

4 Korners
Family Resource Center

IMPACT REPORT 2018-19

English community services & support



Increasing our impact.

A message from the Executive Director and the President.



Peter Andreozzi
President



Stephanie Helmer
Executive Director

Looking back on 2018-2019

Challenge accepted! After listening last year, this year's goal was an organizational restructure and mandate expansion in the communities of the Laurentians.

4 Korner's has officially four offices in the Laurentians and a new activity centre to offer the community in Deux-Montagnes. We are continually building partnerships in both language communities that will have a lasting impact on the communities of the Laurentians.

The past year was about collaboration, trust and gathering. We are proud to say that we are working with a group of caring individuals, clubs and organizations including government. The 4 Korner's team has been dedicated to continuing the value of respect.

Our expansion and focus on Individual, Family and Youth programs received double the funding this year going directly to programming, including hands-on help in a preschool and a monthly Women's Wellness group.

Thanks to a new federal grant from Canadian Heritage, 4 Korner's was able to implement an Open mic night at a café in Deux-Montagnes, giving space to local talent of all ages in the spirit of local social and economic development.

Lastly, highlights within health and social services brought the human resources department of the CISSS Laurentides (public health agency) to our annual Health, Justice and Social Services Caravan giving the John Abbott College graduating students an opportunity to speak to a recruiter in the health sector one-on-one. We also formed a new partnership with the Centre de prevention suicide le Faubourg to offer training to the public on suicide prevention in English and to produce tools in English for support.

Looking forward to 2019-2020

4 Korner's is working on a strategic plan for the next five years that will be focusing on the mandate expansion and specific sector branches within health and social services. We will be working with partners to develop more support for mental health resources, elder mistreatment that empower the philosophy of "bienveillance", or good treatment, instead of mistreatment.

We will continue to work closely and build relationships with our French partners as well as other community partners with the goal of increasing access to bilingual health and social services, revitalizing and supporting community vitality and building strong, thriving communities in the Laurentians.

All this constant growth and learning is the success of community, partners, supporters, Board members, volunteers and staff.

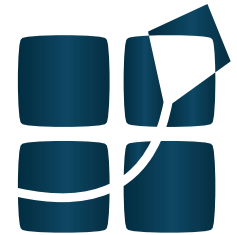
Thank you from the beautiful Laurentians on the land of the traditional and unceded territory of the Haudenosaunee (St Lawrence Iroquois) peoples; Kanien'kehá:ka (Mohawk) nation.

Respectfully,

Peter Andreozzi

Stephanie Helmer

4 Korners Family Resource Center



Our Mission

In the spirit of respect, support and empowerment, the 4 Korners Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region in accessing health and social services, information and resources in English.

Values

We believe that it is important for people who share a common language to have an accessible, affordable and comfortable place to meet, to build social support networks, exchange information and develop projects and programs for itself.

We believe that each person contributes to their own health and well-being and to that of the community.

We believe that each voice is valuable within an organization, a system or a community and therefore a strong sense of belonging and responsibility should be encouraged.

We believe that there is strength in collaboration, partnerships and networks.

We believe that healthy families are the building blocks of a healthy community.

Objectives

To promote mental and physical health by delivering programs and services to individuals marginalized by factors such as; isolation, language and other risk factors.

To provide early stimulation programs for pre-school children.

To offer programs to prevent isolation, frailty and other conditions associated with aging.

37,555

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

3585



total participants in last years various activities
34.7% increase vs last year!

855



emails, walk-ins & phone calls

309



regular users of our programs & services
60% increase vs last year!

