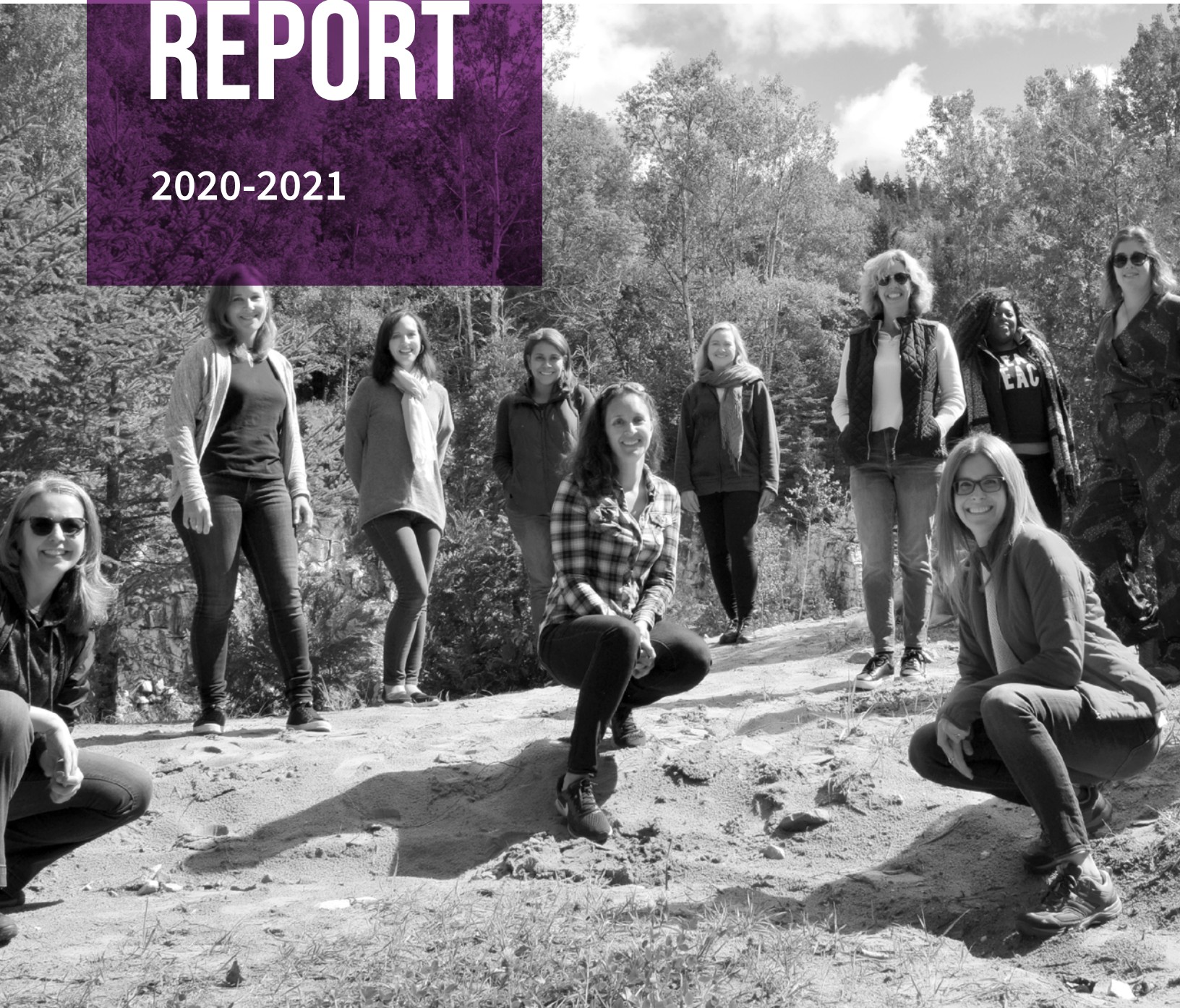


IMPACT REPORT

2020-2021



LAURENTIAN COMMUNITY NETWORK



MESSAGE TO OUR STAKEHOLDERS



Peter Andreozzi
President

If you would have asked me, before we were hit by a Global Pandemic, how good you think 4Korners can be adapted for change, my answer would have been something like: We'll do our best to make things change as quickly as possible, but I cannot guarantee anything.

But when COVID-19 took over our last fiscal year and made us re-think and re-do everything, our Executive Director Stephanie Helmer, found the energy and courage to make great changes to the way 4Korners has been doing things for years and made them accessible on-line or virtually seamlessly quicker than I, or anyone, could ever imagine. During this last fiscal year, it feels like we took a quantum leap forward. We became more innovative, more effective, and more efficient than we have ever been before. We have reached more people than we ever have before and I feel we are making an even stronger impact on our community than we ever have before.



Stephanie Helmer
Executive Director

To have this transformation done without calling out the efforts and sacrifices that Stephanie Helmer and the entire staff and team has made over the 2021 fiscal year would not be right, it would be wrong. Thank you everyone for making FY2021 memorable, not only because of COVID-19 but, for the exceptional commitment that was given to our organization by the dedicated staff and team that we are so lucky to have.

Special thanks to the following team members for their dedication and commitment during the initial lock down:

Stephanie Helmer, Melissa Grandmaison, Betty Millien, Melanie Wilson, Chloée Alary, Jaime Bisaillon, Andie Bennett, Josephine Piazza, Lilia Idinarene and Rebecca Boudreau.

Peter Andreozzi
President

When reflecting over the past year as a year locked down socially, physically and mentally during the pandemic, I see how 4Korners mandate did not change and how our services continued. Adaptations and change are and have always been a part of human history. Our impact continued, albeit in unexpected ways. The 4Korners team became more connected to each other and our strategic plan to synergize throughout the region organically evolved. I would never want to experience the spring of 2020 again as an Executive Director, but it was clear that our mandate, to create programming and develop collective impact to strengthen community vitality in the Laurentians, with a focus on access to health and social services for the English-speaking population is essential. We will move into the next year with new projects that come and go but with a vision to continue our programming regionally and in a standard hybrid format allowing all to experience and join in our activities no matter where they are located in the Laurentians.

Stephanie Helmer
Executive Director

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ABOUT 4KORNERS

4Korners is a registered Canadian charitable organization founded in 2005. We connect individuals of the Laurentians with programs and services to meet their identified needs in a secure and inclusive environment. We work collectively to serve and enrich the lives of communities in the Laurentian region.

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.

OUR VISION

That all citizens of the Laurentians can thrive in an inclusive society.

OUR VALUES



INCLUSION

WE VALUE DIVERSITY AND APPRECIATE THAT EVERY INDIVIDUAL IS UNIQUE.



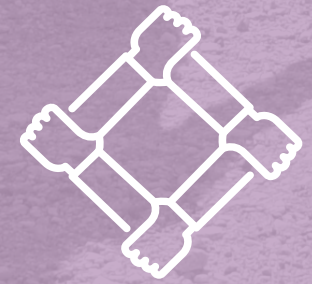
DIGNITY

WE RECOGNIZE THAT ALL HUMAN BEINGS ARE WORTHY OF RESPECT.



EQUITY

WE BELIEVE THAT EVERY INDIVIDUAL DESERVES ACCESS TO THE SAME OPPORTUNITIES.



ACCOUNTABILITY

WE VALUE A CULTURE OF OPEN COLLABORATION WHILE RESPECTING COMMITMENTS MADE TO OURSELVES AND OTHERS.



CONVERSATION WITH OUR E.D.

Looking back at how we kept moving forward

by Community Development Coordinator, Andie Bennett

Trying to run a non-profit whose mandate it is to help people access health and social services and—to borrow a phrase the kids use these days— “live their best life” during a worldwide pandemic takes a special kind of person. Someone who can balance navigating their own family life and well-being while finding innovative ways to serve a community during unprecedented times. Fortunately, we have that special person in our Executive Director Stephanie Helmer. She not only was fast to react to the ever-shifting ground beneath us but also repeatedly checked in on her staff every step of the way to see how WE were coping.

