 17:00 - 18:30

2 rue du Ravin

Starts January 16. Light after-school snack is provided upon arrival.

Commence le 16 janvier. Une collation légère sera servi.

Registration | inscription

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

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

 **CHSN Canada**

4K Kids - Social & Emotional Learning - Sainte-Thérèse

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

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING



Calling all kids in grades 4, 5, and 6!

At 4K Kid's Club, we play games and get creative... all while learning more about ourselves! Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills.

TUESDAYS & THURSDAYS

16:30 - 18:30

1650 chemin d'Oka, Deux-Montagnes

Winter/Spring Session: January 17 - June 15

Attendance on both days is mandatory. A light after-school snack is provided upon arrival.

Registration

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

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

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

ASSOCIATION
PANDA
BASSES-LAURENTIDES SUD-OUEST

 **Moisson
Laurentides**
banque alimentaire

CHSSN Canada 

In partnership with Panda BLSO · En partenariat avec Panda BLSO!

4K Kids - Social & Emotional Learning - Deux-Montagnes

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

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The poster features a central yellow banner with the text 'Drawing Classes' in a large, black, hand-drawn font. Above this banner is a small logo for '4K Kids Club' with '4K' in purple, 'Kids' in blue, and 'Club' in green. The banner contains the following text: 'Cours de dessin', 'Tuesdays/mardis - 16:30', 'Online • en ligne', '01/17/2023 - 03/21/2023', 'For kids aged 6-12 • pour enfants 6-12 ans', 'Activity takes place in English • Activité se déroule en anglais', and 'Registration/inscription: info@4korners.org'. The background is a white grid filled with various black line-art icons such as a pencil, apple, clock, skull, cloud, car, star, lightbulb, bear, carrot, ice cream, and rabbit. At the bottom left is the '4korners' logo with the website 'www.4korners.org'. At the bottom right is the 'CHSSN Canada' logo.

4K Kids Club

Drawing Classes

Cours de dessin

Tuesdays/mardis - 16:30

Online • en ligne

01/17/2023 - 03/21/2023

For kids aged 6-12 • pour enfants 6-12 ans

Activity takes place in English • Activité se déroule en anglais

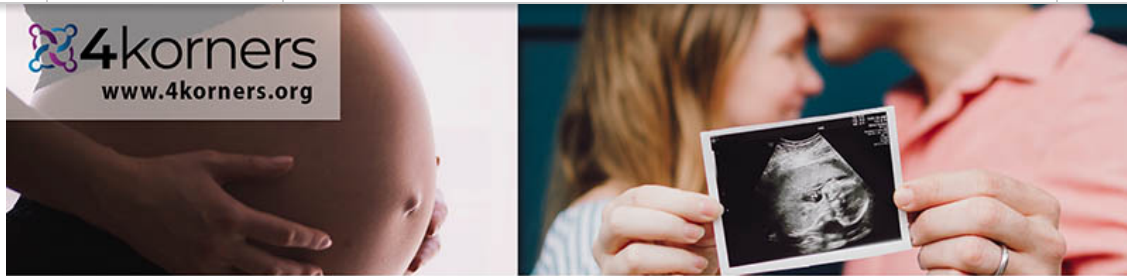
Registration/inscription: info@4korners.org

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CHSSN Canada

4K Kids Online Drawing Classes (age 6-12)

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

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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. Led by Laury Peroff from Laury's Perinatal.

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

Word Play Workshops

CURRENTLY FULL!

January 26th - February 21st

Online

[Seniors & Caregivers of the Elderly](#)

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Wednesday WELLNESS

Morning Activities

FEBRUARY 1 · 10 a.m.

Succeeding as a Seniorpreneur - ensuring a strong foundation for your business & leveraging the age advantages

To inspire and guide entrepreneurial seniors (seniorpreneurs) to succeed in business ventures, help elevate the quality-of-life while creating a positive impact in the community.

Live In-Person

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Streaming - In person:

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Online: via zoom

FEBRUARY 8 · 10 a.m.

Demystifying Alzheimer's disease and neurocognitive disorders

Gain a better understanding of neurocognitive disorders and all aspects of the disease (warning signs, symptoms, protective factors).

Find out about the Société Alzheimer Laurentides and the existing services in the Laurentides region

Live In-Person

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Streaming In-person:

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Online: via zoom

FEBRUARY 15 · 10 a.m.

Keeping your back & spine healthy as you age

Samya Tatone, Pilates Instructor and Candidate in Doctorate of Osteopathy

Streaming In-Person:

Deux-Montagnes, 1650, chemin d'Oka

Harrington, 259, chemin Harrington

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Online: via Zoom

FEBRUARY 22 · 10 a.m.

Healthy Lifestyle Habits During the Winter Months

An interactive workshop on how to stay active and healthy this winter.

Live In-Person:

Sainte-Agathe-des-Monts, 12 Rue Prefontaine O.

Streaming In-Person:

Deux-Montagnes, 1650, chemin d'Oka

Online: via Zoom

Weekly Afternoon Activities in...