316

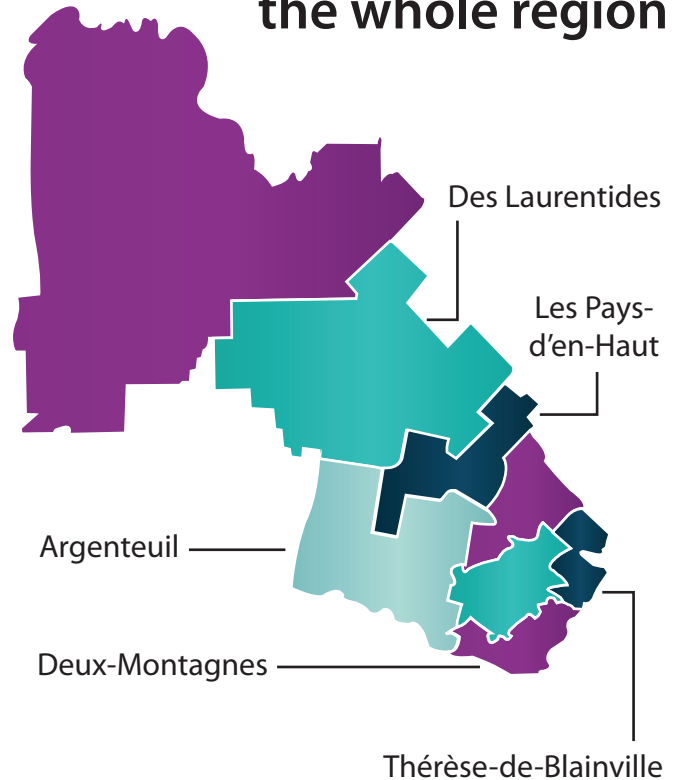


referrals to other organizations or service providers

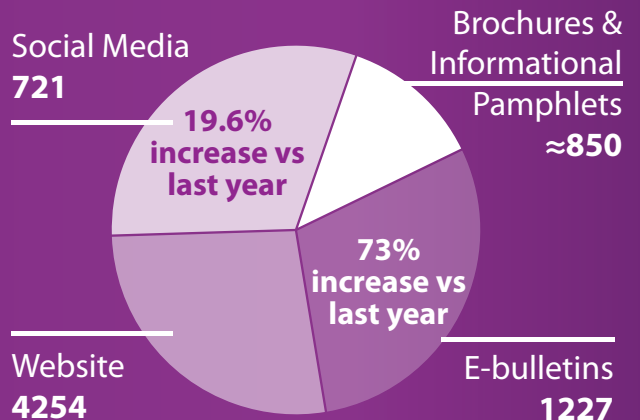
820 VOLUNTEER HOURS



We provide services in 5 MRC's & support the whole region



COMMUNICATION REACH



Our monthly newsletter saw an **INCREASE IN SUBSCRIPTIONS BY 9.1%**
586 TOTAL SUBSCRIBERS!

The Health Caravan

The Health, Justice and Social Services Caravan in collaboration with John Abbott College took services to Lachute and Sainte-Agathe-des-Monts in 2 MRC's. Over 500 high school students were exposed to possible career paths in the sectors represented. They also gained knowledge interacting with the John Abbott students.

The communities were welcome to drop in and have various basic health tests, some of which are not regularly given at a general check-up. This year the students and their teachers consulted with approximately 45 seniors.



Thank you!
CISSS des Laurentides

Centre intégré de santé et de services sociaux des Laurentides
Québec

4 Korner's has an important partnership with the centre intégré de santé et de services sociaux des Laurentides (CISSS). This year their Human Resources department was on hand at the Health Caravan with information about careers in health and social service. They shared their knowledge with the 26 John Abbott students in attendance. Thank you!

Translations & Adaptations

La Pension Auclair

A play about senior mistreatment

Caregiver Resources brochure

MRC Argenteuil & Pays-d'en-Haut

Seniors Resource Directory

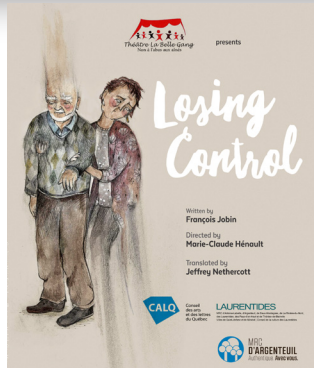
MRC Argenteuil

Mental Health Passport

resources for mental health services

MRC Argenteuil & Pays-d'en-Haut

4



A play about the burden of caregivers. Sold out performances in Lachute, and toured in Deux-Montagnes and Morin-Heights.

Health, Wellness & Legal Workshops

415 info sessions

3699 participants



25 New Gatekeepers

Trained for Suicide Prevention in the Laurentians

As part of a project to reach English-speaking people in the Laurentians, 4 Korner organized two one-day training sessions for community volunteers and workers to become Gatekeepers (Sentinels). This service is important because suicide is a serious problem in this province and in the Laurentians. According to a report by the Quebec Institute of Public Health in 2012, the suicide rate in Quebec was 18.9 suicides per 100,000 people, significantly higher than the national rate of 16.0, while the Laurentian region's suicide rate was 15.6 suicides per 100,000 people, lower than the provincial average but still too high. While progress has certainly been made since 2012, the English community in the Laurentians was an area underserved and 4 Korner is working to counter this trend.