Stephanie and I sat down on the first anniversary of the emergence of COVID-19 to take stock of how 4Korners did over the last year and what we can do better going forward. It gave me a chance to ask Steph how we did manage to react so quickly and if she knew in March 2020 just how much things were about to change. “I initially thought it would be a few weeks and then things would go back to normal. Then about a week later, following the news we saw how seriously this was going to change. We held a staff meeting a week after lockdown and started looking at restructuring. Within 2 weeks our FB live music was fully online.” All 4Korners activities quickly followed suit and moved online and the entire staff understood we had to continue serving the community, it just had to be in a different way.

There is a lot to be proud of over the last year but for Stephanie what stands out is how proactive we were early on. One of the most crucial areas of support in the early days was just making contact with the community. Putting out the calls to check in on people and let them know that we were there. We also

had one of our team members equipped with every possible device, so she was able to walk people through logging onto our live interactive events, ensuring that anyone who wanted to participate was able. A big surprise for some of us was how the seniors responded to the technical hoops they now had to jump through. Stephanie was not one of the doubters, she believed right from the beginning that with the proper support seniors would be able to make the transition. And our registration numbers have proved her right.

Every good leader will shift credit to their supporting staff “The way the staff responded was amazing, and I think speaks to why we have had such a positive impact on our communities this last year.” It was a challenging year for everyone. Not just for the communities we support. We all faced different challenges presented by our individual situations. But each one of us knew we had an executive director who we could call to help problem solve or just to be a sympathetic ear. By creating a workspace where we support each other as well as the community, it allowed us to use our own challenges as a source of information gathering and helped us find solutions that we then passed to the community.



“ THE WAY THE STAFF RESPONDED WAS AMAZING, AND I THINK SPEAKS TO WHY WE HAVE HAD SUCH A POSITIVE IMPACT ON OUR COMMUNITIES THIS LAST YEAR.



Sandra Goorbarry
October 2020

4KORNERS' COMMUNITY CUP

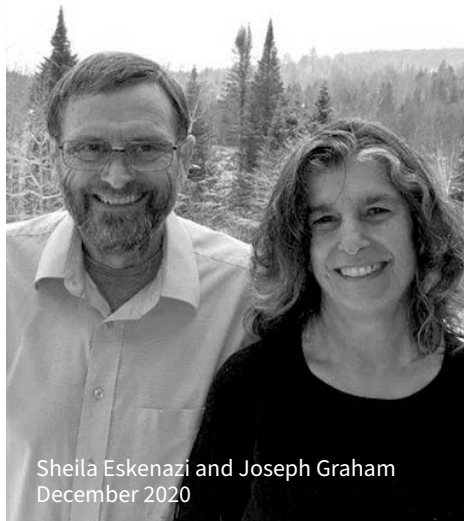
Each month we feature a local super volunteer in our 4Korners e-bulletin and honour them with the 4K Community Cup award. The Laurentian region is filled with big-hearted individuals who play a vital role in keeping their communities strong and we love recognizing their hard work, and sharing their stories with our members. Read on to meet one of last years winners...

It is not hyperbole to say that without Sheila and Joe, the English landscape in the Laurentians would look much different. In fact, there are many lives that would be completely different had they not fallen into the orbit of this couple that are quite simply a force of nature. From the over 75 Southeast Asian refugees they helped settle here back in 1979, some of whom they stay in touch with to this day, to the travelers who have stayed on their almost entirely self-sufficient homestead as part of WWOOF (World Wide Opportunities on Organic Farms), or think of the first person to hear Sheila's voice on the hospital info line while looking for pre-op instruction in English. Any one of these contributions have had a real, tangible, life changing impact. This is merely a fraction of what they have accomplished together over their 45-year marriage.

Interviewing them both via intermittent Zoom and a dodgy phone connection was an experience in itself. I couldn't shake the feeling that I was watching one of these couple's interviews from the film When Harry Met Sally. Joe would interrupt Sheila with story, and she would correct him on the dates and names of the people we were discussing. They called it a dog and pony show but to me it looked like a beautiful love story that - much like their self-sufficient home - creates its own energy that they have harnessed into true community building.

For many years their community work overlapped their day jobs as they ran their real estate business out of their

office in Sainte-Agathe. That was where they would meet members of the community, print out their community newsletter The Doncaster Ballyhoo and where Joe would finesse his historical story-telling with clients on the long drives to visit homes. This penchant for storytelling eventually led to him getting booked as the first speaker for the Canadian Club (now the Laurentian Club), a community group that gathers English-speakers from all over the Laurentians once a month. Both Joe and Sheila have served on its board of directors. Between the two of them they have also sat on or presided over: the Sainte-Agathe Heritage Committee, numerous school committees, the CSSS (now CISSS) board representing the English-speaking communities. Sheila co-founded the first environmental group in Sainte-Agathe, implementing its first recycling program before the MRC took the reins. From 1995-2000 they coordinated Canada Day celebrations in Sainte-Agathe, and Sheila was a founding member of the English Communities Committee, a lobby group that eventually became LESAN (Laurentian English-Speaking Advisory Network), a committee I presently chair. In the early days, this committee persuaded the hospital to make their phone menu bilingual and it was Sheila who translated and recorded the English menu, all on volunteer hours. It is because of this group that we continue to have representation at French-speaking community tables where major decisions are made about care and support to our communities.



Sheila Eskenazi and Joseph Graham
December 2020



Jennifer Turcotte
January 2021

37,555

This is the total amount of English-speaking community members of the Laurentians that we serve.

9667 ↑ 
total participants in last years various activities
158% increase vs last year!

601 ↑ 
regular users of our programs & services
27% increase vs last year!

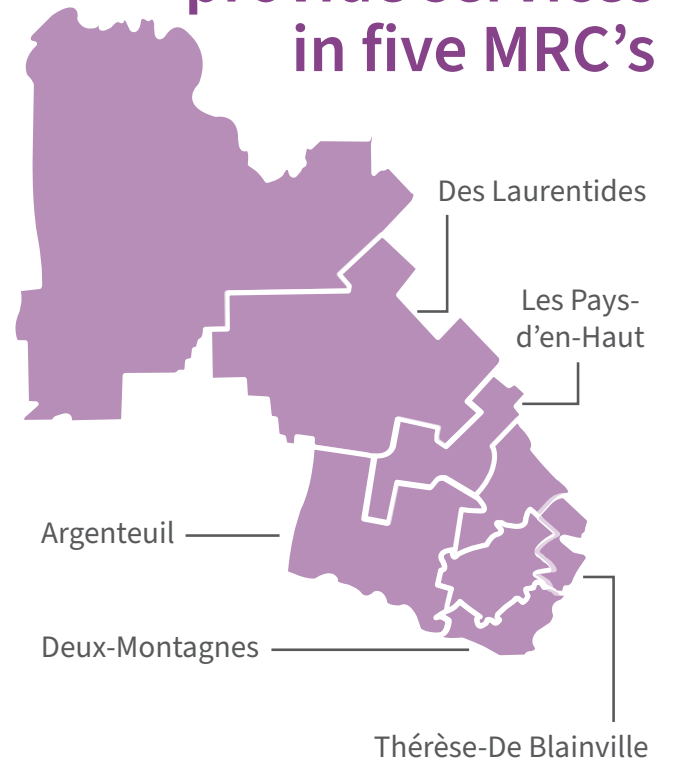
595 ↑ 
check-in & support calls made to all 4Korners members during the pandemic

OUR VOLUNTEERS



donated a total of 825 hours

We support the entire Laurentian region & provide services in five MRC's



COMMUNICATION REACH

Social Media Followers	1573
E-bulletins	10,076
Website	4566

86% increase!

Our monthly newsletter saw an **INCREASE IN SUBSCRIPTIONS BY 11%**
742 TOTAL SUBSCRIBERS!

PROGRAMS & ACTIVITIES

4Korners offers a wide range of programs for the Laurentian English-speaking population that focus on healthy lifestyles, mental health, foster creativity, and provide support for youth, families, individuals, seniors and caregivers of the elderly.

1

NETWORKING & PARTNERSHIP INITIATIVE

A program designed to support Quebec's minority English-speaking communities in improving and maintaining access to Health and Social Services. 4Korners maintains an important partnership with the CISSS des Laurentides and our community partners to improve services. We support the community with referrals, information and resources. Through this initiative we also sponsor several LESAN committees (Laurentian English Services Advisory Network) located throughout the Laurentians.

