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4 Korner's January News

Programs, Information Sessions and Conferences

The new year has arrived and 4 Korner Family Resource Center is ready to take on 2016. [Click here to see all the programs 4 Korner offers in the Laurentians.](#)



Monday, Wednesday, Thursday & Friday

8:30 a.m. to 12:00 p.m.
12:30 p.m. to 3:30 p.m.

Tuesday

8:30 a.m. to 12:00 p.m.
12:30 p.m. to 5:00 p.m.

NEWS FOR CAREGIVERS

Who is a caregiver?

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares

FOR PARENTS IN THE NEW YEAR



4 Korner Family Resource Center, in partnership with [Cal en bourg](#) and [Avenir d'enfants](#) are proud to offer 'Family Zone' an English Play Group for children less than five years of age with their parent(s):

Weekly on Thursdays from January 21st to

June 16th 2016

2:00 p.m. to 4:00 p.m.

**Holy Trinity Church, 12 Préfontaine West,
Sainte-Agathe**

FOR SALE NOW AT 4 KORNER'S FAMILY RESOURCE CENTER FOR \$10.00

The Caregivers Guide to the Elderly:
Maintaining Life Balance while Caregiving

Caregivers to the Elderly

Maintaining Life Balance while Caregiving



Information and Support
Guide for Caregivers

This project was made possible
thanks to financial support from

L'APPU POUR LES
LAURENTIDES

Centre d'information
de santé pour
le développement
des Laurentides
Québec

DID YOU KNOW THAT 4 KORNER'S FAMILY RESOURCE CENTER IN DEUX-MONTAGNES OFFERS MONTHLY SUPPORT GROUPS THE FIRST MONDAY OF EVERY MONTH?

For more information,
please call 1-888-974-3940
or email us at info@4kornerscenter.org

UPCOMING CONFERENCES FOR CAREGIVERS:

Stress in Caring with
Josephine Piazza

Wednesday, January 27, 2016

9:00 a.m. to 12:00 p.m.

at the Annette Savoie Hall

200 rue Henri-Dunant, Deux-Montagnes

time for free play and also organized activities. You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: info@4kornerscenter.org.



AVENIR D'ENFANTS
DES COMMUNAUTÉS ENGAGÉES



Stressed about 2016?

Learn practical tools and strategies
to help build resiliency in your family
with Josephine Piazza

February 11, 2016 from 7 p.m. to 9 p.m.

at the Laurentian Literacy Centre

#302-505 Bethany Avenue, Lachute

**The Good Food Box: A Healthy
Choice For You and Your Wallet!**

**Driving, Is It As
Safe As It Used To
Be? (TWO
PRESENTATIONS)**



with the Canadian Automobile Association

Thursday, February 18, 2016

1:00 p.m. to 3:30 p.m.

4 Kornerers Family Resource Center

1906 ch. d'Oka, Deux-Montagnes

and

Tuesday, February 23, 2016

1:00 p.m. to 3:30 p.m.

Louis-Renaud Community Center

270 route du Canton, Brownsburg-Chatham

Call 1-888-974-3940 or email us at
info@4kornerscenter.org to register or for more
information.

**7- WEEK WORKSHOPS FOR
CAREGIVERS TO BEGIN IN
DEUX-MONTAGNES AND
ARGENTEUIL IN 2016.**

**For more information or to register,
please contact 4 Kornerers at
1-888-974-3940 or by email at
info@4kornerscenter.org**

Please note that no start date has been set at this time.

COMING SOON:

An English language newsletter for caregivers of the elderly from l'APPUI des Laurentides will soon be available. If you would like to be



Funded and distributed by **Moisson Laurentides**, the **Good Food Box program** operates throughout the year with individuals placing orders for fruit and vegetables every two weeks. The boxes are sold at a set price and contain a variety of top quality fruit and vegetables and, according to the size selected, in a quantity that is sufficient to last one full week.

Small box (one person): \$8

Medium box (two people): \$12

Big box (one family): \$18



The upcoming deadlines to pay for your boxes are:

January 20, 2016 at 12:00 p.m. for delivery on
January 26, 2016

February 3, 2016 at 12:00 p.m. for delivery on
February 9, 2016

[Learn more about the Good Food Box](#)

**Upcoming Community
Health Education**

Videoconferencing Topics



LAURENTIDES

LIGNE INFO-AIDANT
1 855 8LAPPUI (852-7784) lappui.org

January 20, 2016

Memory Disorders & Dementia
(Not Alzheimer's)

February 24, 2016

The Health Risks of Smoking

The above video conferences are offered on Wednesdays at 10:00 a.m. at the Community Learning Center in the Lachute Regional High School (448 Argenteuil, Lachute, QC)

VIEACTIVE RESUMES AT 4 KORNERS

Are you aged 50 and up? Is getting physically active on your mind? 4 Korner will be offering Viactive, a multi-level fitness program designed to get you moving with gentle stretching and light exercises.

This class will be offered in Deux-Montagnes on **Wednesdays from 1:00 p.m. to 2:00 p.m.** beginning Wednesday, January 20, 2016.

Call 1-888-974-3940 or email us at info@4kornerscenter.org to register or to inquire about Viactive.



*Video conferences funded by



EDUCALOI: LET'S TALK LAW IN THE LAURENTIANS (IN ENGLISH)



4 Korner Family Resource Center is excited to announce a new partnership with [Éducaloi!](#)

[Éducaloi](#) is a registered charity whose mission is to inform Quebecers about the law by providing legal information in everyday language. Their activities focus on three areas: legal information, legal education and promoting

programs offered by 4 Korner
Family Resource Center, visit the
[program section of our website!](#)

[This month: Learn about Seniors and Protection
from Exploitation and Abuse](#)

**For more information on programs, services or activities, you can contact
us toll-free at 1-888-974-3940 or email us at info@4kornerscenter.org**

You can also visit us at www.4kornerscenter.org



In a spirit of respect, support and empowerment the 4 Korner 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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info@4kornerscenter.org

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