We trained community members to become Gatekeepers; a Quebec network of community members whose goal is preventing suicide and assisting vulnerable people. In total, 25 community members were trained by the Centre de Prévention de Suicide le Faubourg during two sessions. The one-day courses covered important topics such as how to detect when someone is vulnerable to suicide and how to actively encourage them to request help, along with a practical component where the trainees participated in different role-playing scenarios. This allows for these newly trained Gatekeepers to be the link between mental health professionals and the community, to guide people who are using the community resources and who need assistance. This training represented an important opportunity to counter misconceptions around suicide, its causes and the people affected by it.

These training sessions would not have been possible without the Centre de Prévention de Suicide le Faubourg. They are the primary suicide prevention centre for the Laurentians and offer a 24-hour crisis phone line as well as support for Gatekeepers. This project is one of many initiatives that 4 Korner has undertaken within its mission of adapting programs and bringing help to the Laurentians' English-speaking community to improve access to health and social services.



Suicide Prevention Training

Become a Sentinel

A Quebec network of community members working towards the goal of preventing suicide and assisting vulnerable people. 4 Korner Family Resource Center has invited Le Faubourg to offer its training, in English, to people who are working or volunteering in their community and who reach a vulnerable clientele, whom are often at risk and/or socially isolated. Participants must be 18 years and older to become a sentinel.

The training introduces you to suicide prevention and covers the following objectives:

- Identify how values and beliefs have an influence;
- Detect when someone is vulnerable to suicide;
- Identify if someone has suicide ideas;
- Learn how to gather information and determine if the person has a plan;
- Actively encourage a request for help;
- Communicate the information to the appropriate resource;
- Understand and know your limits as a sentinel.

Date: Friday, April 12th, 2019 from 8:45 a.m. to 5:00 p.m.
Location: L'Oasis de L'île (25 Chemin des Îles-Yale, Saint-Eustache, J7P 5M6)
Special Notes: Lunch and spa access included

Space is limited, register through atoundjian@gmail.com or phone (514)799-5458



CENTRE
PRÉVENTION SUICIDE
FAUBOURG
25 ANS D'ESPOIR

Making a difference in the Laurentians

LESAN'S mission is to improve access to English health and social services while also supporting the vitality of English-speaking communities across the Laurentians.



LESAN

LESAN works with the CISSS (public health) to support Quebec's English-speaking communities by improving and maintaining access to Health and Social Services in English.

A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities. The views expressed herein do not necessarily represent the views of Health Canada.



 Santé Canada Health Canada

Networking & Partnership Initiative

Through a grant from the CHSSN (Community Health and Social Services Network) and Health Canada, 4 Korners 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.

4 Korners is present on 33 different tables or committees with French-speaking organizations in the MRC of the Laurentians: 5 tables in MRC Argenteuil; 5 tables in MRC Pays-d'en-haut; 4 tables in MRC Laurentides; 3 tables in MRC Thérèse-de-Blainville; 12 tables in MRC Deux-Montagnes; 5 Regional tables. We also facilitate/coordinate 4 LESAN committees.



The English Link

Carolynn Roberts

joins the Provincial Committee for the Provision of Health and Social Services in the English Language

By Jill Grumbache

On August 14, 2018, the Minister of Health and Social Services, Gaétan Barrette, and Kathleen Weil, the Minister responsible for Access to Information and the Reform of Democratic Institutions and Minister responsible for Relations with English-Speaking Quebecers, announced the composition of the new Provincial Committee for the Provision of Health and Social Services in the English Language.

To better represent the English-speaking communities in Quebec, the 11 positions on the new committee correspond to regional profiles that meet the following requirements: four members residing in the territories of Montreal and Laval, including at least three residents of Montreal; a member residing in Montérégie; a member residing in Estrie; a member residing in Outaouais; and four members from other regions of Quebec. The process for the selection of committee members was the responsibility of the English-language Quebec Community Groups Network and the Community Health and Social Services Network.

The Provincial Committee for the Provision of Health and Social Services in the English Language will represent the English-speaking population of all of Quebec and provide advice on the provision and quality of services offered in English.

All 11 members of the new committee serve in a personal capacity. They do not represent an organization or a social or political group. This is intended to prevent any conflicts of interest. Members are appointed for three years, and their mandate can be renewed only once.