2

SENIORS & CAREGIVERS OF THE ELDERLY

By running Senior Wellness Centers in multiple communities and providing numerous programs, activities and support centred on stimulating social interaction, improving mental/physical health, learning new skills and receiving resources and information, we aim to break isolation and improve seniors and caregiver's overall quality of life.

3

INDIVIDUAL, FAMILY & YOUTH

We provide various programs, activities and support that focus on healthy lifestyles, mental health, and parental and caregiver support. We also work to enhance the well-being and educational success of English-speaking children and youth in the Laurentians. We partner with schools to give children and youth access to a variety of enriching services.

4

ARTS & CULTURE

We provide cultural and creative community programs and activities that strengthen and enrich our minority-language community with partners collectively.

5

SOCIAL & ECONOMIC DEVELOPMENT

We work with partners in the employment sector to encourage youth to build skills with training, internship programs, entrepreneurship, and potential work placements. We offer bursaries for students in Health and Social Service through the McGill Retention Program. We are also working collectively on local social support programs such as food security.

NETWORKING & PARTNERSHIP INITIATIVE

Working together to build stronger communities.

LAURENTIAN ENGLISH SERVICES ADVISORY NETWORK

Annual LESAN Regional Exchange

This year our LESAN members from across the Laurentians gathered virtually for a presentation facilitated by a Statistics Canada statistician. 25 members participated and received valuable information in respect to the Laurentian English-speaking population.

Through a grant from the CHSSN (Community Health and Social Services Network) and Health Canada, 4Korners sponsors a network called the Laurentian English Services Advisory Network (LESAN).

LESAN committees are made up of citizens associated with community organizations, public institutions and service providers to the English-speaking community. Our volunteer members participate in various roundtables and committees, which include French partners, in their respective municipalities. They work together to identify needs and find sustainable ways to deliver services to the Laurentian English-speaking communities.

4Korners is present on over 34 tables and 32 committees with French-speaking organizations, which includes 5 regional tables, in the MRC's of Argenteuil, Pays-d'en-haut, Laurentides, Thérèse-De Blainville, and Deux-Montagnes. We also facilitate/coordinate four LESAN committees. We represent the English-speaking community for the entire Laurentian region at tables with a focus on social and economic development, mistreatments of seniors and caregivers, early childhood development, seniors and caregivers, and access to health and social services in English.



“IT IS A REALLY GREAT PARTNERSHIP WITH 4KORNERS RIGHT NOW. WE ARE WORKING WITH 4KORNERS BECAUSE WE SEE THE IMPORTANCE OF BEING INCLUSIVE TO EVERYONE.

Elise Lamarche E.D. of CJE Pay-d'en-Haut on working with 4Korners on the Conseil jeunesse table

PROGRAMME D'ACCÈS AUX SERVICES DE SANTÉ ET AUX SERVICES SOCIAUX EN LANGUE ANGLAISE

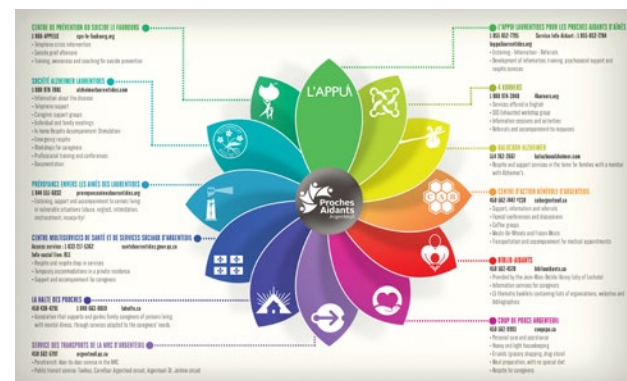
Access to health and social services delivered in English is a right conferred by Quebec's Act respecting health services and social services (Article 15):

“English-speaking persons are entitled to receive health services and social services in the English language, in keeping with the organizational structure and human, material and financial resources of the institutions providing such services and to the extent provided by an access program referred to in section 348.”

Each public institution must develop a program of access to English-language health service and social services for the English-speaking population it serves.

Success factors associated with linguistic access

- Organizational policies and procedures
- Services provided in the English language
- Co-operation among partners and organizational outreach
- Organizational support measures (documentation in English, access to interpretation services, translation, training, etc.)
- Performance, quality and risk management related to linguistic access



FLEUR DE SERVICE TRANSLATED & DISTRIBUTED IN 4 MRC'S

The fleur de service pamphlets were produced by four caregivers tables in French and then translated into English. They list local resources from all partners and are tailored to each region.

Translations

Thanks to ERCC funding we are able to produce bilingual communications while encouraging partner organizations to do the same. Some examples include:

- Universal addiction prevention program for Elementary 6 to Sec 5 in partnership with ECOL and the CISSS Launadiere
- Presentations and pamphlets of services for the Carrefour Jeunesse Emploi
- Website for teen stress and anxiety in partnership with the Foundation Andre Boudreau and the CISSS des Laurentides www.tuaslederniermot.com
- Anxiety game for counsellors to play with teens to talk about their stress and open up in partnership with the Coalition acteurs jeunesse de Deux-Montagnes.
- Multiple flyers offering services to English-speakers from partner organizations
- Elder abuse magnets (SEE ATTACHED PHOTO!)
- Resource booklet of services in the MRC Pays-d'en-Haut

SENIORS & CAREGIVERS OF THE ELDERLY



Translated advertisement for Caregivers Week in recognition of caregivers across the Laurentians.



Translated Elder Abuse Help Line Card distributed across Laurentian region.

Testimonials that warm the heart.

“I have been participating in 4Korners services for over two years and I can attest to the wonderful service provided by this organization. There are a great variety of opportunities to socialize with other members of the English community, sharing skills and learning new ones. 4Korners personnel have in recent months aided my husband and I greatly as we both faced serious medical emergencies. They were able to help us navigate through a bewildering amount of information that we needed to understand as well as helping us learn about and apply for support initiatives offered by the government. 4Korners is a vital asset to the senior citizens in the Laurentians.”

- Marion

“I just wanted to thank you for all the work you must be doing to keep the online courses going. I have been a member of 4Korners for a while but never really paid attention to what was going on. Once I found out that Josephine was giving her chair yoga courses on Zoom, I started to actually pay attention. I also take drawing lessons with Carol and now have registered for Joe Graham's lecture this coming week. That give me 3 mornings a week to do something that really interests me.

Thank you, thanks to Melanie who works really hard to keep Zoom going. It is nice to have something interesting to keep our minds healthy”

- Maureen



STAYING CONNECTED WHILE STAYING APART

A YEAR OF CHALLENGES BUT ALSO OF GREAT SUCCESS'

You can never truly replace the social interaction many seniors lost this last year as the most vulnerable in our communities, but that didn't stop our program manager for Seniors and Caregivers Melanie Wilson from trying. The painting and drawing classes quickly became a weekly staple for many seniors and I confess to getting a bit emotional when reviewing the testimonials for this article and would like them to speak for themselves. "I cannot thank you enough. You have changed my life. I don't speak lightly about this...I was so stressed about everything. Now, I feel like I can handle a lot more things. Thank you."

"Thank you so very much for your sincere interest in all of us. I can feel that you sincerely care for the participants."

"I am very glad to be part of the group! A secret is that my husband is also participating, adamantly staying off-screen and benefitting from the classes as well."

Wednesday Wellness workshops covered important topics like how to recognize and prevent senior abuse and fraud and provided whimsical learning tools like explaining the concepts of ageism through cartoons in interactive discussions. For many seniors it was the cherry on the sundae to be able to expand their knowledge on topics so relevant to their lived experiences.

And finally, the chair-adapted Yoga helped seniors stay limber and add a shot of positive energy to their day.

"I am writing to tell you how much I'm enjoying the yoga class. I have taken several yoga classes over the years (because I knew it was good for me) but this is the first class I actually look forward to, and enjoy every minute of the class. I have more energy, and find I have loosened up a little."

A tip of the cap to Melanie who suited up like a warrior going to battle with every device imaginable to walk seniors through any connection or interactive problems they may have encountered. This no doubt played a huge part in the success of the online activities and workshops.



