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June 2024



4Korners Annual General Meeting - June 13th 2024

4Korners is glad to invite its members and community partners to its 19th Annual General Meeting.

We will be hosting live stream satellite meetings in our Deux-Montagnes and Sainte-Agathe-des-Monts locations.

A free buffet will be served during the presentation for members or partners attending at satellite locations. Following the meeting, there will be a stand-up comedy show from 8 p.m. to 9 p.m.

You can renew your membership [HERE](#).

Space is limited. Registration is required by June 10th.



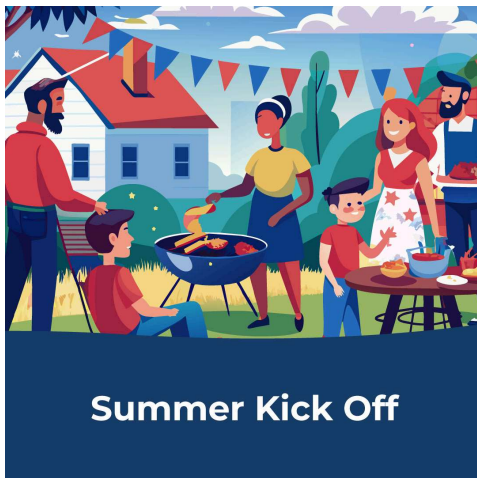
4k Activities

Health &
Wellness

kids &
Families

Seniors &
Wellness

Arts &
Culture



Join Us for an Evening Full of Fun for the Whole Family!

Have a bite to eat from our grill, snacks, games, facepaint, and so much more! What better way to welcome summer than to celebrate with your community!

Friday, June 28th 2024,
4:00 p.m. - 8:00 p.m.
1650 chemin d'Oka, Deux-Montagnes

Click [here](#) to register



4Korners Imagine Festival!

On **August 4th, 2024**, in [Dunany Country Club](#), 4Korners and **Autism and Arts in the Laurentians (AAL)** are excited to announce **Imagine festival** — a festival which will celebrate and showcase the diverse talents of neurodiverse artists in the Laurentians.

Join us for a day filled with creativity, acceptance, and community as we come together to support and celebrate neurodiversity in the Laurentians!



summer !

Explore your talents with hands-on artistic activities and creative storytelling, and craft your very own graphic novels. Program is open to **16-22 years old**.

Tuesdays, 11:00 a.m. - 2:30 p.m.

July 2nd 2024 to August 6th 2024,

Click [here](#) to register in Ste-Thérèse

Wednesdays, 11:00 a.m. - 2:30 p.m.

July 3rd 2024 to August 7th 2024,

Click [here](#) to register in Deux-Montagnes



Autism & Arts in the Laurentians - Summer Activities

Join us for a variety of arts & culture activities as well as empowerment activities meant for neurodiverse kids and young adults.

For a complete list of AAL activities for 9-13 years old, click [here](#).

Click [here](#) to register ages 9-13

For a complete list of AAL activities for teens and young adults, click [here](#).

Click [here](#) to register young adults



Come Have Fun in the Park!

Awaken the curiosity and stimulate the imagination of **children ages 0 to 6**. From outdoor reading to interactive games inspired by fairy tales, each moment will be an opportunity to discover new literary universes and encourage the active participation of toddlers.

Mondays, 9:30 a.m. - 11:30 a.m.

July 8th to August 19th

Click [here](#) to register in Deux-Montagnes

Tuesdays, 9:30 a.m. - 11:30 a.m.

July 9th to August 20th

Click [here](#) to register in Blainville



Kids Club - Summer Edition

Summer Fun for Kids

The project aims to offer a weekly activities for children ages 6 to 12, with a different theme each week, covering areas such as science, sports, crafts, and so on.

Thursdays, 1:00 p.m. - 3:00 p.m.

July 11th 2024 to August 15th 2024

Click [HERE](#) to register in Deux-Montagnes

Wednesdays, 1:00 p.m. - 3:00 p.m.