The person selected for the committee to represent our Laurentian Region is Carolynn Roberts. Carolynn has extensive knowledge of the education and healthcare systems from her experiences as an administrator and educator with the Sir Wilfrid Laurier School Board. She also collaborates with health and social services and various community groups. She has diverse experience sitting on a wide variety of strategic planning, policy, and guideline committees. Carolynn is a member of the LESAN and other important tables in the region, is a Board Member of 4 Korner's Family Resource Center, President of Theatre Morin Heights, and currently serves as the Project Development Officer of Early Transitions for the Sir Wilfrid Laurier School Board.

"I was enthusiastic to apply and pleased to have been chosen to be a member of this committee. As a full-time resident and educator/administrator in the Laurentians for 14 years, I have witnessed systems that have been put in place that have not been user-friendly, and which have actually prolonged wait times and impeded access to services for much of the population, not only anglophones. These systems have been bureaucracy-heavy and do not seem to have been established after appropriate consultation with the population. This needs to change."

For information see <http://www.msss.gouv.qc.ca/en/ministere/saslacc/comite-provinciale-langue-anglaise/> or the committee secretary, Mr. Iannick Martin at 514 873-2292.



PROGRAMS & TRAINING THAT BRING PEACE OF MIND TO THE WHOLE FAMILY

SENIORS WELLNESS

Gore lunch and learns

2 sessions , 7 participants/session

Chatham-Brownsburg and Lachute (winter)

10 participants/session

Harrington

20 sessions, 11 participants/session

Deux-Montagnes

15 sessions , 8 participants/session

REASSURANCE CALL PROGRAM

Volunteers call seniors at their homes to chat, have social connection and to give their families peace of mind.

4 volunteers made 844 phone calls in 2018-19, and helped 6 families.

SUICIDE PREVENTION TRAINING

2 sessions, 25 participants

MRC Deux-Montagnes

Individual Phone Call & Drop in Support

128 sessions

Caregivers & Seniors Breaking the Solitude

No one should go an entire week without speaking to another human being. Especially not some of the most vulnerable members of our community. For seniors, this is far too common a reality. With a lack of social interaction for seniors, isolation and loneliness begins to take root. Cosy Corner is a senior outreach program run by Morin Heights United Church and is looking to break this trend in the Pays d'en Haut. 4 Korner's wants, not only to support, but also act as an information hub to facilitate access to these types of programs. On a visit to their Tuesday afternoon gathering filled with games and conversation, the stories were heart-breakingly similar. A lost partner, inevitable retirement from a fulfilling career, loss of autonomy and very little on offer, in English, to help with this massive life change that we may all experience one day. What impact can a card game have, you may ask? "The loneliness was gone." says 91 year old Elizabeth Selka who until a month ago was still driving her own car due to her limited transportation options. Cosy Corner gives her a reason to get up, get dressed and reclaim the satisfaction of simply doing things. After 20 years of volunteer work, she is now on the other side and we need to make sure she still has a reason to put on her flowered dress, snap on the pearls and continue to be an active member of society. For many seniors this requires developing a new social network, learning new skills like how to take on duties previously handled by a late spouse, or finding people that you can call in a pinch. 4 Korner's is proud to help our seniors face these challenges and ensure they do not have to do it alone.

A day in the life of a caregiver...

Have you helped your neighbour or a family member that is caring for someone lately? Did you know that isolation and burn out is common amongst those taking care of someone? Many hours per week are spent caring for these family members (median of 14 hours for spouses and 10 hours for children). Caregivers perform a range of tasks in caring for their family member or friend. Listed across are the tasks most commonly reported.



73%
Providing
Transportation



51%
Housework



45%
Home
Maintenance

Statistics Canada



31%
Scheduling
Appointments



27%
Managing
Finances



23%
Medical
Treatments



22%
Personal
Care

WE HELPED 65 CAREGIVERS IN 2018-19!