SENIORS & CAREGIVERS OF THE ELDERLY ACTIVITIES SUMMARY

WEDNESDAY WELLNESS - AGING IN GOOD MENTAL HEALTH

In-person, MRC Deux-Montagnes
Online & Interactive via Zoom, All MRC's
9 sessions, total average of 6 participants

WEDNESDAY WELLNESS - COUNT ME IN!

In-person, MRC Deux-Montagnes
Online & Interactive via Zoom, All MRC's
8 sessions, total average of 6 participants

CHAIR-ADAPTED YOGA

Online & Interactive via Zoom, All MRC's
43 sessions, total average of 22 participants

TAI CHI

Online & Interactive via Zoom, All MRC's
36 sessions, total average of 10 participants

COMMUNITY HEALTH EDUCATION PROGRAM VIDEO CONFERENCES

Online & Interactive via Zoom, All MRC's
7 sessions, total average of 5 participants

CAREGIVERS SUPPORT GROUP

In-person, MRC Deux-Montagnes
7 sessions, total average of 3 participants

FIRST AID TIPS & TECHNIQUES

Online & Interactive via Zoom, All MRC's
1 session, 17 participants

REASSURANCE CALL PROGRAM

Volunteers call seniors at their homes to chat, have social connection and provide peace of mind to their families.
3 volunteers made 343 calls and helped 4 families.

NETWORKING & PARTNERSHIP INITIATIVE OUTREACH

Seniors across the Laurentians benefited from access to an extensive library provided by the Cummings Virtual Library.
9 community members took advantage of this opportunity.

INDIVIDUAL, FAMILY & YOUTH

SOME HIGHLIGHTS FROM THE PAST YEAR - BY ANDIE BENNETT

As 4Korners continues to grow and our lives continue to change in the wake of the pandemic, so has our organisational structure. Over the last year 4Korners has streamlined our workflow by appointing program managers who handle different sectors. The Individual Family Youth program manager is none other than long-time 4Korners employee Betty Millen.

I joked with Betty that I could not even LIST all our family and youth activities since it would eat my entire word count. From Kids Connect (a way to keep social interaction alive at the beginning of COVID) to Parents and Tots to our new forays into joining important tables and committees, Betty has a full dossier. Impossible to select just one activity she is most proud of, Betty takes pleasure in being able to problem solve pretty much anything the coordinators put in front of her. She has been in their shoes and encountered all the challenges they now face, and now finds the mentor role rewarding. As a program manager, Betty also fills out the reports to our funders which allows for a new level of work satisfaction. Nothing motivates like seeing the fruits of your labor and how you are bettering the community you serve.

Bright Beginnings programming touches the 0-6 demographic, Word Play workshops and Walk the Talk info sessions addressed an enormous gap in the help available in English for speech pathology, and 4K Kids Club to support social and emotional learning. 4Korners collaborated with the CJE Argenteuil for a presentation at LRHS outlining their available services and we hope to set up a career fair this spring.

This year 4Korners also took a seat at the Persévérance Scolaire table forging partnerships with major players like PREL (Partenaires pour la réussite éducative dans les Laurentides) and the CISSS (integrated health and social services centres) and dipping our toe into a social media challenge for Hooked on School Days. A steep learning curve for a few of us that ever so slightly age out of the Millennial generation. Everything we do is a learning process, but one thing for sure, we have an amazing professor moving us into the Ivy League of community development for youth and families.



SPECIAL GIFT FROM ONE OF OUR YOUNG MEMBERS

Jaime, our Family and Youth Coordinator received a special gift! A box full of amazing books written and illustrated by one of our talented young members. Thank you Ben!



4K TRICK OR TREAT CANDY GIVEAWAY

4Korners helped keep the Halloween spirit alive by safely distributing candy gift bags to anyone who registered from across the Laurentians. A tiny Tots Halloween party was also held.



4K KIDS SOCIAL & EMOTIONAL LEARNING

Social Emotional Learning after-school program for children in grades 4, 5 & 6 in partnership with PANDA BLSO Laurentides.



MORNINGS IN THE PARK

Our families enjoyed many outdoor adventures when the weather was warm. They explored local parks across MRC Deux-Montagnes, and the kids had fun interacting with children their own age.

INDIVIDUAL, FAMILY & YOUTH ACTIVITIES SUMMARY

WOMEN'S WELLNESS

Various topics ranging from mental to physical health are covered in these monthly workshops for women of all ages.

In-person, MRC Deux-Montagnes
Online & Interactive via Zoom, All MRC's
10 sessions, total average of 13 participants

TIPS TO LIVING SIDE-BY-SIDE COVID WORKSHOP

In-person, Deux-Montagnes
Online & Interactive, All MRC's
1 session, total of 11 participants

4K KIDS MARCH BREAK ACTIVITIES (AGES 6-12)

Online & Interactive via Zoom, All MRC's
3 sessions, total average of 31 participants

4K KIDS CONNECT

Weekday activities to help keep kids socially connected and mentally stimulated during the first confinement period.

Online & Interactive via Zoom, All MRC's
13 sessions, total average of 5 participants

KIDS YOGA

In-person, MRC Deux-Montagnes
6 sessions, total average of 2 participants

MORNINGS IN THE PARK (AGES 0-6)

In-person, MRC Deux-Montagnes
5 sessions, total average of 11 participants

WORD PLAY WORKSHOPS WITH A SPEECH-LANGUAGE PATHOLOGIST

Online & Interactive via Zoom, All MRC's
6 sessions, total average of 4 participants

BABY SLEEP WORKSHOP

In-person, Deux-Montagnes
Online & Interactive via Zoom, All MRC's
1 session, total of 5 participants

PLAY-TO-LEARN

In-person, MRC Thérèse-De Blainville
3 sessions, total average of 31 participants

TINY TOTS

In-person in MRC Deux-Montagnes
Online & Interactive, MRC Deux-Montagnes
46 sessions, total average of 12 participants

PARENTING CIRCLE

In-person in MRC Deux-Montagnes
Online & Interactive, MRC Deux-Montagnes
41 sessions, total average of 6 participants

PRENATAL CLASSES

In-person, MRC Deux-Montagnes
5 sessions, total average of 3 participants

4K KIDS SOCIAL & EMOTIONAL LEARNING

In-person in MRC Deux-Montagnes
Online & Interactive, MRC Deux-Montagnes
23 sessions, total average of 6 participants

WALK THE TALK ENGLISH SESSIONS WITH A SPEECH-LANGUAGE PATHOLOGIST

Online & Interactive, All MRC's
3 sessions, total average of 6 participants

WALK THE TALK FRENCH SESSIONS WITH A SPEECH-LANGUAGE PATHOLOGIST

Online & Interactive, All MRC's
3 sessions, total average of 5 participants

ONLINE STORY TIME

Facebook live story time for children aged 0-6
12 sessions, average amount of viewers 4

NETWORKING & PARTNERSHIP INITIATIVE OUTREACH CHILLIN' ZONE

Fun hangout spot for local teens. Local orgs provided resources and community info. Partnered with CJE, CS Laurentides, CISSS, Maison des Jeunes
MRC Pays-d'en-Haut
8 session, total average of 4 participants

MEAL DELIVERY

Partners include Café entre gens, Comité des partenaires famille des Pays-d'en-Haut
18 meals delivered to 2 community members

ONE-ON-ONE SUPPORT & REFERRALS

...because it's okay to ask for help!

Consultations privée, soutien et références
...parce que c'est bien de demander de l'aide

Contact us / Pour nous joindre
1.888.974.3940
Info@4korners.org

4korners
www.4korners.org

FREE for 4Korners' members!
GRATUIT pour les membres de 4Korners!
Membership is only \$10/year and you'll gain access to all of our free activities!
L'adhésion est en fait que \$10 par année et vous donne accès à toutes nos activités gratuites! Info@4korners.org

13 One-on-One Support calls were made to 10 participants



THANK YOU FONDS LILI HOMIER

Thank you Fonds Lili Homier for supporting the Groove project. Teens have a place to express what they are feeling by writing music and lyrics as we aim to support teen mental health in MRC Pays-d'en-Hauts and MRC des Laurentides.

