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**LAURENTIANS
4K NEWSLETTER
November 2017**



We invite all to take the pledge for Early Childhood Week:
To all little ones, our promise to you is to be with you every step of
the way... hand in hand.

A capture from the previous month at 4K



Lots of fun on apple-picking day!

Day trip for the

[Parents and Tots program](#)



Parent-child craft night

Join us for our next monthly

[Family CRAFT evening!](#)

Click for Upcoming Activities in Deux-Montagnes

An important topic:
**The Public Curator of Quebec
presents: Protection for
Incapacitation**

Monday, November 6, 2017
10:00 to 12:00 a.m.

**CHEP - Videoconference
The Changing Role of the
Pharmacist**

Ask a Pharmacist!
Wednesday, November 15, 2017
10:00 a.m. - 12:00 a.m.

Caregiver Luncheon
Week of November 13, 2017
Light lunch provided

A Fun Activity for Kids of All Ages:
Kids Paint Night!
Monday, November 20, 2017
6:30 p.m. - 7:30 p.m.



First-Aid Training



Friday, November 24, 2017

9:00 a.m. - 5:00 p.m.

\$40/person or \$25/person if you are a member of 4 Korner Family Resource Center

with Antonio Alves, certified trainer by Heart&Stroke



**Veteran's Hall
141 Chemin du Grand-Moulin, Deux-Montagnes**

To register call 450-974-3940 or email info@4kornerscenter.org



*You care for them,
we care for you.*

*Lunch & Learn***Enhancing the Quality of End of Life**

Wednesday, November 8, 2017

12 to 3 p.m. in Gore

Trinity Community Center, 2 Cambria
Road*CHEP - Videoconference***The Changing Role of the Pharmacist**

Ask a Pharmacist!

Wednesday, November 15, 2017

10:00 a.m. - 12:00 a.m.

Community Learning Center (LRHS)
448, av. Argenteuil*Caregivers Recognition Day***Home Care Services**

November 9, 2017

10:00 a.m. to 4:00 p.m.

Golf L'Oasis, 424 Rte du Nord

Brownsburg-Chatham

*Lunch & Learn - Rescheduled**from September - everyone**welcome!***What does healthy eating mean to you?**

with Katja Leccisi

Wednesday, November 29, 2017

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

Harrington Golden Age Center

259, Harrington Road



*You care for them,
we care for you.*



Click for Upcoming Activities in Rosemère

*Caregivers Day in
Rosemère*

**The Importance of
Self-Care**

Massages, guided
meditation, a light meal
and presentation of
local services.

New formula for a much loved activity

Caregiver Luncheon

Beginning the week of November 13, 2017

*A new activity for families:
Join us for all the fun with the*

1:30 p.m. - 7:30 p.m.

Rosemère Community Center
202, chemin de la Grand-Côte,
Rosemère

Starts November 20. 2017

Rosemère Community Center
202, chemin de la Grand-Côte, Rosemère



Click for Upcoming activities in the Upper Laurentians

Do you live in the Mont Tremblant area and want to know what is happening in the English-speaking community?

Click [here](#) for an example

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

lucie@4kornerscenter.org

For more links to 4 Korner programs and activities, click on the area of interest below.



Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In

logo to come to their website:



Éducaloi -

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

November 11 is Remembrance Day



Lest we forget

RENEW your membership, or DONATE to support 4 Korner activities and services.

GivingTuesday



November 28, 2017



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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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