

Your January Newsletter from 4 Korner; Programs, events and conferences and a sneak preview of some events from the year ahead..

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## Happy 2017!

4 Korner Family Resource Center is excited to start off the new year with several English-language programs and activities throughout the Laurentians.

Check out the rest of our newsletter for information programs and activities for parents, seniors and caregivers - as well as tips from Educaloi, a sneak peak at March 2017 and more!



### [Éducaloi - Snow Clearing and the Law: What You Need to Know](#)

# For Caregivers

## 6-Week Workshop Start Dates

4 Korners offers 6-week workshops that provide practical strategies, tools, and resources to support the role as caregiver in any situation.

*Not sure if you are a caregiver? A caregiver is any individual who is involved with the care of a person who requires extra attention, is ill, disabled, losing their independence, or has functional limitations whether emotional, psychological or physical.*

Tuesday, January 10, 2017  
from 9:30 a.m. - 11:30 a.m.  
in [Deux-Montagnes](#)

Thursday, January 12, 2017  
from 1:30 p.m. - 3:30 p.m.  
in [Deux-Montagnes](#)

Tuesday, January 10, 2017  
from 1:30 p.m. - 3:30 p.m.  
in [Rosemère](#)

Please call [450-974-3940](tel:450-974-3940) for more information or to register.

## Upcoming Caregiver Activities

[Relaxation and Meditation for Caregivers](#) with Jackie Roberge

**Wednesday, January 18, 2017**

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

4 Korners Family Resource Center

(200, rue Henri-Dunant, Deux-Montagnes, QC, J7R 4W6)

[Information Session With Service Canada](#)

**Thursday, January 26, 2017**

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

Lachute

For more information call **1-888-974-3940**

[What to do when your loved one can no longer make safe decisions](#) with Family Caregiving Expert Stephanie Erikson, MSW, LCSW, PSW

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

4 Korner Family Resource Center  
 (200, rue Henri-Dunant, Deux-Montagnes, QC, J7R 4W6)



Visit our Website for information on [programs and services for parents of 0 to 5 year olds](#) available in English in the [Laurentian region](#).



Visit our Website for information on [programs and services for seniors](#) available in [English](#) in the [Laurentian region](#).

 A large graphic for the "2017 Health Justice & Social Service Caravan". It features a stylized blue and green caravan vehicle in the background. The text "2017 HEALTH JUSTICE & SOCIAL SERVICE Caravan" is prominently displayed in the center. Below the title, it says "Receive English-language information and services from students of the following John Abbott's College Career Programs:". There are four colored horizontal bars listing the programs: Pre-Hospital Emergency Care (blue), Youth & Adult Correctional Intervention (yellow), Nursing • Dental Hygiene (green), and Police Technology (green) with a red "NEW!" sticker. At the bottom, there are logos for McGill University, 4 Korner Family Resource Center, and John Abbott College.
 

**2017**  
**HEALTH  
 JUSTICE  
 & SOCIAL  
 SERVICE**  
**Caravan**

Receive English-language information and services from students of the following John Abbott's College Career Programs:

- Pre-Hospital Emergency Care
- Youth & Adult Correctional Intervention
- Nursing • Dental Hygiene
- NEW!** Police Technology

McGill
 **4 Korner**  
 Family Resource Center  
 Centre de ressources familiales
 JOHN ABBOTT  
 CEGEP/COLLEGE

"Dear Grandparents..."  
Featured on Help Them  
Grow's Website.

[www.naitreetgrandir.com/en](http://www.naitreetgrandir.com/en)

Find resources for grandparents like  
*The Guide to Harmonious Relationships* and more.

## Our Mission

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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