FEBRUARY 15 - 19, 2021

VIDEO CHALLENGE

\$500 in prizes to be won

- Pick your favorite video challenge
- Work on it, then get recording
- Personalize your video with a sentence on school perseverance
- Post your video on social media! Be sure to @LEPREL and use the following #s: #JPS2021 #HSD2021 #pluvmotivé

HOOKED ON SCHOOL DAYS OUR ACTIONS, A+ IN THEIR SUCCESS! PREL 4korners



HOOKED ON SCHOOL DAYS - VIDEO CHALLENGE

In partnership with PREL 4Korners created a video challenge for students of all ages to show us how they persevere in school. Our winners came from Grenville Elementary school!



BRIGHT BEGINNINGS

Supporting English-speaking children and their families

The Bright Beginnings initiative is inspired by the CHSSN/NPI model and adopts many of its strategies and principles. This model emphasizes the implementation of knowledge, networking, representation, outreach and partnerships as key strategies to support local, regional and provincial partners to improve existing services for the English-speaking 0-17 population.



WOMEN'S WELLNESS WORKSHOPS

Focusing on women's mental & physical wellness

These monthly workshops bring women of all ages together to cover topics such as stress management, active listening techniques, meditation, nutrition, and more. These workshops were offered both virtually and in-person. See some of our participants above toasting to another successful session with some sparkling cider!

A FEW FLYERS FROM OUR VIRTUAL EVENTS!

4korners

Word Play Parent-Child Workshops

Become an active player in your child's language development! Learn and integrate language stimulation strategies and techniques all while playing with your child.

- Do you have a child on the waitlist for speech-language services?
- Do you have a child whose sibling has been identified as having a communication disorder?
- Does your child have factors that may impact their speech and language development?

Join us for this free series of 6 online workshops with a speech-language pathologist.

Every Tuesday & Thursday from March 9 to March 25, 2021 9 a.m. - 11 a.m.

To register contact us at: 1.888.974.3940 ext. 60 | 452-974-3940 ext. 601 | info@4korners.org

Join us on Facebook Live Wednesdays at 12:30pm

Story Time

Online Story Time Ages 0-5

4korners Canada

Kids Connect

Live online social activities for kids aged 6-9 Every Wednesday @ 11am

Join us for games, activities and chatting with friends. This series is led by a facilitator and is easy to use!

Join us on Zoom to connect live!

4korners Canada

4K kids March Break

5 free days of online fun from March 1-5! For kids aged 6-12

Monday @ 11 - PJ party/games
Tuesday @ 4:30 - Drawing class
Wednesday @ 11 - Science fun
Thursday @ 4:30 - Drawing class
Friday @ 11 - Yoga adventure

To register contact info@4korners.org or visit our events page at www.facebook.com/4KornersCenter

info@4korners.org 4korners www.4korners.org

“ WE KNEW THE COMMUNITY NEEDED US MORE THAN EVER. AS AN ESSENTIAL SERVICE WE HAD TO ACT EFFECTIVELY AND QUICKLY TO HELP SUPPORT OUR COMMUNITIES.

Stephanie Helmer, 4Korners' E.D., on stepping up to new challenges.

ARTS & CULTURE

“ART WASHES AWAY FROM THE SOUL THE DUST OF EVERYDAY LIFE.” ~ PABLO PICASSO

4Korners had wanted to expand services into arts and culture for the past three years. Quality of life and connection to arts and culture are certainly related, whether you think they are sisters or distant cousins. Although our private worlds may have shrunk due to pandemic measures, we have also had the opportunity to expand them electronically with the help of a beautiful work of art or a compelling story- including many of our local ones.

The seniors’ painting and drawing classes have proven to be a lifeline for many of our isolated seniors, as a quick glance at some of the feedback for the online classes will attest: “Thank you again for all you do, it has been a real blessing to see so many faces at this time of seeing so few in person.” “4Korners is doing wonderful work with the zoom workshops. It helps enormously for us seniors to enjoy learning something and sharing together. It fights the confinement and gives us something to look forward to.”

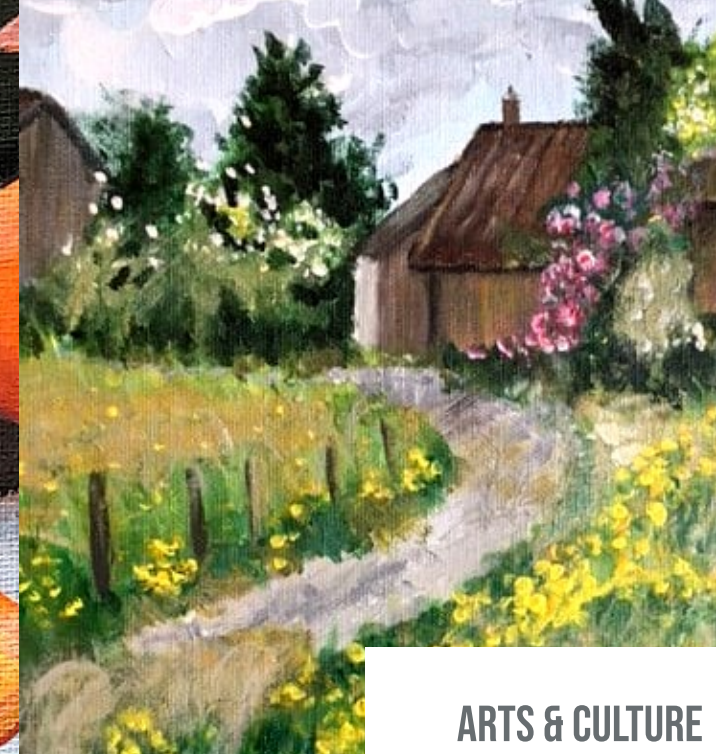
The kids’ drawing classes picked up in April of 2020 and activity coordinator Jamie Bisailon says the most popular selection for drawing are the doodle sessions where the kids get to do a basic drawing and fill the inside with doodles of their own creation. “In the best of times, it is a great outlet for kids and helps their development in many aspects. The need is even more so right now with everything that kids are going through. When they can tap into their creativity they can forget about everything going on around them for a period of time and feel a sense of accomplishment with what they have created.”

For the history buffs out there, the 4K Speaker Series has been a way to expand their knowledge about the beautiful Laurentians. The presentations were a wonderful palate cleanser for our now COVID-centric world, and the presentations live on through recordings on YouTube, much to the delight of many 4Korners members who could not attend live.

And finally, the 4Korners Live Music Sessions brought the musical stylings of so many talented local artists from their living room to yours! Originally a weekly staple at Totumos (RIP) in Deux-Montagnes, we quickly moved these to FB Live very early in the pandemic, responding to the need for a musical salve to soothe the initial shock of our new reality.

- by Andie Bennett

All paintings produced by Seniors Online Painting class participants.



ARTS & CULTURE ACTIVITIES SUMMARY

4K SPEAKER SERIES

Online & Interactive via Zoom, All MRC’s
8 sessions, total average of 37 participants

4K LIVE MUSIC SESSIONS

Featured Laurentian Talent
Transitioned to Facebook Live
26 live performances, total average of 25 viewers

4K KIDS ONLINE DRAWING CLASSES

Online & Interactive via Zoom, All MRC’s
71 sessions, total average of 20 participants

FRENCH CONVERSATION WORKSHOPS

In-person, MRC Deux-Montagnes
Online & Interactive, MRC Deux-Montagnes
25 sessions, total average of 13 participants

SAINTE-AGATHE ELEMENTARY ART WORKSHOPS

Online & Interactive, MRC Des Laurentides
3 sessions, total average of 6 participants

SENIORS ONLINE DRAWING CLASSES

Online & Interactive via Zoom, All MRC’s
49 sessions, total average of 42 participants

SENIORS ONLINE PAINTING CLASSES

Online & Interactive via Zoom, All MRC’s
26 sessions, total average of 35 participants

4KORNERS' LIVE MUSIC SESSIONS

With in-person venues closed we made the best of things and brought live music featuring local Laurentian talent directly to peoples homes on Friday nights!