July 10th 2024 to August 14th 2024

[Email](#) to register in Sainte-Thérèse



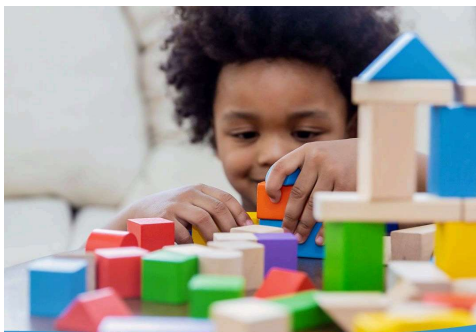
POST-NATAL SUPPORT

At Home Support

4K is providing support to parents of newborns aged between 0 to 1 years old. Aid can be as simple as allowing parents to take a nap, help with laundry, breastfeeding support, or preparing dinner! Registrants can book blocks of 2 hours per visit for a maximum of 5 visits per family.

Contact us to register :

info@4korners.org



PLAY TO LEARN

Fun Games and New Friends!

A weekly activity for parents 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.

Fridays, 9:30 a.m. - 11:30 a.m.

2 rue du Ravin, Ste-Thérèse

Contact us to register :

info@4korners.org



Wednesday Wellness

Weekly Activities for Seniors

For more information about our Wednesday Wellness presentations and weekly activities for this month, click [here](#).

Contact us to register:
info@4korners.org



Senior Health and Wellness in Mille-Isles

Mothers Day Craft and Travel Log Presentation

Welcome to Australia, the land of sun-kissed beaches, rugged outback, and vibrant cities. With its unique culture, stunning landscapes, and friendly locals, Australia is a traveler's paradise. Presented by Katie Burke.

Monday, June 10th,
1:00 p.m. - 3:00 p.m.
Mille-Isles Community Hall -
12 chemin de Mille-Isles, Mille-Isles

Click [here](#) to register



Senior Health and Wellness in Gore

Facial Massage and Yoga

Provide participants with a comprehensive understanding of face massage techniques and yoga practices to enhance their physical, mental, and emotional well-being.

Monday, June 10th,
10:00 a.m. - 12:00 p.m.
Gore Community Hall -
4 chemin Cambria, Gore,
QC J0V 1K0

Click [here](#) to register



4K | in the News!

See the latest news relevant to 4Korners or the 4Korners mission, and check out some important resources that we'd like to promote!



Important Bulletin from the CISSS des Laurentides

The CISSS des Laurentides' public health department warns that there's an ongoing resurgence of whooping cough (pertussis) in the Laurentian region.

Whooping cough is also spreading widely in other regions of the province. Whooping cough is a highly contagious disease that can cause pneumonia. The bacterium spreads through droplets projected into the air by someone with the disease, for example, when they cough or sneeze. Illness begins with symptoms resembling a cold, leading to coughing fits, followed by a high-pitched intake of breath that sounds like a "whoop." Children under one year old are at greater risk of complications and most babies less than 6 months old are likely to require hospitalization.

Vaccination is the best way to protect against whooping cough and to prevent complications.

You can make an appointment [here](#).

For any questions about updating your child's vaccination booklet or to learn when to consult a doctor, contact Info-Santé at 811.



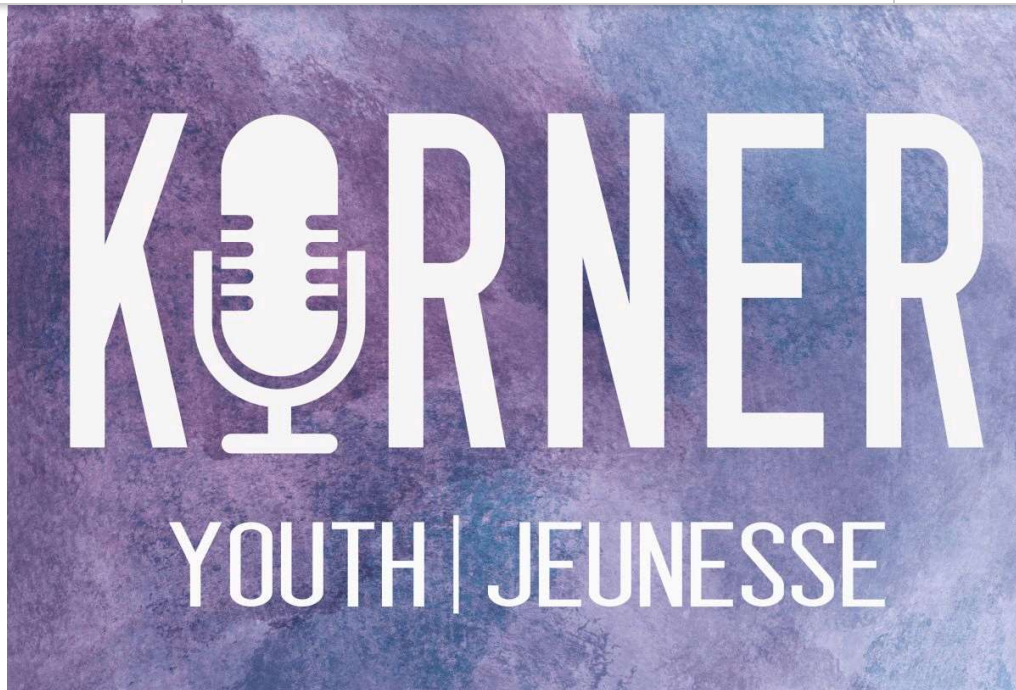
The CISSS des Laurentides Resource Pages

