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## 4 Korner's May News

Greetings from 4 Korner. This month's highlights include the highlights of the Health Caravan, a call for nominations to the Board of Directors and more!



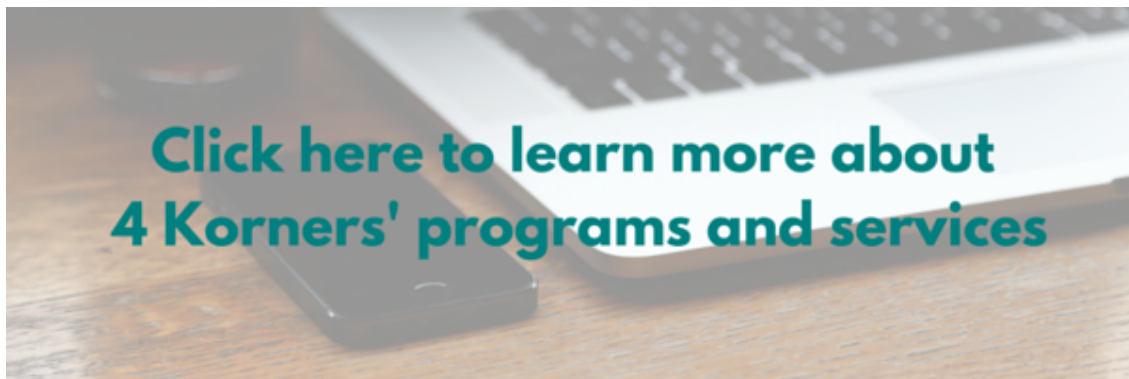
- **4 days**
- **8 communities**
- **19 students**
- **135 people served**

Information provided on:

- |                         |                          |
|-------------------------|--------------------------|
| <i>Using an Epi-Pen</i> | <i>Youth corrections</i> |
| <i>Youth Health</i>     | <i>Overall health</i>    |
| <i>Caregiver health</i> | <i>Stress management</i> |
| <i>Healthy ageing</i>   | <i>Nutrition</i>         |
| <i>Dental hygiene</i>   |                          |

Services included:

- Blood pressure tests*
- Blood sugar tests*
- Electrocardiograms*



**Click here to  
explore internships  
in the Laurentians**

**Click here to  
explore careers  
in the Laurentians**



# Call for nominations!

*4 Korner's board of directors is looking for new members.*

DO YOU... believe that together we can build a healthy community?  
Believe that the official language minority communities should have access to  
services in their language? Have experience on a variety of boards?  
Have an understanding of the health and social services network?

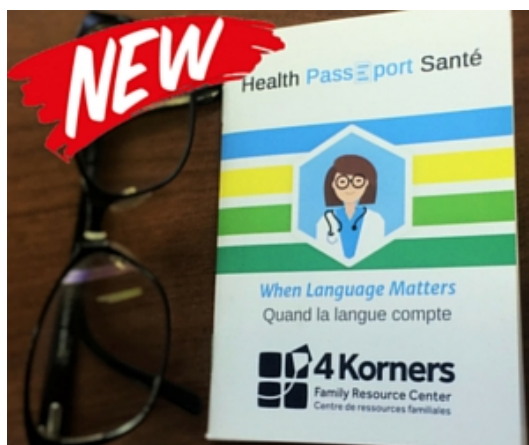


**Now is the ideal time to submit your resume  
for one of two available positions!**

Email us at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)  
for more information.

## **4 Korner Family Resource Center's Annual General Meeting is to be held on June 15, 2016 at 7:00 p.m.**

*All up-to-date 4 Korner members are welcome to attend. This is an opportunity to  
exercise voting privileges and to elect the Board of Directors for the upcoming year.*



AVAILABLE NOW  
THE FIRST PRINT EDITION OF THE  
**HEALTH PASSPORT** ADAPTED TO THE  
LAURENTIANS AT ANY ONE OF OUR



THE SECOND PRINT EDITION OF  
THE  
LAURENTIAN ENGLISH-  
LANGUAGE SERVICES DIRECTORY

This booklet serves as a guide to make it easier for an English-speaking person to communicate with French-speaking health professionals.

Funding provided in part by:

**CHSSN**

&



Health Canada Santé Canada

### IS YOUR ORGANIZATION INTERESTED IN RECEIVING COPIES?

Email us at

[info@4kornerscenter.org](mailto:info@4kornerscenter.org) for more information on requesting copies.

### PREFER GOING PAPERLESS?

You can also use the online Health Passport on your smartphone or tablet, and the app will save your information on your mobile device.