Sainte-Agathe-des-Monts

In-person: 12 Rue Prefontaine Ouest

11:30 a.m. - Chair Yoga and Meditation

12:15 p.m. - Light lunch (Feb 8th & 22nd)

1p.m. - Drama Therapy Workshop

Harrington - Rouge Valley Days

In-person: 259 chemin Harrington

11:30 a.m. - 12:30 p.m. - Exercise class

1:30 p.m. - Live Stream Seniors' Painting Class

To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | info@4korners.org



Cette initiative est financée par le Secrétariat aux relations avec les Québécois d'expression anglaise. Les espaces réservés ci ne reflètent pas nécessairement celles du gouvernement du Québec.



Wednesday Wellness

Online via Zoom registration:

- February 1 - Succeeding as a Seniorpreneur - Online registration [here](#)
- February 8 - Demystifying Alzheimer's Disease - Online registration [here](#)
- February 15 - Back & Spine Health - Online registration [here](#)
- February 22 - Healthy Lifestyle Habits during the Winter - Online registration [here](#)

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974-3940

Caregivers Workshop



A structured 7-week workshop for Caregivers of the elderly.

- Build upon your resiliency skills & strategies through guided content.
- Exchange with other Caregivers.
- Benefit from support offered in a non-judgemental environment that respects your personal comfort level.

Mondays 1:30 p.m. to 3 p.m.

January 23rd & 30th, February 6th, 13th & 27th, March 6th & 13th

In-Person at 1650 chemin d'Oka, Deux-Montagnes

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



Appu
proches aidants

You care for them,
we care for you.

CHSSN

Caregivers Workshops

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

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Santé et bien-être des aînés à Mille-Isles

Seniors Health & Wellness in Mille-Isles

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!

Decluttering for your health (video presentation) & Chair Exercises

Le désencombrement pour votre santé (présentation vidéo) et exercices sur chaise
Jan. 9, 2023 | 13:00 - 15:00

Chair Yoga & Tea Social | Yoga sur chaise & thé social

Jan. 23, 2023 | 13:00 - 15:00

Fall Prevention (video presentation) & Valentines Tea Social

Prévention des chutes (présentation vidéo) et thé social de la Saint-Valentin
Feb./fév. 13, 2023 | 13:00 - 15:00

Chair Yoga & Tea Social | Yoga sur chaise & thé social

Feb./fév. 27, 2023 | 13:00 - 15:00

Chair Yoga & Tea Social | Yoga sur chaise & thé social

Mar. 6, 2023 | 13:00 - 15:00

St Patrick's Day Social and Trivia - Wear green, bring your Irish spirit

Fête sociale et jeu-questionnaire de la Saint-Patrick - Portez du vert, apportez
votre esprit irlandais
Mar. 27, 2023 | 13:00 - 15:00

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

1262 Chem de Mille Isles, Mille-Isles, Quebec, J0R 1A0

For more information contact | Pour plus d'informations, veuillez contacter
info@4korners.org or Darina Belanger at Mille Isles 450-438-2958 ext. 2610



NEW ACTIVITIES & PARTNERSHIP!

Seniors Health & Wellness in Mille-Isles (in-person)

Please consult the flyer for registration details as some of the activities are hosted by the city of Mille-Isles and some are hosted by yours truly, 4Korners! If you would like more info contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

Yoga for Balance

Join 4korners and Josephine from YogaTout Laurentides as we learn to develop muscles, awareness, and balance for fall prevention.

Join us on Zoom to connect live!

Mondays, 10 a.m. - 11 a.m.
January 16 - March 27

Contact us for more info:
info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations avec les Québécois d'expression anglaise
Québec **CHSN** **Canada**
Cette initiative est financée par le Secrétariat aux relations avec les Québécois d'expression anglaise. Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

Yoga for Balance

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

Subscribe

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ONLINE & INTERACTIVE! **SENIORS WELLNESS**

4Korners Tai Chi

Every Friday from 12:30 p.m. - 2 p.m.

Join us on Zoom!

To register contact info@4korners.org
 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec



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Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

Tai Chi

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

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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.

Join us on Zoom to connect live!
Tuesdays, 10 a.m. - 11 a.m.
January 17 – March 21

To register contact info@4korners.org
450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat des relations
avec les Québécois
d'expression anglaise
Québec  **CHSN Canada**
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Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

Drawing Classes

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

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INTERACTIVE!

SENIORS WELLNESS

4Korners Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!
Wednesdays, 1:30 p.m. - 3:30 p.m.
January 18 – March 22

To register contact info@4korners.org
450-974-3940 | 1-888-974-3940 ext. 601



Painting Classes

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



This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who have similar challenges, and to exchange with others. Join us for supportive discussions in a nonjudgemental and confidential setting.

Monthly Support Group in Deux-Montagnes.
Contact us for upcoming dates and location.

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.*

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Monday, February 20, 2023

Monday, March 20, 2023

In person at 1650 chemin d'Oka. Deux-Montagnes

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

Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

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

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

Drama Therapy

CURRENTLY FULL!

Wednesdays, January 11th - February 22nd

1 p.m. to 2:30 p.m.

12 rue Prefontaine O, Sainte-Agathe-des-Monts

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

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



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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.

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1 855 852-7784

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VILLE DE DEUX-MONTAGNES

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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