The CISSS des Laurentides has developed a mental health resource page, now available in English! This website contains an abundance of useful tools and support systems for mental health that have been validated by the CISSS. Check it out, [here](#).

The CISSS des Laurentides has also created **Information sheets for parents of children aged 2 to 5.**

The sheets are intended for all parents of children aged between 2 and 5 years old. They can also be useful to anyone who wants to better equip themselves to face the challenges of everyday life with young children. They cover the following topics : parent-child attachment, managing emotions, managing stress, discipline, development, routines, learning personal hygiene, nutrition, sleep, play, screen use and communication. The sheets furnish tips to help parents with their day to day life. They are not intended to resolve specific and complex situations.

These information sheets are the result of a collaboration between the Ministère de la Santé et des Services sociaux and Naître et grandir. [Click here to access the sheets.](#)



Youth Korner Jeunesse - A Podcast Made By The Youth for The Youth

Youth Korner Jeunesse is the official youth podcast of 4Korners. This podcast offers youth a safe space to talk about issues, topics, or realities that are facing youth in the Laurentians and in Québec. Check out the latest episodes below!

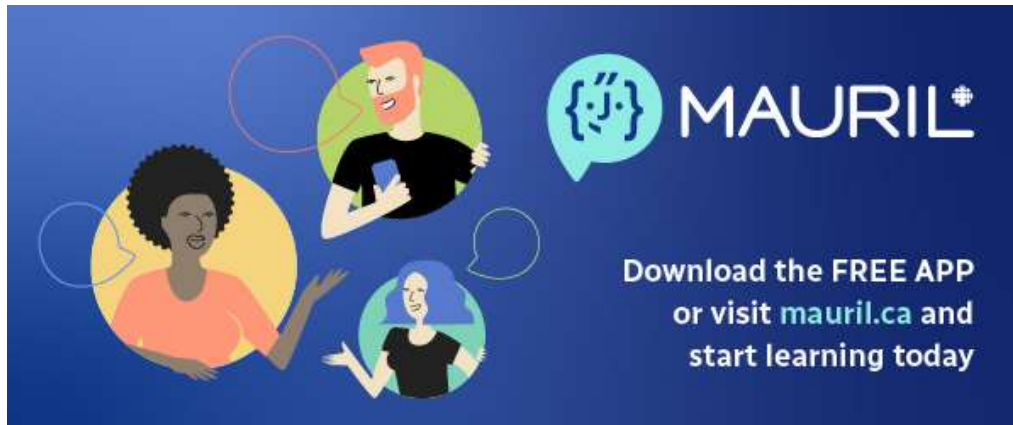
[Watch: Season 3, Episode 5: Being a Youth in the Laurentians](#)

[Watch: Season 3 Episode 4: Managing Anxiety](#)



Check out 4Korners' monthly column in Main Street!

We are proud to support independent and local media organizations, especially our friends over at the Main Street publication. Each month, Main Street releases a new addition which covers news and topics - in English - from all over the Laurentians. 4Korners also releases a different article every month which is included in each Main Street publication!



Mauril: The app from CBC Radio that makes language learning fun!

Mauril is a free platform to help you improve your English and French oral comprehension skills, using a wide range of stimulating and entertaining content from CBC/Radio-Canada.

Download the free app today at [mauril](http://mauril.ca).



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!

Generously supported & funded by

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we care *for you*.

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4Korners - Laurentian English Community Network

1650 chemin d'Oka, Deux-Montagnes,
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