4Korners' Live Music Christmas Special

Musicians came together to put on a Facebook live show with a variety of different musicians and musical genres. Our very own Executive Director joined in on the fun and welcomed viewers with a festive intro.



Not many live music shows can boast an original song, a John Mellencamp cover followed by a haunting lullaby as well as Indigenous tunes sprinkled in for good measure, but this is just the type of gem you could stumble on if you check out the 4Korners Live Music Sessions on Facebook. This particular eclectic ensemble was thanks to Celyne Gaspé (AKA Mary Tylah Mohawk), an artist from the Kanehsatà:ke Mohawk Territory who shares songs, stories and artistry from her heart.

The musicians featured have ranged from a 12-year-old with a voice that will knock your socks off to musicians in their 70s and lots in between. The goal of the evening is community building. It is about sharing the joy of music and giving musicians and fans alike an opportunity to be part of a live performance.



26 Facebook live performances were held by 4Korners featuring musicians from across the Laurentian region.

Live music SESSIONS

Presented by 4Korners



4K SPEAKER SERIES

Monthly speaker series features Laurentian historical topics, authors and more...

November 20th 2020 with author Ann Lambert presenting her New Book - The Dogs of Winter (Sequel to The Birds That Stay). 38 participants in all: 10 in-person at Chalet Bellevue in Morin-Heights and 28 on Zoom.

4K KIDS DRAWING CLASSES

4K SENIORS DRAWING CLASSES

FRENCH CONVERSATION CLASSES

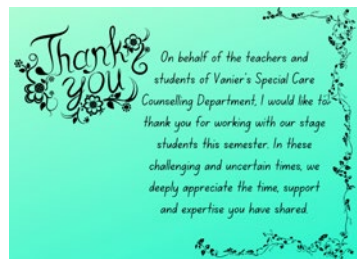
What started out as a weekly online activity twice a week to keep kids creative during the initial confinement period later transitioned to a weekly after-school event due to popular demand. Students from three elementary school daycare services (St-Jude, Morin-Heights, and Laurentian Elementary) joined us weekly as well as many new individual participants from Rosemere after McCaig Elementary shared the event with its families.

Our Laurentian community is filled with many passionate aspiring artists! Seniors tuned in weekly to get creative and learn new drawing techniques. Breaking isolation was our top priority and what better way than through the arts. Free-time following the drawing classes gave seniors the perfect opportunity to catch up with friends new and old. While nothing beats an in-person chat with coffee, we like to think this option was a close second.

This weekly course provides members with the opportunity to build confidence with their spoken French abilities without delving to deeply into spelling, etc... Classes are assembled based on participants varying skill levels. Due to the limited class sizes there is always a waiting list and what initially started as one course a week has now turned to three!

SOCIAL & ECONOMIC DEVELOPMENT

Working with partners in the employment sector to encourage youth to build skills with training, internship programs, entrepreneurship, and potential work placements.



4Korners supported two internships this past year!

One student from Vanier studying in Special Care Counseling and another from Dawson studying in Social Service.

While with us, one of our interns Leandra, a student studying Special Care Counseling at Vanier College, completed three main projects. The first was working with a senior member one-on-one with the goal of helping them foster a stronger self-esteem and mitigate a dip into depression (something that our member was worried about). There were weekly calls beginning in the second week of February. During these sessions discussions were had to help boost morale, as well as explore problem solving strategies.

The second project took place with a preschool aged child

to help them overcome some challenges and be more prepared to begin school in the Fall. There were a series of meetings in order to determine the goals followed by five sessions, each with a different objective to help with building confidence and social skills. The parent was also involved and understood the purpose of each session.

Finally a video was produced in order to help members navigate our website and online membership registration.

It was a pleasure having her work with us!

LEGAL WORKSHOPS

TAX CLINICS

In-person, MRC Deux-Montagnes
8 participants

PORTE 33

Online & Interactive via Zoom, All MRC's
1 session, 1 participant

PLANNING AHEAD WORKSHOP

Online & Interactive via Zoom, All MRC's
1 session, 8 participants

SENIORS LEGAL WORKSHOP WITH NOTARY

Online & Interactive, All MRC's
1 session, total average of 17 participants

SERVICE CANADA WORKSHOP

Online & Interactive, MRC Des Laurentides
1 session, total average of 14 participants

CAAP DES LAURENTIDES PRESENTATION

Online & Interactive via Zoom, All MRC's
1 session, total average of 21 participants

Groupe de **CONVERSATION ANGLAISE**

Hi

How are you?

Ce cours de conversation anglaise est proposé à tous les employés du CISSS des Laurentides qui souhaitent améliorer leur anglais de conversation. Il sera dirigé par un animateur et abordera des situations et des thèmes spécifiques en relation avec la santé et les services sociaux, ainsi que d'autres sujets d'intérêt.

L'initiative est indépendante du PDRH et sur une base complètement volontaire.

Veuillez contacter info@4korners.org ou appeler le 1-888-974-3940 ou 450-974-3940 poste 601 pour vous inscrire. Dates et heures à confirmer en fonction des disponibilités des participants.

Dialogue McGill Better Communication for Better Care

4korners www.4korners.org

Québec

ENGLISH CONVERSATION CLASSES

Offered to CISSS des Laurentides employees
Online & Interactive via Zoom, All MRC's
5 sessions, total average of 13 participants

HEALTH CARAVAN

Online and interactive, All MRC's
Including students from Laurentian Regional High School & Saint-Agathe Academy
1 session, total average of 114 participants

This year's virtual Health Caravan was a success! Thank you to all of our participants and the wonderful students from John Abbott College who did an amazing job presenting many important health topics!

Typically the Health, Justice and Social Services Caravan, in collaboration with John Abbott College, takes its services in-person to Lachute and Sainte-Agathe-des-Monts where approximately 500 high school students are exposed to possible career paths in the sectors represented, while also allowing community members to drop in and have various basic health tests, some of which are not regularly given at a general check-up.

While we were very pleased with this past year's virtual turn out, we look forward to continuing our in-person traveling caravan in the coming year.

Virtual Health Caravan 2021

4korners McGill Dialogue McGill Better Communication for Better Care JOHN ABBOTT COLLEGE



4KORNERS' INCOME TAX CLINIC & OUR VOLUNTEERS

Our Tax Clinic volunteers share a little with us on why they chose to donate their time and skills to their community!

"I volunteer with the Community Volunteer Income Tax Program as a way to help others in my community while using my skills in a productive way and increasing my knowledge in this field."
Michael Scott

"I've been taking these finance & accounting classes in the last few years for my personal knowledge and came to realize that I can also put it to good use. I get to do something I like for people who wish to have their taxes prepared, as it gets tricky sometimes with the verbiage and numbers! Tax time is stressful for a lot of people, I'm happy to give some relief!"
Guillaume Canuel



Key meetings and representation for the English-speaking communities continued throughout the pandemic

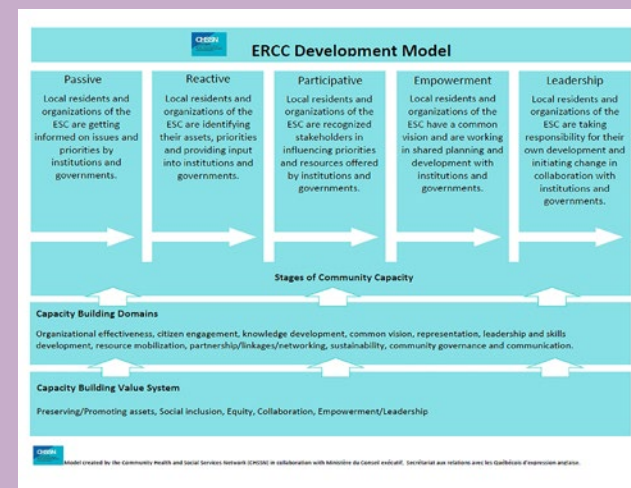
Meeting on October 8th with the Minister of Economic Regional Development, Marie-Eve Proulx; Secretariat of relations with ES Quebecers, William Floch and the Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers, Christopher SKeete.



RDN was founded in November 2019 to respond to the need for effective representation and engaged involvement in enhancing the vitality and supporting the development of English-speaking communities across Quebec that work within a defined territory.