Activities for Seniors & Caregivers

Stand Up - Balance Program

Partnered with the CISSS
Argenteuil - 20 sessions, 12 participants

Tai Chi

Deux-Montagnes - 27 sessions, 8 participants
Argenteuil - 3 sessions, 12 participants

Nel's Yoga

Deux-Montagnes - 46 sessions, 21 participants

Jog Your Mind

Deux-Montagnes - 10 sessions, 9 participants
Argenteuil
Harrington - 10 sessions, 9 participants
Brownsburg-Chatham - 10 sessions, 10 participants

Chair Yoga

Argenteuil - 10 sessions, 9 participants

Foot Care

By appointment with a podiatrist
Argenteuil - 5 sessions, 2 participants/session

Meditation & Relaxation

Argenteuil - 4 sessions, 9 participants

Ipad Course

Argenteuil - 4 sessions, 7 participants

Walking Group

Deux-Montagnes - 19 weeks, 10 participants

Scrapbooking

Memory & Fine Motor Training
25 weeks, 21 participants

B4

Wednesday, April 4, 2018

The Review.ca

Seniors have the opportunity to participate in a new program, thanks to New Horizons

With support from CISSS, 4 Korners Family Resource Centre, the Municipalities of Harrington and Grenville-sur-la-rouge, and many community organizations, the Club d'âge d'Or d'Harrington has been given a grant from New Horizons for Seniors Program so that a weekly, professionally-run program of activities and services for Anglophone seniors in the area will become reality.

On Friday, March 2, a community supper took place and this new endeavour was launched.

The New Horizons for Seniors Program promotes positive aging by supporting seniors' volunteerism and encouraging seniors to play an active role in their communities. This innovative program enhances seniors' social well-being and enables them to maintain social ties and share their knowledge, skills and experience with others.

The Club d'âge d'Or d'Harrington is receiving \$19,567 for their project, Rouge Valley Days, funded through the New Horizons for Seniors Program (NHSP). The project will provide seniors with a variety of activities such as arts and crafts classes, computer classes and seminars on a weekly basis. Besides arts and crafts and other diversional programs, there will be some professional services made available with support from CISSS Laurentides; this may include programs given by a nurse, dietician, physiotherapist or social worker and the programs may be given individually or in small groups.

WHO RUNS THE PROGRAMS?

In partnership with 4Korners Family Resource Center, a professional coordinator has been hired one day a week to oversee the program. It is this person who will find other professionals who can offer a variety of programs and services to seniors in small groups

or on an individual basis.

WHAT PROGRAMS ARE INCLUDED?

With the help of an Advisory Committee who are all volunteers from local community organizations, there are programs for individuals and small groups. There is a respite program that will support family caregivers for 8 hours, once each week that will increase socialization and stimulation for those who may be isolated in their own homes. There are programs scheduled throughout the day that focus on particular needs – physical, mental, emotional and spiritual.

Programs include and are not limited to: Creative Journaling; Document Assistance; Healthy Eating for 1 or more; Meditation; Stand-up – Balance Program; "Jog Your Mind"; Book Club; Lunch & Learn; Therapeutic Foot Care; Computer Courses; War Years in the Rouge Valley; Cafe Partage – Groceries and Fresh Fruit & Veggies.

The programs and services will be held at the Harrington Golden Age and are scheduled on each Thursday between 8 am and 4 pm starting on March 15, 2018 until early in 2019. There will be a holiday period during the summer months and over the Christmas holidays.

An ongoing schedule of services will be available.

There is no charge for most programs. Participants may be asked to supply their own materials or pay a small fee to cover the cost of the required materials for the program. Individuals receiving private services will be responsible for any fees charged by the professional giving the service.

Lunch will be available at a cost of \$5.00 for those enrolled in the full day program and any others who care to join us.



In March, Rouge Valley Days held its inaugural meeting. Above (left to right) are: Tom Arnold, Mayor Grenville-sur-la-Rouge; Jacques Parent, Mayor of Harrington; Deedy Shipton, President Harrington Golden Age; Stéphane Lauzon, MP Argenteuil-La Petite Nation; Marc Carrière, Director General & Secretary Treasurer, MRC Argenteuil. Below (left to right,) are: Melanie Wilson, Coordinator for Rouge Valley Days Programs, and Stephanie Helmer, Executive Director, 4 Korners Family Resource Centre.



