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February 2024



February 4th to February 10th is Suicide Prevention Week

On average, three Quebecers commit suicide every day. These people are our parents, our children, our siblings, our friends or our colleagues. During Suicide Prevention Week 2024, let's commit to talking openly about this subject, because suicide prevention is everyone's business. The Association québécoise de prévention du suicide theme for this year is #DareToTalkAboutSuicide. To learn more about this initiative, find resources, or support the cause, visit the AQQS website, [here](#).

Need help for you or someone you care about? Counsellors are here 24/7, everywhere in Quebec.

Phone: 1 866 APPELLE (277-3553)

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**The 4Korners Podcast
Needs Guests!**

**Reach out to us on
[Instagram](#)**

Do you have an interest in podcasting, social media, radio, or journalism? Look no further - we are searching for guests to be on the 4Korners podcast, Youth Korner Jeunesse! We are looking for passionate and mindful people to talk with our hosts about topics or issues facing youth in the Laurentians. All are welcome to be guests on our podcast!

If interested, you can reach out to us via Instagram, or by emailing us at communications@4korners.org



Health &
Wellness

kids &
Families

Seniors &
Wellness

Arts &
Culture

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This course is made for recent immigrants to the Laurentians, and aims to teach you skills which will allow you to transition smoothly into your new communities. To learn more, view the full flyer [here](#).

Friday, February 23rd 2024,

5:30 p.m. - 8:30 p.m.

Saturday, February 24th 2024,

9:30 a.m. - 12:30 p.m.

Click [here](#) to subscribe



Laurentian English Services Advisory Network

Are you interested in working together with partners to identify the needs of the English-Speaking Community? ? Join us to support the Laurentians' English-Speaking Community!

Tuesday, February 20th,

2:00 p.m. to 3:30 p.m.

Click [here](#) to subscribe



Support for Caregivers of all Types

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 non judgmental and confidential setting.

Monday, February 19th,

2:00 p.m. to 3:30 p.m.

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This online 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. For more information, click [here](#).

Dates to be determined upon registration.

Click [here](#) to subscribe



Fathers Project

Come and connect with other dads in similar parenting situations over some fresh coffee and delicious snacks. This activity is FREE!

Monday, February 19th,
6:30 p.m. to 8:00 p.m.

Click [here](#) to subscribe



Autism and Arts in the Laurentians

If you're a neurodivergent teen or young adult this is the event for you! Join us for a relaxed evening where you can meet new friends and make arts and crafts.

Thursday, February 29th,
7:00 p.m. to 8:30 p.m.

1650 chemin D'Oka, Deux-Montagnes, QC, J7R 1M9

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Kids and Autism Focus Groups

These focus groups are intended for parents or caregivers of neurodivergent children & young adults. 4Korners wants to hear directly from YOU to better understand your experiences with the Health and Social System. Participants will receive a gift card as a thank you for their time and insight. For more information, click [here](#).

Click [here](#) to subscribe



Youth Art and Wellness

Youth Mental Health

Come join us for weekly art making and wellness activities. Hot beverages, snacks and all art material will be supplied by 4Korners. This group is meant for young adults between 18 and 29 years old. No experience in art is required!

Tuesdays, 7:00 p.m. to 9:00 p.m.

1650 chemin d'Oka, Deux-Montagnes, QC, J7R 1M9

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Threads of our Legacy

4Korners Speaker Series

Discover the wisdom hidden within personal histories and inspire others to tell their own stories. Presented by Peter Duncan, he highlights that personal stories lay the foundation for understanding societal progress and individual growth. To learn more, click [here](#).

Holy Trinity Church

12 Rue Prefontaine Ouest,
Sainte-Agathe-des-Monts, QC.

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This presentation explores the reasons why Morin-Heights, a small town in the Laurentians, became an international “musical Mecca.” This presentation will be online via Zoom only. For more information, click [here](#).

Tuesday, February 27th,
2:00 p.m. to 4:00 p.m.

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Fathers Project

Laurentian families, get ready for an exhilarating winter adventure! We invite fathers and kids to join us for a day of snow-filled fun as we embark on a tubing adventure! To learn more, click [here](#).