[To explore the Health Passport online](#)

You can view it online or pick up your copy at one of our three locations.

### IS YOUR ORGANIZATION INTERESTED IN RECEIVING COPIES?

Email us

at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) for more information on requesting copies.

Funding provided by the:

*Centre intégré de santé et de services sociaux des Laurentides*

Québec 



Funded and distributed by **Moisson Laurentides**, the **Good Food Box program** operates throughout the year with individuals placing orders for fruit and vegetables every two weeks. The boxes are sold at a set price and contain a variety of top quality fruit and vegetables and, according to the size selected, in a quantity that is sufficient to last one full week.

## For Caregivers

### *Who is a caregiver?*

*Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares for an aging loved one who requires extra attention.*



4 Korner Family Resource Center offers monthly support groups the first Monday of each month in Deux-Montagnes? All caregivers are welcome to join.

### **7- WEEK PROGRAMS TAILORED TO CAREGIVERS ARE AVAILABLE IN DEUX-MONTAGNES AND ARGENTEUIL.**

For more information or to register, please contact 4 Korner at [450-974-3940](tel:450-974-3940) or [888-974-3940](tel:888-974-3940) or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)

for delivery on May 17, 2016

**May 25, 2016 at 12:00 p.m.**

for delivery on May 31, 2016

[Learn more about the Good Food Box](#)

## FOR PARENTS

# Family ZONE

4 Korner Family Resource Center, in partnership with [Cal en bourg](#) and [Avenir d'enfants](#) are proud to offer 'Family Zone' an English Play Group for children less than five years of age with their parent(s):

**Weekly on Thursdays from  
January 21<sup>st</sup> to June 16<sup>th</sup> 2016  
2:00 p.m. to 4:00 p.m.  
Holy Trinity Church, 12 Préfontaine  
West, Sainte-Agathe-des-Monts**

Each session is divided into two segments with time for free play and also organized activities. You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: [info@4kornerscenter.org](mailto:info@4kornerscenter.org).





## This month's Community Health Education Program videoconference

Wednesday, May 18, 2016 at 10:00 a.m.:

## ALL ABOUT BALANCE

at the Community Learning Center  
in the Lachute Regional High School  
(448 Argenteuil, Lachute, QC)

\*Videoconference(s) funded by:

**CHSSN**

[Email us at info@4kornerscenter.org to  
register for this event](mailto:info@4kornerscenter.org)



On **Monday, April 9, 2016** at 4 Korners  
Family Resource Center in Deux-  
Montagnes from 9:30 a.m. to 11:00 a.m. a  
nutritionist will be present for a question  
and answer periods for **PARENTS OF  
CHILDREN AGED 0-17.**

[RESERVE YOUR SPOT NOW](#)

***It is strongly recommended that  
parents prepare their questions ahead  
of time.***

# ARE YOU ENGLISH-SPEAKING?

Do you live in... **SAINTE-THÉRÈSE**  
**BLAINVILLE / LORRAINE / ROSEMÈRE**  
**BOISBRIAND / BOIS-DES-FILLIONS**  
**OR SAINTE-ANNE-DES-PLAINES ?**

LESAN IS NOW LOOKING FOR NEW  
 MEMBERS TO CREATE A COMMITTEE IN  
 THE MRC OF THÉRÈSE-DE-BLAINVILLE

## What is LESAN?



LESAN (Laurentian English Services Advisory Network) is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services in their language.

Want to know more? Visit [www.4kornerscenter.org](http://www.4kornerscenter.org) to watch our video. You can also contact us by phone at 450-974-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) for more information.

CHSSN

# Hours of Operation



## Head Office

1906 ch. d'Oka,  
Deux-Montagnes

1-888-974-3940

Monday, Wednesday,

Thursday & Friday

8:30 a.m. to 12:00 p.m.

12:30 p.m. to 3:30 p.m.

## Tuesday

8:30 a.m. to 12:00 p.m.

12:30 p.m. to 5:00 p.m.

## Sainte-Agathe Satellite Office

50, rue Corbeil,  
Sainte-Agathe-des-Monts

819-324-4000

Extension 4330

Open on Tuesdays

9:00 a.m. to 3:00 p.m.

## Lachute Satellite Office

508, rue Principale,  
Lachute

450-562-3553

Open on Tuesdays

9:00 a.m. to 3:00 p.m.

**For more information on programs, services or activities,  
you can contact us at [450-974-3940](tel:450-974-3940) or toll-free at [888-974-3940](tel:888-974-3940)  
or email us at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)**



## Our Mission

In a spirit of respect, support and empowerment the 4 Korner Family Resource Center, is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

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