

View this email in your browser



4 Korner's October Newsletter



Hours of Operation

200, rue Henri-Dunant, Deux-Montagnes
Beneath the Deux-Montagnes Municipal library

Monday	8:30 a.m. - 3:30 p.m.
Tuesday	8:30 a.m. - 3:30 p.m.
Wednesday	8:30 a.m. - 3:30 p.m.
Thursday	8:30 a.m. - 3:30 p.m.
Friday	8:30 a.m. - 3:30 p.m.

Please note that we are closed from 12:00 p.m. to 12:30 p.m.



Please note that 4 Kornerers will be closed on Monday, October 10, 2016

4 Kornerers memberships for the 2016-2017 year are available now.

 A promotional banner with a light blue and green background. It features the text "4 Kornerers memberships for the 2016-2017 year are available now." in bold teal and pink fonts. There are decorative sunburst graphics on either side of the text.

Become a 4 Kornerers member

Community Events

Come and visit 4 Kornerers Family Resource Center in your community!

4 Kornerers' upcoming Lunch and Learn:

Wills and Testaments

followed by a question period with local notary Sarah Dwyer

Avoca Community Center

192, Avoca Road, Grenville-sur-la-Rouge

Wednesday, October 5, 2016

10:00 a.m. to 1:00 p.m.

Do you know all the ins and outs of Wills and Testaments?

Not sure? Join 4 Kornerers in discovering essential information on wills and testaments,

*followed by a question and answer period with **Sarah Dwyer, notary.***



éducaloi

INFORMATION EMPOWERS



Neighbours and the law

Trees and fences

[Click here to learn more about 4 Kornerers' programs and services](#)

[Click here to explore internships in the Laurentians](#)

[Click here to explore careers in the Laurentians](#)

For Caregivers

FOR PARENTS

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares for an aging loved one who requires extra attention.

4 Kornerers Family Resource Center offers **monthly support groups** the first Monday of each month in Deux-Montagnes. All caregivers are welcome to join.

7-week programs tailored to caregivers are also available in Deux-Montagnes and Argenteuil

For more information or to register, please contact 4 Kornerers at

DEUX-MONTAGNES

What's for Dinner?



A weekly program designed for parents of pre-school children under the age of 6. Each week, a facilitator will guide in the preparation of a healthy meal for parents and their children and provide information sessions that deal with meal preparation and healthy eating habits.

If you are interested in joining with your



Calling all Caregivers!

4 Kornerers Family Resource Center
invites all caregivers of seniors to
a meet and greet with
Caitlin Sigouin, Social Worker
Wednesday, October 12, 2016
from 1:30 p.m. to 2:30 p.m.
at 200, rue Henri-Dunant,
Deux-Montagnes

Please RSVP by calling 450-974-3940
or by email (info@4kornerscenter.org)



This month's Community Health Education Program videoconference

Anxiety, Stress and Panic Attacks

Presented by [Dr. Camillo Zacchia](#)

"Anxiety disorders are treatable and you will be able to live without panic, but you won't be able to live without any anxiety because otherwise you'd be dead."
(Dr. Camillo Zacchia, Huffington Post Canada online, February 2012).

SAINTE-AGATHE

Kids, Let's Talk



A parent-child activity that will help develop and use stimulating and positive strategies to assist in language and communication. Parents will learn new ways to play with their child while placing the accent of language stimulation, via easy, structures and supervised activities. Each themed workshop has a song, two games, a snack and a story; the series of 8 workshops are all different and will begin Thursday, October 27th at Sainte-Agathe Academy.

If you are interested in joining with your child, [send us an email](#) or call us at 450-974-3940.

For Seniors

Deux-Montagnes

- Yoga for seniors
- Reassurance Calls
- Tai Chi*
- Scrapbooking*
- Information sessions on various health topics
- iPad courses*

10:00 a.m. to 12:00 p.m.
presented at the **CLC Lachute** in
the **Laurentian Regional High School**
448, ave. Argenteuil, Lachute,
QC, J8H 1W9

[Register now](#)

- Information sessions on various health topics
- Community Health Education Program videoconferences

*Small cost for program, reduced fee for [members](#).

LEARNING
to earning!

COMPUTING
SUPPORT



Courses now offered at

CDC Lachute

57 Harriet Street
Lachute, QC J8H 4H6
450 562-3721

Taking registrations
NOW

A COURSE IN COMPUTING SUPPORT OFFERS YOU THE OPPORTUNITY TO

- Participate in a work-study program which includes classroom instruction enriched with training in the workplace.
- Learn information technology aspects including: hardware, operating systems, software, programming, Internet and networking.
- Obtain *A+ Computer Technician* and *Linux+, Linux System Administrator* certifications.
- Follow Network Administration courses designed for *Microsoft Certified Professional* and *Cisco Certified Network Associate*.
- Continue studies at Vanier College and Collège Montmorency where program credits are recognized towards a Diploma in Collegial Studies in Computer Science.

Free Parking | Financial Aid Available

1800 hours (75 weeks)

Bilingual training

Start date: October 17, 2016

Monday to Thursday

www.bilingualtraining.ca



For more information,
450 680-3032 #4100
Limited registration,
Unlimited opportunities!

VANIER
CEGEP/COLLÈGE



COLLÈGE
MONTMORENCY



Laurier

Centre de développement des compétences
Competency Development Centre



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD



LESAN is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services in their language. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved access to services in English.

If you would like to join a LESAN committee in your area, contact [4 Kornerers Family Resource Center](#)

For more information on programs, services or activities, you can contact us at [450-974-3940](tel:450-974-3940) or toll-free at [888-974-3940](tel:888-974-3940) or email us at info@4kornerscenter.org



Our Mission

In a spirit of respect, support and empowerment the 4 Kornerers 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.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list

