



IMPACT REPORT 2021-2022



Our reality is the one that we live in **at the moment**

It would be dishonest to say that this year was not challenging. It was another year of adapting to our reality and navigating constant uncertainty and change. If we have learned anything about the past two years, it is that embracing change and being agile is the key to organisational resilience.

The degree of social impact is how the well-being of a society is measured. The focus that our mandate puts on community and advocating for services for all directly feeds into this impact.

Our Family and Youth team rose up to the challenge this year! They went into the schools, parks, and communities to connect with people again. Our on-site presence at a high school and elementary school in both Deux-Montagnes and Blainville has grown and contributed to key mental health support for students. Our partnership with the Sir Wilfrid Laurier School Board will bring an addiction prevention program in partnership with the CISSS des Laurentides in the fall of 2022.

We will strive to support the mental health of our best generation to come.

Our Seniors team is slowly building back up the wellness centres in our region to offer in-person activities again, yet the hybrid model remains so that activities can continue to be inclusive for all by providing an opportunity to enjoy the workshops regardless of location, logistics, and caregiving responsibilities.

The Living Without Violence Project was successfully launched under the expertise and guidance of ACCROC and PAIX. Three support groups for men are currently running.

A fourth satellite office was opened that had been delayed due to the pandemic in May 2022 in Ste. Thérèse that is specialised around early childhood activities.

We also had fun with our CBC Charity Drive exposure at Christmas where 4Korners and our communities were highlighted on CBC Radio Quebec/Montreal and featured on the CBC website.

We will continue with preventive health activities (e.g. outdoor fun, skills-building, and creative activities). We have a saying on our team “Fund the Fluff” from the number of times many of our activities have been dismissed as fluff. Yet, this is anything but fluffy stuff. This important work is what makes a society and a community healthy.

It is what is needed to minimize risk of suicide, addiction, mental illness, and isolation. It is what keeps people out of the health system, increases longevity and overall happiness. It is why community organisations exist.

We reached further into our communities and will continue into 2022-2023 thanks to organisational capacity resources from our key partners and funders.

4Korners is a human services organisation. We focus on our mission and how to effectively serve in response to the mandate of 4Korners. We continue to partner with other organisation's mandates to achieve collective impact. Our team guides people through health, social service and other government systems and resources daily. It takes dedication, compassion, and accountability.

To deliver human services while working behind the scenes on advocacy and policy change while also delivering services in a professional manner requires a certain level of organization, knowledge, professional commitment, and time. The administration that is behind our work contributes to the funding development at government level, it comes back into our mission and directly into our services to the community. Decisions are based on data from needs assessments, community consultations, surveys, demographic analyses, evidence-

based research and other knowledge gathered.

It is time to rethink the value in all types of work in a community organisation and see how every role contributes to the greater good if objectives are being met. Non-profits need to step up and be proud to say that we spend money on salaries to make an impact and that we care about our staff as humans, while paying and treating them well.

Stephanie Helmer
Executive Director



Peter Andreozzi
President



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.

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.

VISION

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

4KORNERS' VALUES



INCLUSION

We value diversity and appreciate that every individual is unique.



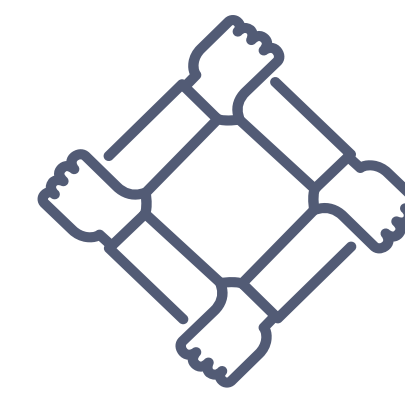
DIGNITY

We recognize that all human beings are worthy of respect.



EQUITY

We believe that every individual deserves access to the same opportunities.

