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December 2022



4korners

Strengthening Community Vitality
in the Laurentians



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Stay Warm * **Restez au chaud** *

pre-parade party **fête d'avant défilé**

with/avec **4KORNERS**
 1650 CHEMIN D'OKA, DEUX-MONTAGNES

DEC 4

HOT COCOA – CHOCOLAT CHAUD
 COOKIES – BISCUITS
 MUSIC & DANCING
 MUSIQUE & DANSE

12:30

 **4korners**
 www.4korners.org

Stay Warm Pre-Parade Party

Join us outside of our activity centre in Deux-Montagnes as we stay warm together while waiting for the annual Santa Claus Parade to start! We'll be playing music, dancing and serving hot cocoa. Looking forward to seeing you all!

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As our Fall session winds down for the month of December the 4Korners team is hard at work planning our Winter 2023 session. Please stay tuned for our January Activities email that will be sent out on December 19th (instead of our usual 1st of the month distribution) to allow you to register for your favorite activities before our two-week holiday vacation period/closure.

All 4Korners offices will be closed as of December 24th, 2022 and will re-open January 9th, 2023

In the meantime we still have some fantastic activities this month so please check them out below!



CHECK OUT OUR NEW PODCAST!

We are very excited to reveal a brand-new project – The 4K ‘Youth Korner Jeunesse’ Podcast! Run and created by youth, Youth Korner Jeunesse is a bilingual space where young Laurentian community members express themselves in the format of a dialogue-based podcast. Hosts share their thoughts and feelings about topics that matter to them and that also have an impact on the Laurentian region. We bring together young French and English-speakers, First Nations and immigrants established in the Laurentians with an aim to develop their leadership skills.

New episodes will be released on Mondays! Episodes will be available on our

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Check out our upcoming activities!

[Arts & Culture](#)

[Individual, Family & Youth](#)

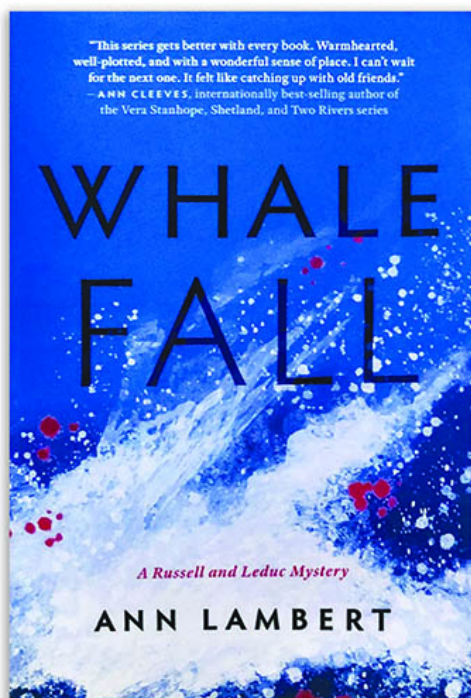
[Seniors & Caregivers of the Elderly](#)

Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

[ARTS & CULTURE](#)

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4K SPEAKER SERIES



Ann Lambert Presents her New Book: **Whale Fall**

Ann Lambert was “just a kid with a dream” when she wrote her first novel at the age of sixty.

Join her for a discussion of her Russell and Leduc Mystery series, set right in the heart of the Laurentians, and help her celebrate the the release of the third book in the series, Whale Fall. There will be a reading and a Q and A afterwards.

Whale Fall

The Third Russell and Leduc Mystery

There's blood in the water...

Surrounded by friends and family in the heat of a lush Laurentian summer, Marie Russell and Detective Roméo Leduc are getting married at last, but the joyous occasion is overshadowed by an unexpected arrival: Magnus Sorenson, renowned eco-warrior – and Marie's first love. Magnus is planning a dramatic protest against a local resort development that will destroy a beloved nature preserve—but when the unthinkable occurs, Roméo and Marie are forced to abandon their honeymoon to bring a murderer to justice. Their investigation will plunge them into the bigger battle for environmental justice, and force them to dig up some long-buried secrets. Meanwhile, an elderly couple from a local seniors' residence have gone missing, and Romeo and Marie must join the race to find them before it's too late. Fast-paced and chilling, Whale Fall is a thrilling tale of love and vengeance.

ENCORE PRESENTATION! Friday, December 16 at 3 p.m.

Live presentation (registration mandatory): In-Person at Chalet Bellevue
27 rue Bellevue, Morin-Heights (QC) J0R 1H0

Online presentation: connect on Zoom from the comfort of home

To register contact info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Meet the Author **Ann Lambert**

Ann's first novel, *The Birds That Stay* was published in 2019 and was a finalist for the Concordia Best First Book Prize that same year. Her second book in the series, *The Dogs of Winter*, was published in the fall of 2020, and was a finalist for the Canadian Crime Writers Award of Excellence. Both books were released as audiobooks in the fall of 2020, narrated by Ann herself. *The Dogs of Winter* won an Audiophile Award in 2021.

Ann has also written over 20 plays for the stage and radio over forty years in the theatre. Several of her plays, including *The Wall*, *Self Offense*, *Parallel Lines*, *Very Heaven*, *The Mary Project*, *Force of Circumstance* and *Two Short Women* have been performed in Canada, the United States, Europe and Australia. Ann is the former head of The Playwriting Program at the National Theatre School of Canada.