Saturday, February 24th
10:00 a.m. - 3:00 p.m

Saint-Sauveur Summit (Versant Avila),
500 Chem. Avila, Piedmont, QC J0R 1K0

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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.

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Drop your little one off for a morning filled with fun and learning! Weekly themes with games, activities, and lessons. This activity takes place in English.

Tiny Tots AM dates and times: [here](#)

Tiny Tots PM dates and times: [here](#)

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Play to Learn

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. to 11:00 a.m.

January 19th, 2024 to March 22nd, 2024

2 rue du Ravin, Ste-Thérèse, QC, J7E 2T

Click [here](#) to subscribe



Fathers Project

Tai Chi emphasizes a mind body connection using slow, gentle movements, meditation and deep breathing. Come practice this awesome martial art while spending valuable time with your children!

Thursdays, 6:00 p.m. to 7:00 p.m.

February 1st, 15th, 29th, | March 14th, 28th

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February Wednesday Wellness

Weekly Activities for Seniors

For more information about our Wellness Presentations, click [here](#).

For more information about our Weekly Wellness Activities, click [here](#).

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Navigating the Journey of Caring for a Person Living with Dementia

Caregiver Workshop

Discussing Strategies for avoiding Caregiver Burnout. Mrs. Claire Webster, Founder of the Dementia Education Program, will discuss her personal journey including best practices to manage challenging behaviors, access to support services, and more.

Tuesday, February 20th,
10:00 a.m. to 12:00 p.m.

2 chemin Cambria, Gore, QC, J0V 1K0

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Senior Wellness Presentations in Mille-Isles

Senior Wellness in Mille-Isles

Join us this month for three scheduled special presentations which emphasize senior health and wellness. To learn more, click [here](#).

Monday, February 5th,
1:00 p.m. to 3:00 p.m.

Monday, February 12th,
1:00 p.m. to 2:00 p.m.

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4K | in the News!

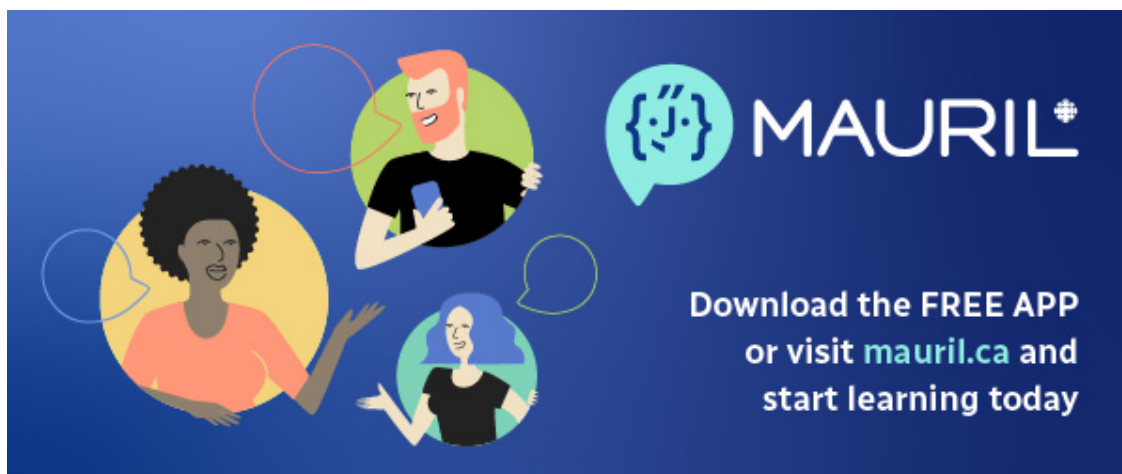
See the latest news involving 4Korners or check out some amazing recourses that we'd like to promote!



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!

You can read a digital copy of MainStreet's monthly publication by visiting their website, [here](#). Check out 4Korners' article that is always on page 8!



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

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content from CBC/Radio-Canada.

Download the free app today at mauril.

Become a



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Strengthening the vitality of the English-speaking community

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



Centre intégré de santé et de services sociaux des Laurentides



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



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4Korners - Laurentian English Community Network

1650 chemin d'Oka, Deux-Montagnes,
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