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**LAURENTIANS
4K NEWSLETTER
May 2018**



Mental health is about more than mental illness



Get ready to

#GetLoud

about what mental health really is.

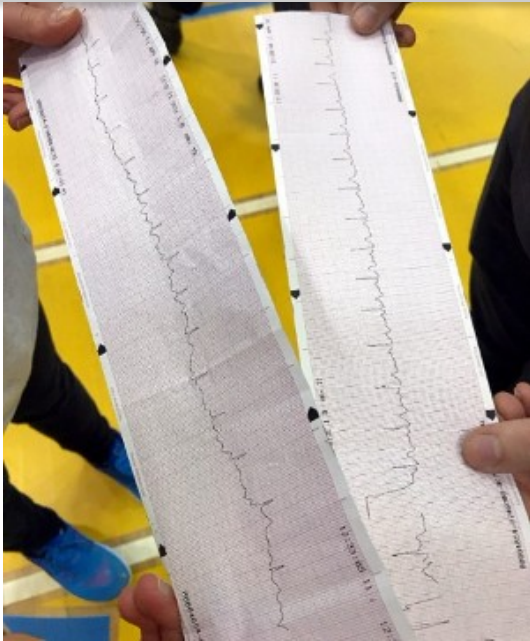


CMHA
Mental Health Week
May 7-13, 2018

Visit MENTALHEALTHWEEK.CA
 for info and tools!

[Check in on your mental health](#)

From the previous month at 4K:



Above photo: Glo Germ test made at the Health, Justice and Social Services Caravan.

Left photo: Visitors could also get an EKG done.

Photo credits: 4 Korner's Staff,
Chantal Paquin

PAINT NITE IS BACK ON MAY 31st
Support 4 Korner's activities and have a fun night!
To purchase your ticket, click [here](#)
For all the details about the event, click [here](#)



Thank you to the Scrapbooking group for choosing the painting to be reproduced on Paint Nite

Upcoming Activities in Argenteuil

CPR Training

Caregivers Committee

Wednesday, May 2

1 p.m. - 5 p.m.

Médaille d'Or

401, Thomas

Lachute

Information Session

All about insurance (home, car, etc)

Thursday, May 24

10 a.m.

Rouge Valley Days

259 Harrington Road,

Harrington

Theatre - Live Play by LA BELLE GANG

"Losing Control"

Information Session

Presentation by

Royal Canadian Legion
634, Lafleur
Lachute

9:30 a.m.
Rouge Valley Days
259, Harrington Road,
Harrington



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



Upcoming Activities in Deux-Montagnes

Walking Group

Tuesdays
9:45 -10:45 a.m.
Meet at 4 Korner
200, rue Henri-Dunant



Women's Wellness Group

Friday, May 11 and May 25
7 p.m.-9 p.m.
4 Korner
200, rue Henri-Dunant

Wednesday Wellness Series

6 Wednesdays
Starting May 2nd
10 a.m.-12 p.m.
4 Korner
200, rue Henri-Dunant

Drop-in Confidential Support

Thursdays
1:30 - 3:30 p.m.
4 Korner
200, rue Henri-Dunant



Open Mic

Weekly on Fridays
Starting May 25th
6:30 - 8:30 p.m.



Paint Nite

Thursday, May 31
7 p.m.-9 p.m.
Heritage Club
503, Cedar Ave.



WEDNESDAY WELLNESS SERIES
SPRING SESSION (10 AM - 12 PM)
REGISTRATION REQUIRED!

MAY 2, 2018 - LUNCH & LEARN

JACKIE ROBERGE - MINDFULNESS

MAY 9, 2018

PAULA GRAY - GOOD GRIEF : WHAT HELPS WHEN IT HURTS

MAY 16, 2018

STEPHANIE ERICKSON - DEMENTIA

MAY 23, 2018

SUE RICH - ESSENTIAL OILS

MAY 30, 2018

MARIE CLAUDE GIGUERE - SENIORS HOUSING

JUNE 6, 2018 - LUNCH & LEARN

DENTAL HYGIENE -

DENTAL HYGIENE STUDENT FROM JOHN ABBOTT COLLEGE

200, RUE HENRI-DUNANT

DEUX-MONTAGNES

450-974-3940 or info@4kornerscenter.org



A SNEAK PEAK AT JUNE

Community Fun Day*

Saturday, June 2

4 Korner's

Annual General Meeting

111-13th Avenue

FREE EVENT!

Hot dogs, music, activities and community resources in English for all ages.

*A community event put together by the partners of the Laurentian English Services Advisory Network of Deux-Montagnes.

theatre presentation of the play "***Losing Control***"

by LA BELLE GANG

La Petite Église,

Old Saint Eustache.

ONLY \$5 /ticket

Friday, June 15 - second showing

"*Losing Control*"

7 p.m.

Upcoming Activites in Rosemère

Shake up your routine! Join us for the free

Play Group

Mondays, from 9:30 to 11:30 a.m.

Mom, Dad and grandparents, bring the kids for fun activities while you sip on tea or coffee!

Rosemère Community Center

202, ch. de la Grand-Côte, Rosemère



Upcoming Activities - Upper Laurentians

Fridays
Until June 15
11:00 a.m. - 12:30 p.m.
Arundel Elementary



IN MEMORY OF DARLENE GARGUL
A true community leader, a mentor and a part of the fiber of 4 Korners.





Photo credits: 2 Mo Paul, <http://2mopaul.com/>

4 Korner's archives



Click on the areas of interest below to receive information on support, resources and services.

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

For Caregivers



For Seniors



Resources for
Parents



Careers in the
Laurentians



Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to come to their website!



Éducaloi -

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



Facebook



Twitter



Website



Email

OUR MISSION

In a spirit of respect, support and empowerment, the 4 Korner's 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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