The organizations serving these communities face multiple socio-economic challenges in fulfilling their mandates. Type-cast as 'generalist' organizations, they face funding constraints while dealing with community needs and issues in multiple sectors, within numerous jurisdictions, and in a minority language setting that is often not given recognition. In addition, many organizations must carry out their work over a large territory while serving isolated populations.

In this context, it was determined that there is a need for a network of 'regional' organizations serving the English-speaking communities of Quebec for the purposes of networking, collaboration, and representation to support the individual organizations in the work they endeavor to carry out.



ENHANCING REGIONAL COMMUNITY CAPACITY INITIATIVE (ERCC)

The CHSSN-ERCC initiative, supported by an investment from the Secretariat for relations with English-speaking Quebecers (SRQEA), supports English-speaking community organizations to expand their capacity to better represent the needs and priorities of their English-speaking populations with government stakeholders and extend the reach and scope of their activities.

ZIPLINE PROJECT

ÉMILIE HAMELIN
Youth Counsellor
450 974-1635, ext. 223
e.hamelin@qrdm.qc.ca
Émilie H Cqdm

THE PROJECT
COLLABORATION with the school team to set up a referral service to CREDM.

THE GOAL
To permit CREDM to COMMUNICATE rapidly with a student who has been expelled or has quit in order to offer the FREE services of Châteaufort jeunesse.

THE SERVICES
- INDIVIDUAL MEETINGS with the goal of encouraging educational persistence of students outside the system (e.g., reuniting work and school, developing the right skills in internships/jobs, self-organization, etc.).
- SUPPORT AND REFERRAL to the various services available in the MRC (e.g., psychologists, CSSSL, etc.).

AGES 15-19
THE NEEDS OF YOUNG PEOPLE TARGETED by this service:
- Needs related to the person (building a life plan, self-knowledge, improved perception, self-esteem, confidence, social skills)
- Needs related to their surroundings (creation of positive social links, encouragement, support, accompaniment by significant adults).

THE OBJECTIVES
TO SUPPORT students so that they do not become isolated and do not experience social exclusion.
TO ACCOMPANY students in their transition processes (e.g., employment processes, back-to-school processes, career exploration, etc.).

Partnership with:
- 4Korners
- la jeunesse Québec

Connecting English-speaking youth to provincial employability services and employment resources

An evaluation document for Phase 1 of the project was prepared by Sunita Nigam (Ph.D.) for CHSSN in June 2020; it concludes: Despite the diversity of factors affecting the employability of English-speakers across participating regions, it is possible to derive some general conclusions about this population. For example, it is possible to say that English-speaking youth throughout Quebec face unique challenges compared to their French counterparts related to employment and employability. These challenges can be explained in part by the difficulty of seeking employment in one's second language. It can also be partly explained by the challenges often involved in working in one's second language, including: a lack of linguistic and cultural skills; a lack of personal and professional confidence; the possibility of discrimination in the workplace; and, in many cases, the lack of sufficient professional and psycho-social support (or awareness of the existence of this support when available) to assist English-speakers to improve their abilities and experiences as workers.

OUR FUNDERS



OUR SUPPORTERS, PARTNERS & PROJECT SPONSORS

Agapé Deux-Montagnes
CAAP - Le Comité d'aide alimentaire des Patriotes
Carol and Gord Wetmore
Carrefour jeunesse emploi Deux-Montagnes
Carrefour jeunesse emploi – Pays-d'en-Haut
Carrefour jeunesse emploi – Argenteuil
Carrefour jeunesse emploi – Thérèse De-Blainville
Carrefour jeunesse emploi des Laurentides
Centre Omega
C.E.S.A.M.E.
Chalet Bellevue
Christie Huff
CISSS des Laurentides
City of Arundel
City of Blainville
City of Deux-Montagnes
City of Lachute
City of Morin Heights
City of Rosemère
City of Sainte-Eustache
City of Sainte-Marthe-sur-le-Lac
City of Mont-Tremblant
CLC- Community Learning Centers
Community Connections
Cynthia Pryer
Dawson College
Deux-Montagnes Lions Club
FADOQ
Fonds communautaire d'accès au micro-crédit
Fonds d'Emprunts des Laurentides
Fonds Lili Homier
Harrington Golden Age Center
Helen Ludwig
Heritage Social Club
John Abbott College
Joseph Graham
Kanesatake Health Center
La Citad'elle Lachute
L'Antr'Aidant
Laurentian Club of Canada
Laurentian Literacy Center
Laurentian Regional Cancer Support Group
Laurentian United Church
Les artisans de l'aide

Mainstreet Newspaper
Maison de la Famille Argenteuil
Maison de la Famille du Nord
Maison des jeunes Deux-Montagnes
Maison des jeunes Le SPOT
Maison des jeunes Sainte-Scholastique
Mesure alternatives des Basses Laurentides et Vallée du Nord
Municipality of Arundel
Municipality of Grenville-sur-la-rouge
Municipality of Harrington
Nourri-Source
Palliacco
PANDA BLSO
PANDA Thérèse De-Blainville
Parkinson Quebec
Persévérans Ensemble
Petite Maison Pointe-Calumet
Portail Lac2M
PREL – Partenaires Pour La Réussite Éducative Dans Les Laurentides
Prévoyance envers les Aînés des Laurentides
Regroupement de la valorisation de la paternité
Sainte-Agathe Academy
Seniors Action Québec
Sheila Eskenazi and Joseph Graham
Sir Wilfred Laurier School Board and all its schools in the Laurentians
Town of Grenville
Township of Wentworth
Vanier College
Ville de Brownsburg-Chatham
Ville de Sainte-Agathe-des-Monts

BOARD OF DIRECTORS

Peter Andreozzi - President, Private sector
Julie Piette - Vice-President, Education sector
Salinda Hess - Education sector
Adam Gordon - Community member
Gordon Wetmore - Community member
Allison Vanderboll - Community member
Martin Neveau - Private sector
Tom Whitton - Private sector
Ellen Coady Holdaway - Community member
Allison Dixon - Private sector