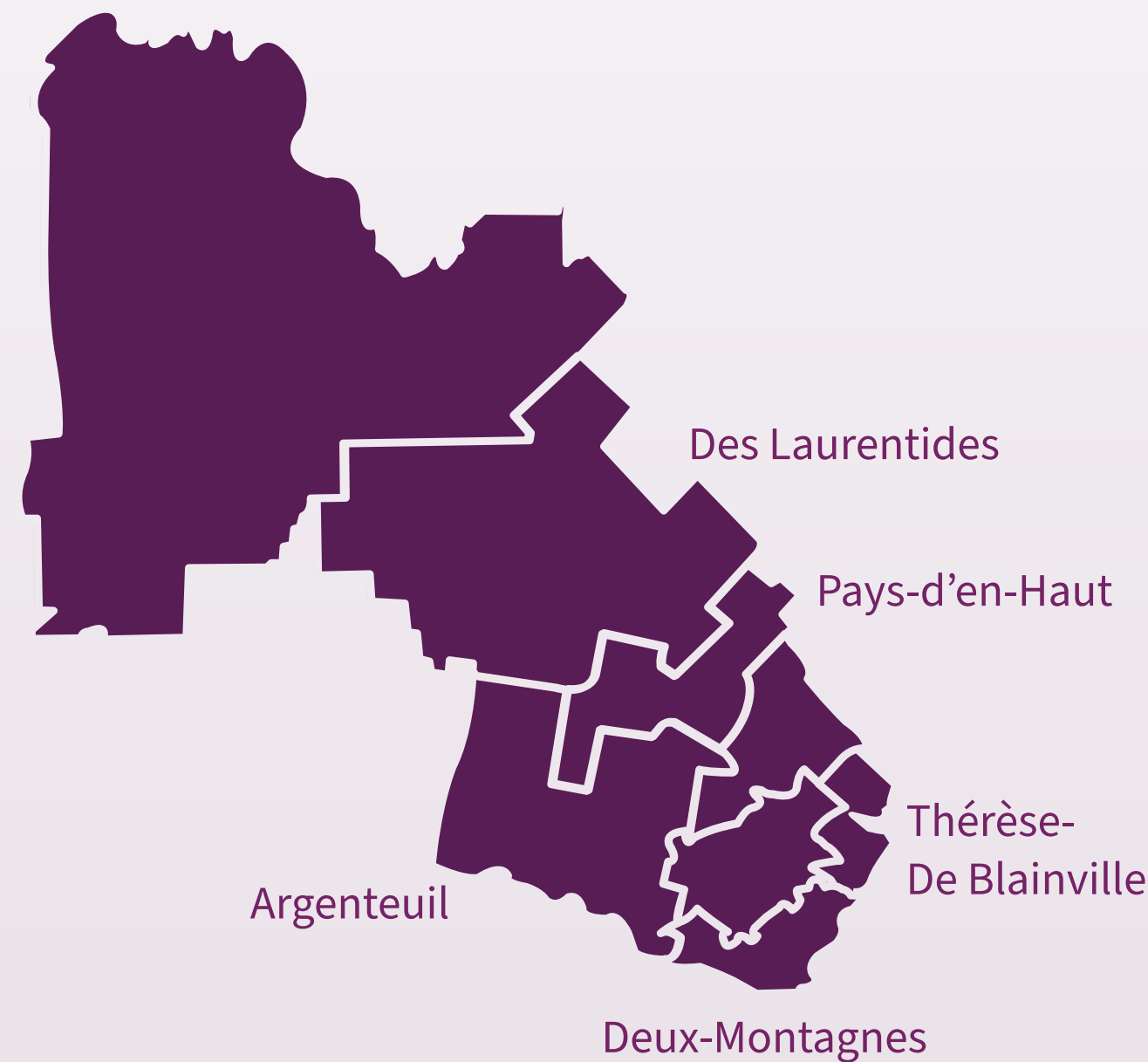


ACCOUNTABILITY

We value a culture of open collaboration while respecting commitments made to ourselves and others.

4KORNERS AT A GLANCE

We serve the 37,555 English-speaking community members of the Laurentians



4Korners provides services in five MRC's

1824 

Total participants in last years various activities.

989 

Regular users of our programs and services.

Newsletter Subscriptions increased by 62%

Our monthly newsletter saw a large jump in subscriptions this past fiscal year. On March 31st, 2021 4Korners had a total of 742 subscribers. Our total audience on March 31st, 2022 is now at 1201 subscribers.

