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**LAURENTIANS
4K NEWSLETTER
April 2018**



April is World Autism Month

 Image may contain: text

[Test your knowledge about autism](#)

[Listen to an autistic boy explain what autism feels like to him](#)

HEALTH, WELLNESS, & SOCIAL SERVICES

Caravan 2018



Free on-site test results!

Free advise and consultation!

Recognizing Heart Attacks
 Recognizing Strokes
 EpiPen Use
 CPR/AED
 Dental Hygiene
 Nutrition
 Crime Prevention
 Legal Issues
 Mental Health
 Stress Management
 Healthy Aging

Screenings include:

- Electrocardiograms
- Blood Pressure
- Cholesterol Levels
- Glucose Levels

Sainte-Agathe-des-Monts
Wednesday, April 11, 2018
2:45 p.m. to 4:30 p.m.

Sainte Agathe Academy

26, rue Napoléon, Sainte-Agathe-des-Monts

For information:

www.4kornerscenter.org | info@4kornerscenter.org

1-888-974-3940

Conducted by the graduating students of
 John Abbott College in partnership with
 4 Korners Family Resource Center

 McGill

 JOHN ABBOTT
COLLEGE

 4 Korners
Family Resource Center
Centre de ressources familiales

From the previous month at 4K:



TOP LEFT: Family Craft Night, the kids were invited to discover a new medium, how to shape it and explore it with many senses by making chocolate figurines. One artist got distracted from his art project by his sense of taste...

TOP RIGHT: Health Caravan in Gore.
Dental Hygiene students from John Abbott College speaking with a community member

BOTTOM LEFT: 4K4U Community Gathering in Morin Heights

BOTTOM RIGHT: Volunteer Notary, André Voizard, speaking about Wills and Estates in Arundel

Photo credits: 4 Korner's Staff

Upcoming Activities in Argenteuil

Thursday, April 5
 10 a.m. - 12 p.m.
 Harrington Golden Age Center
 259, Harrington Road
 Harrington

Wednesday, May 2
 1 p.m. - 5 p.m.
 Médaillon d'Or
 401, Thomas
 Lachute



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



Upcoming Activities in Deux-Montagnes



Family Craft Night

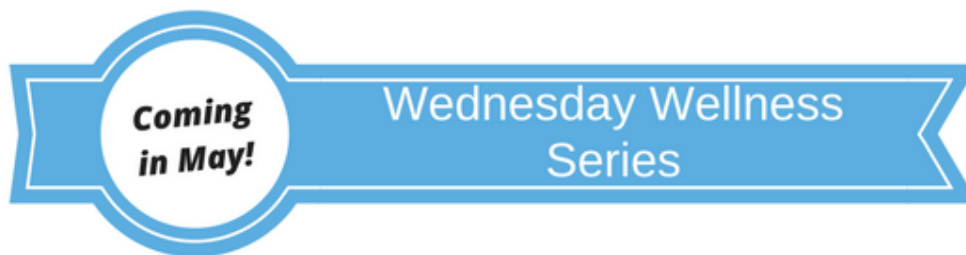
LAST ONE UNTIL FALL

Monday, April 23
 6:30 p.m. - 7:30 p.m.
 200, Henri-Dunant



Women's Wellness Group

Friday, April 13
 7 p.m.-9 p.m.
 Cooking session!
 Maison des citoyens
 202, rue Henri-Dunant



**Starting on May 2, 2018, come out to our Wednesday Wellness Series in Deux-Montagnes
 A different speaker and topic every Wednesday starting at 10:00 a.m.
 Lunch and/or snacks provided!**



Upcoming Activites in Rosemère

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

Health Caravan

April 11
2:45 - 4:30 p.m.
Sainte Agathe Academy
26, Rue Napoléon
Sainte-Agathe-des-Monts

For PARENTS and their KIDS

Kids, Let's Talk!
Starts Friday, April 27
Runs for 8 weeks
11:00 a.m. - 12:30 p.m.
Arundel Elementary



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS



You care for them,
we care for you.

Click on the area of interest to receive more information.



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!





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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Our Mission

In a spirit of respect, support and empowerment, the 4 Korners 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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