CURRENT TEAM

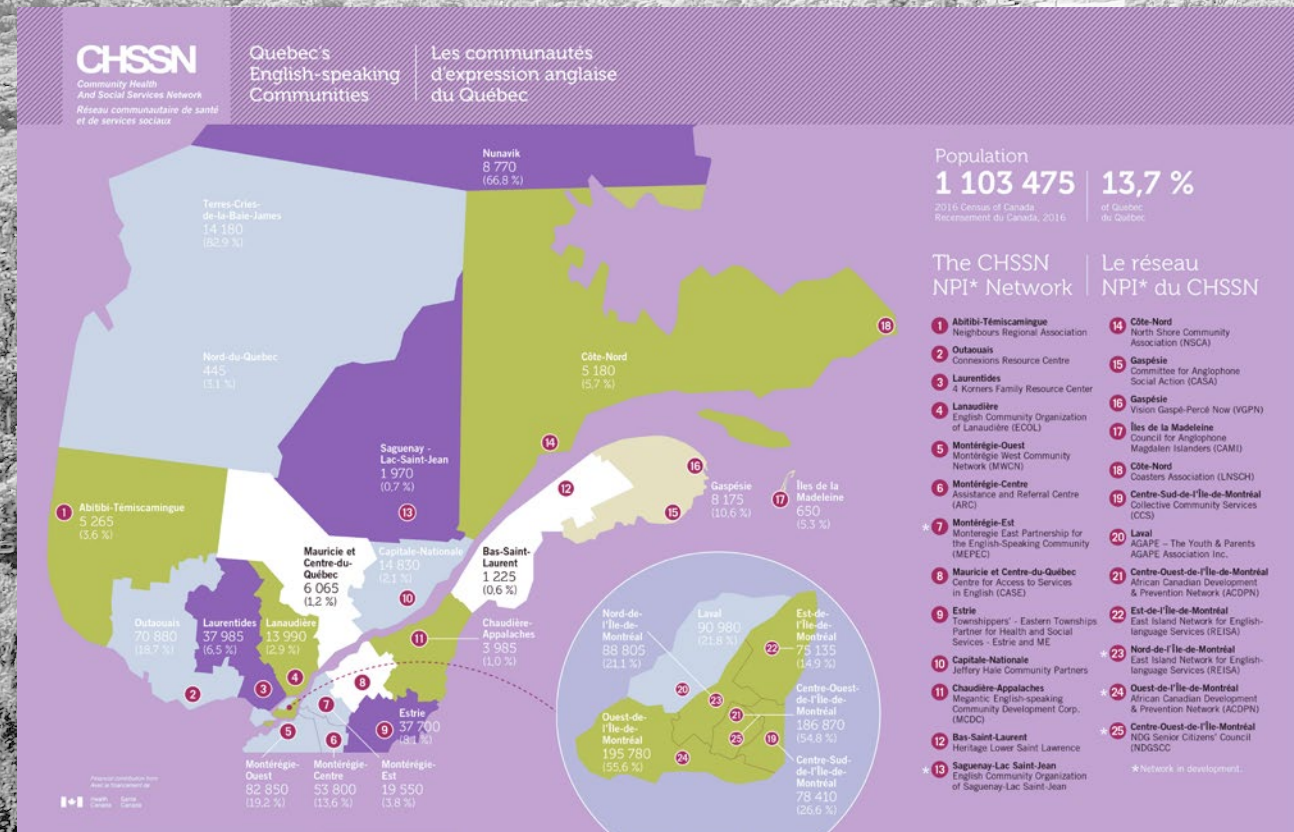
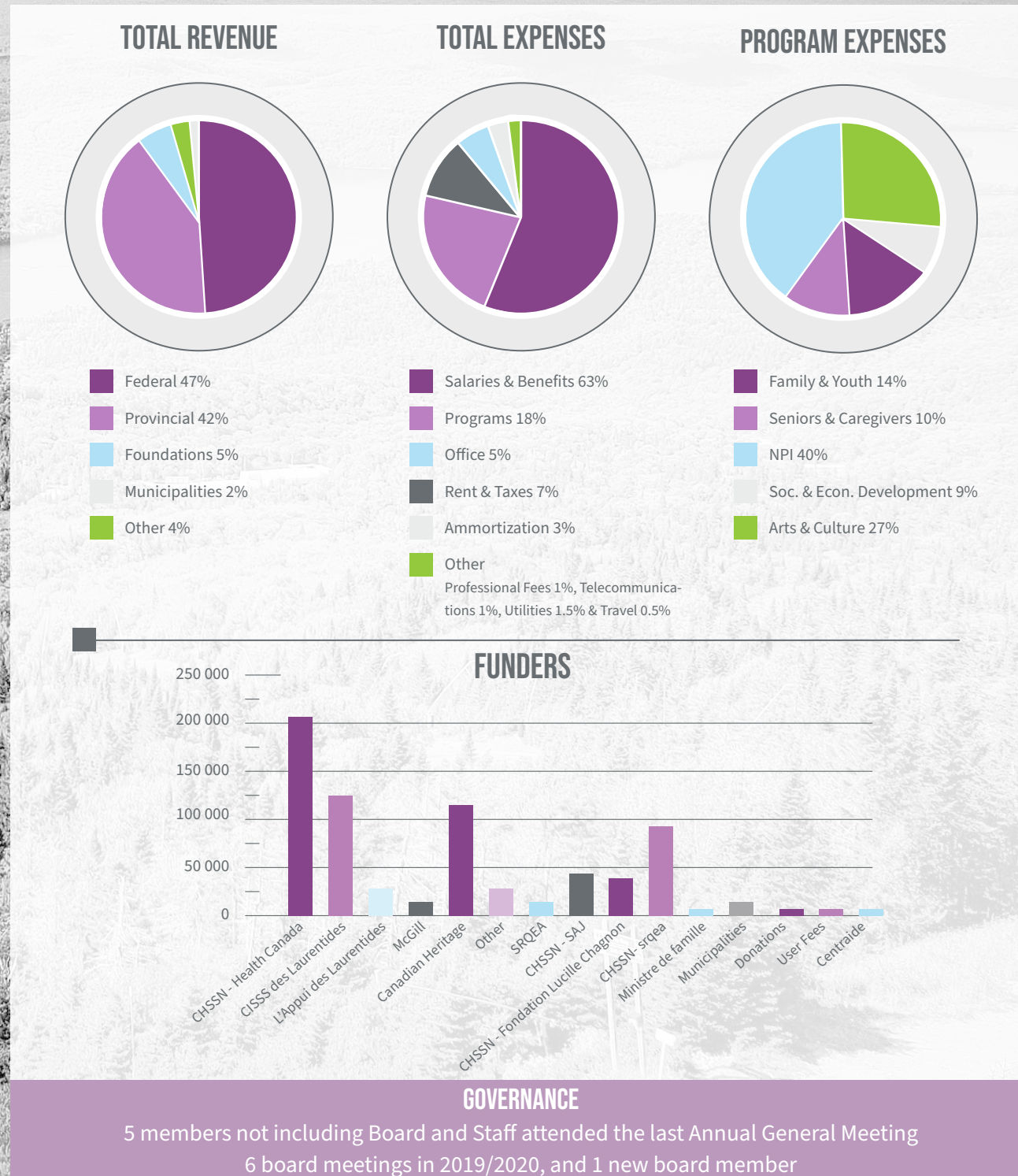
Stephanie Helmer - Executive Director
Melissa Grandmaison - Assistant Director
Rebecca Boudreau - Bookkeeper
Luz Garcia - Office Administrator
Betty Millien - Family and Youth Program Manager, MRC Deux-Montagnes
Melanie Wilson - Seniors & Caregivers Program Manager
Chloée Alary - N.P.I. Program Manager
Jaime Bisailon - Family & Youth Coordinator, MRC Deux-Montagnes & Thérèse-De Blainville
Andie Bennett - Community Development Coordinator, MRCs Pays-d'en-Haut
Josephine Piazza - Outreach Coordinator Seniors and caregivers, MRC Pays-d'en-Haut
Elizabeth Arbaud - Seniors & Caregivers Coordinator, MRC Pays-d'en-Haut and Des Laurentides
Lisa Agombar – Community Support Specialist, MRC Deux-Montagnes & Thérèse-De Blainville
Sharon Sangster - Liaison Agent, MRC Argenteuil
Cynthia David - Community Development Coordinator, Family & Youth. MRC Pays-d'en-Haut
Dino Teoli - Website
Lilia Idinarene - Family & Youth Coordinator, MRC Deux-Montagnes
Ken Duff – 4Korners Live Music Sessions Coordinator

FINANCIAL REPORT

20/21
FISCAL YEAR

2020-2021 438 ACTIVE 4KORNERS MEMBERS

“I have been very impressed by the 4korners' fiscal and other responses to the Covid-19 situation. Not only has the management of its fiscal demands and responsibilities been sound, but the organization also seems to be in a better position financially while at the same time expanding its services to members, its influence geographically, and its employee numbers and skillsets.”
Gordon Wetmore, 4Korners Board Member





Réseau communautaire des Laurentides
Laurentian community network

OUR OFFICES

Head Office

200 Henri-Dunant, Deux-Montagnes, Qc. J7R 4W6
Phone: (450) 974-3940, Toll free: +1 (888)-974-3940

Deux-Montagnes Activity Centre

1650 chemin d'Oka, Deux-Montagnes, Qc. J7R 1M9
Phone: (450) 974-3940, Toll free: +1 (888)-974-3940

Lachute Office

508 rue Principale, Lachute, Qc. J8H 1Y3
1-450-974-3940 ext. 231

Sainte-Agathe Office

195, rue Brissette, local 72
Sainte-Agathe-des-Monts, (Québec) J8C 2S4
Phone: (450) 974-3940 ext. 233, Toll free: +1 (888) 974-3940

Saint-Sauveur Office

Phone: (450) 974-3940 ext. 234, Toll free: +1 (888) 974-3940

MRC Thérèse-De Blainville 1-450-974-3940 ext. 232

MRC Pays-d'en-Haut 1-450-974-3940 ext. 234

MRC des Laurentides 1-450-974-3940 ext. 233

HOURS OF OPERATION

Monday to Thursday 9am - 4pm. Friday 9am - 12pm.
Closed 2 weeks per year in December.

www.4korners.org