INDIVIDUAL, FAMILY & YOUTH

Kids, Let's Talk

MRC Laurentides
8 sessions, 32 participants

Parents & Tots

MRC Deux-Montagnes
19 sessions, 11 participants

Craft Nights

MRC Deux-Montagnes
6 sessions, 26 participants

Playgroup

MRC Thérèse-de-Blainville
22 sessions, 9 participants

Park Days

MRC Thérèse-de-Blainville
18 sessions, 9 participants

Womens Wellness Group

MRC Deux-Montagnes
7 sessions, 4 participants
MRC Laurentides
4 sessions, 6 participants

A League of our Own

This program was created and run by an intern studying in Social Service at Dawson College. Activities were geared towards children aged 0-5 and their parents.
MRC Deux-Montagnes
14 sessions, 6 participants

Preschool Reading Support Program in MRC Laurentides

4 Korner's funded a specialised educator to help children with special needs in language/reading at the preschool at Sainte Agathe Academy. The goal of this intervention was to facilitate language development in a bilingual preschool classroom using evidence-based practices such as dialogic reading. The facilitator visited the classroom twice per week for 2-3 hours, and is currently completing a master's degree in Child Studies (Education). The facilitator implemented practices such as dialogic reading, posing conversation eliciting questions, and modelling language. The facilitator worked closely with the classroom teacher and special-needs classroom attendant. Phonological awareness was increased by implementing targeted sections of evidence-based programs such as Lively Letters.



Parent-Teacher Night

4 Korner's was on hand at Sainte Agathe Academy in MRC Laurentides to make pizza with families while also providing on-site daycare for parents to attend their children's parent-teacher interviews. It was an amazing success! Attendance jumped from just one family the previous year to an astounding 40 families!



Social & Economic Development



Canadian Heritage

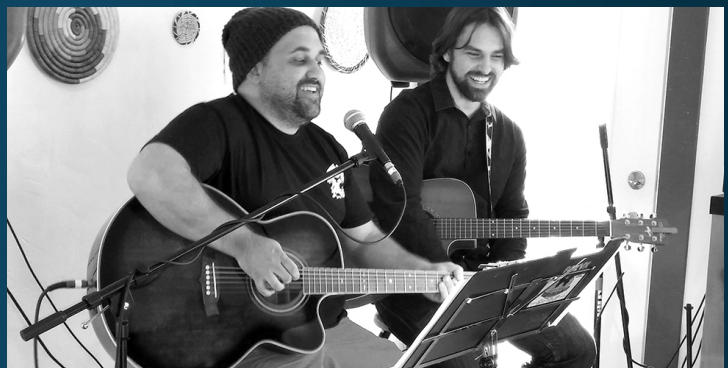
Patrimoine canadien

Helping communities thrive!

Open Mic in Deux-Montagnes brings community together to listen to and play music. This intergenerational initiative aims to improve community vitality, as well as give a space to youth leaders. It's also a great way to support the local economy. "A wonderful mix of generations and music locally. So needed here" said one of the many weekly spectators.

Last year we had 58 unique performers, with their ages ranging from 13 to 55 years old. 15 local students from Lake of Two Mountains High School also benefited from this experience. Every Friday musicians performed to a full house!

Open Mic ran for 41 Fridays. It's open to all community members, and we are excited to see what amazing artists will grace the Open Mic stage next year! Thank you Canadian Heritage for your funding and support.



Ukulele Classes After-school program in partnership with Mountainview Elementary
3 age groups, 10 week program, 27 students participated

COMMUNITY DEVELOPMENT

Mural Project

With funding from Canadian Heritage, 4 students from Lake of Two Mountains High School created a mural for the 4 Korners common space with a local artist Cecile Bouchard.



Community Fun Day

A community event organized by the LESAN committee. Local organizations presented services offered in both English and French. 19 organizations were present.

Journée des Parcs

In Deux-Montagnes

Paint Night

37 participants



OUR FUNDERS



RASSEMBLER
POUR AIDER • AIDER POUR
RASSEMBLER



Special thanks to our Supporters, Partners and Project Sponsors

Agapé Deux-Montagnes
Arundel Elementary School
Bombardier – donated Christmas gifts to kids.
Carol and Gord Wetmore
Canadian Heritage
C.E.S.A.M.E.
Cafe Totumos
Cal-en-Bourg 0 -5
Catholic Women's League of Canada
Centre d'Action bénévole solidarité Argenteuil
Centre d'entraide Racine-Lavoie
Centre Prévention Suicide le Faubourg
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
Comité d'abus Deux-Montagnes
Comité de parents Deux-Montagnes
Comité des proches aidants Argenteuil
Comité des proches aidants Deux-Montagnes
Comité des proches aidants Thérèse De Blainville
Community Learning Center Morin Heights
Community Connections
Community Learning Center Lachute
Community Learning Center St-Agathe
Coop Bon-Ménage
Coop Coup de Pouce Argenteuil
Deidre (Deedy) Shipton
Deux-Montagnes Lions Club
Deux-Montagnes regional police
Fonds communautaire d'accès au micro-crédit
Fondation Médicale Pays-d'en-Haut des Sommets
Fonds d'Emprunts des Laurentides
Harrington Golden Age Center
Health Canada
Heritage Social Club
John Abbott College
Kanesatake Health Center
L'APPUI des Laurentides
La Citad'elle Lachute
Lake of Two Mountains High School