Ann recently retired from Dawson College in Montreal where she was a teacher of English literature for almost thirty years, and where for the last 13 years, she wrote, directed and produced shows with The Dawson Theatre Collective.

Ann is the co-founder of Theatre Ouest End in Montreal, which was launched in the spring of 2019. It is dedicated to producing work new work that brings together an intergenerational community of both emerging and experienced theatre artists.

www.theatreouestend.ca

Ann is also the vice-president of The Theresa Foundation, dedicated to supporting AIDS-orphaned children and their grandmothers, the education of Malawian girls, and alleviating food insecurity in several villages in Malawi. (www.theresafoundation.com)

Ann lives in Montreal and Ste. Lucie des Laurentides, Quebec with her husband David, a school principal, and their dog, Lucy. Her daughter Alice is a playwright, librettist and video game writer. Her son Isaac is a high school Social Sciences teacher.



4K Speaker Series - ENCORE PRESENTATION

Live presentation: In-person at Chalet Bellevue, 27 rue Bellevue, Moring-Heights

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To register for the in-person presentation contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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4K kids
Holiday
Painting

4Korners is happy to offer a special holiday event for kids 6-12 years old. Join artist Carol Lyng as she guides us step by step through a fun painting. All materials will be supplied, and you can leave with your masterpiece!

Saturday, December 17th
 11 a.m. to 1 p.m.
 1650 chemin d'Oka, Deux-Montagnes

Registration deadline December 9th
Space is limited!
info@4korners.org | 450.974.3940 ext. 601


www.4korners.org



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974-3940



Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo) laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Led by Laury Peroff from Laury's Perinatal.

For upcoming dates, details, and to register contact info@4korners.org or call 450-974-3940 ext. 601

Classes offered online via Zoom & in person
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



Prenatal Classes

For upcoming dates, details, and to register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

Online Workshop - Volunteers and Non-profits: Best Practices

Wednesday, December 7th

1:30 - 3 p.m.

This workshop will explain the legal relationship between non-profit organizations and their volunteers. It will also suggest best practices for recruiting and managing volunteers.

A lawyer from Éducaloi will explain:

- the responsibilities non-profit organizations have towards volunteers,
- the responsibilities of volunteers towards the organization, and
- best practices for ensuring that the volunteer experience is a success for everyone

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ext. 601 | 1-888-974-3940



This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).
Free & confidential. Open registration. Join any time.

Registration: info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

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One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Seniors & Caregivers of the Elderly](#)

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Santé et bien-être des aînés à Mille-Isles

Seniors Health & Wellness *in Mille-Isles*

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!

Music Therapy: Music for your Mind, Body and Spirit (video presentation) & Chair Exercise (low impact movement and stretching)

La musicothérapie : La musique pour votre esprit, votre corps et votre âme (présentation vidéo)
& Exercice sur chaise (mouvement à faible impact et étirement)

Nov. 21, 2022 | 13:00 - 15:00

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

Chair Yoga | Yoga sur chaise

Nov. 28, 2022 | 13:00 - 15:00

Registration | inscription: Darina Belanger at Mille Isles 450-438-2958 ext. 2610

Chair Yoga | Yoga sur chaise

Dec. 5, 2022 | 13:00 - 15:00

Registration | inscription: Darina Belanger at Mille Isles 450-438-2958 ext. 2610

Understanding and Navigating the Journey of Dementia (video presentation) & Brain Games (teasers, word puzzles, hidden pictures)

Comprendre et parcourir le parcours de la démence (présentation vidéo)

Jeux d'esprit (taquins, mots croisés, images cachées)

Dec. 12, 2022 | 13:00 - 15:00

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601

1262 Chem de Mille Isles, Mille-Isles, Quebec, J0R 1A0

For more information contact info@4korners.org

Pour plus d'informations, veuillez contacter info@4korners.org



NEW ACTIVITIES & PARTNERSHIP!

Seniors Health & Wellness in Mille-Isles (in-person)

Please consult the flyer for registration details as some of the activities are hosted by the city of Mille-Isles and some are hosted by yours truly, 4Korners! If you would like more info contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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INTERACTIVE!**

SENIORS WELLNESS

Café Connected

Take a break and connect with others on topics that matter to you. A supportive space where participants encourage each other, break isolation, and build upon resiliency skills. Led by a facilitator.

Join us on Zoom to connect live!

**Wednesdays, 1 p.m. - 2 p.m.
September 7 - December 14**

Contact us for more info:

info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601






 Cette initiative est financée par le Secrétariat aux relations avec les Québécois d'expression anglaise.
 Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

Café Connected - Seniors Wellness

To register and connect on Zoom click [here](#)



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 nonjudgemental and confidential setting.

**Monthly Support Group in Deux-Montagnes.
Contact us for upcoming dates and location.**

To register contact info@4korners.org or 450-974-3940 ext. 601


 POUR LES PROCHES AIDANTS
 You care for them,
 we care for you.

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Monday, December 12, 2022

In person at 1650 chemin d'Oka. Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Nel's Yoga - Seniors Wellness

Weekly on Fridays, 10 a.m. to 12 p.m.

In-person at 1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:

info@4korners.org



Become a member!

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Kids Help Phone 

Need help now?
Text CONNECT to [686868](tel:686868)
or call a counsellor:
1-800-668-6868



Éducaloi -

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

CAREGIVER SUPPORT
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we care *for you*.

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Dialogue McGill



Health
Canada

Santé
Canada



4Korners

Laurentian Community Network

Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

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