L'Antr'Aidant
Laurentian Club of Canada
Laurentian Elementary School
Laurentian Literacy Center
Laurentian Regional High School
Laurentian United Church
Le Carrefour Peri-naissance et familiales
Les artisans de l'aide
Mainstreet Newspaper
Maison de la Famille Argenteuil
Maison de la Famille du Nord
Maison des jeunes Deux-Montagnes
Maison du Citoyen Deux-Montagnes
Maltraitance committee
Margaret Rodger Memorial Presbyterian Church
Maxi St-Marthe-sur-le-Lac
Morin-Heights Elementary School
Morin-Heights Chalet Bellevue
Mountainview Elementary School
Municipality of Grenville-sur-la-rouge
Municipality of Harrington
Palliacco
PANDA BLSO
Parkinson Quebec
Petite Maison Pointe-Calumet
Portail Lac2M
Prévoyance envers les Aînés des Laurentides
Quebec Community Groups Network
Québec en Forme Argenteuil
Sainte-Agathe Academy
Seniors Action Québec
Service Canada
Sir Wilfred Laurier School Board
Sound Life Scholarship
Sûreté du Québec
Table Consultation Régional Aînés Laurentides
Table 0 -6 Pays-d'en-Haut
Table 3e âge Deux-Montagnes
Table 3e âge St. Thérèse-de-Blainville
Table de concertation de Rosemère
Table jeunesse 6-12 Deux-Montagnes
Table de jeunesse des Sommets
Tandem 0 -6 Deux-Montagnes
The Lodge of Two Mountains
Ville de Brownsburg-Chatham
Ville de Sainte-Agathe-des-Monts

Governance

- 17 members not including Board and Staff attended the last Annual General Meeting
- 6 board meetings in 2018/2019, and 2 new board members
- 135 members renewed or joined by paying the annual fee in 2018/2019

Board of Directors

Peter Andreozzi - President, Private sector
Julie Piette - Vice-President, Education sector
Salinda Hess - Education sector
Gertrude Dore - Volunteer Coordinator, Community member
Linda Draycott - Community Member
Carolynn Roberts - Education sector
Joanne Bradley - Community member
Janet Murphy - Private sector
Martin Neveau - Private sector
Tom Whitton - Private sector

Current Team

Stephanie Helmer - Executive Director
Melissa Grandmaison - Assistant Director
Joyce Piette - Bookkeeper
Jennel Bear - Website Coordinator
Lucie De Vido - Communications Coordinator
Betty Millien - Community Health Coordinator, MRC Deux-Montagnes
Caitlin Sigouin - Individual & Family Support Specialist, MRC Deux-Montagnes and MRC Thérèse-de-Blainville
Carla Geraughty - Program Coordinator, MRC Deux-Montagnes
Lilia Idinarene - Family & Youth Coordinator, MRC Deux-Montagnes
Nancy Martin - Seniors & Caregivers Coordinator, MRC des Laurentides
Andie Bennett - Community Development Coordinator, MRCs Pays-d'en-Haut and MRC des Laurentides
Josephine Piazza - Seniors, Family & Youth Coordinator, MRC Pay-d'en-Haut and MRC Argenteuil
Laura Young - Family & Youth Coordinator, MRC des Laurentides
Joanne Lamarre - Family & Youth Coordinator, MRC des Laurentides
Melanie Wilson - Seniors & Caregivers Coordinator and Specialized Educator, MRC Argenteuil
Michael Fitch - Sound Life Charity and 4 Korner Open Mic Coordinator

Contact us:

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1-450-974-3940 ex. 231

Sainte-Agathe Office 121 rue St. Vincent, bureau 202

Sainte-Agathe-des-Monts, Qc. J8C 1X2

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

Saint-Sauveur Office 200 rue Principale, bureau 4

Saint-Sauveur, Qc. J0R 1R0

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

By appointment only:

MRC Therese-de-Blainville 1-450-974-3940 ex. 232

MRC Pays-d'en-Haut 1-450-974-3940 ex. 233

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

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