1310 

Check-in & support calls to 4K members

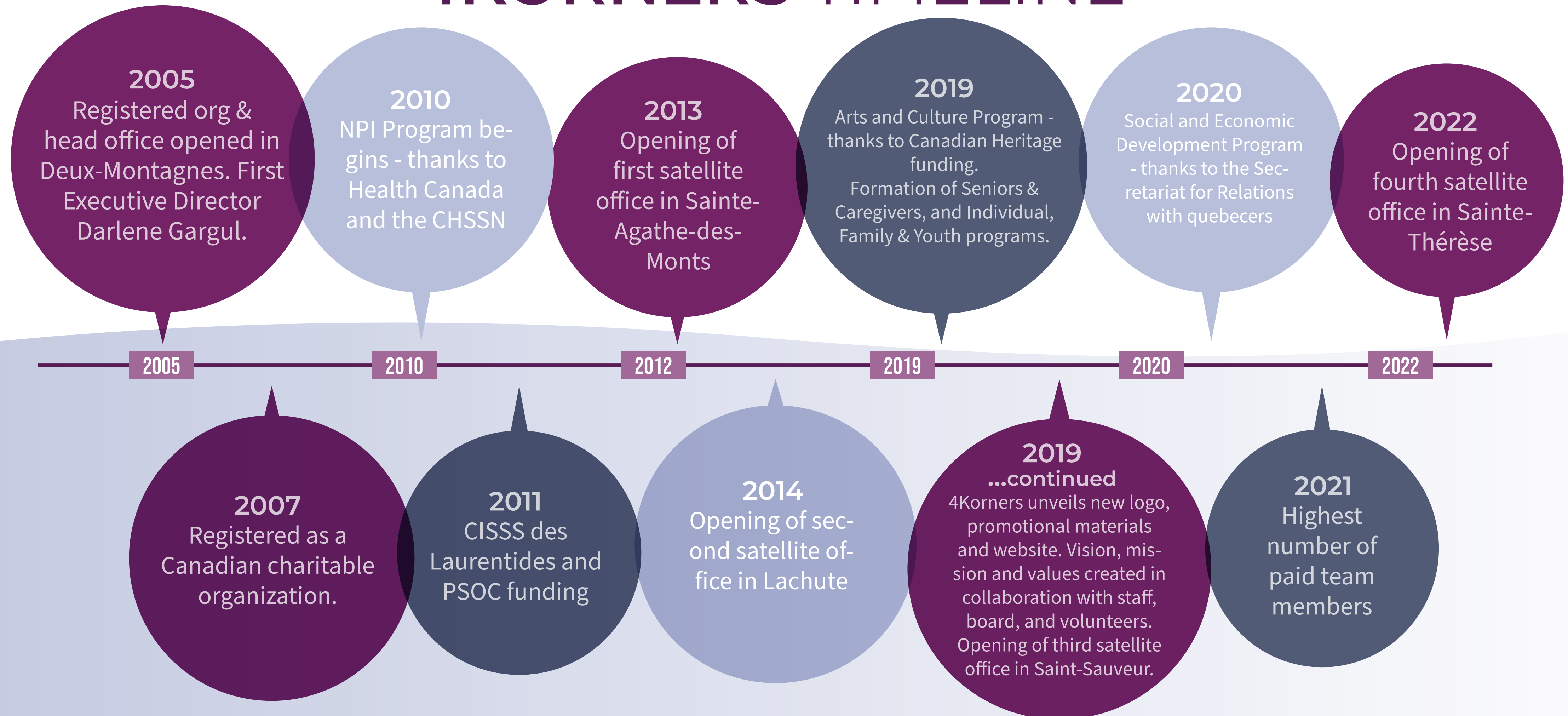
678 

Total volunteer hours donated to 4Korners

Social Media Followers increased by 28%

The total number of followers on our social media pages (Facebook, Instagram and LinkedIn) increased from 1573 on March 31st, 2021 to 2006 on March 31st, 2022.

4KORNERS TIMELINE

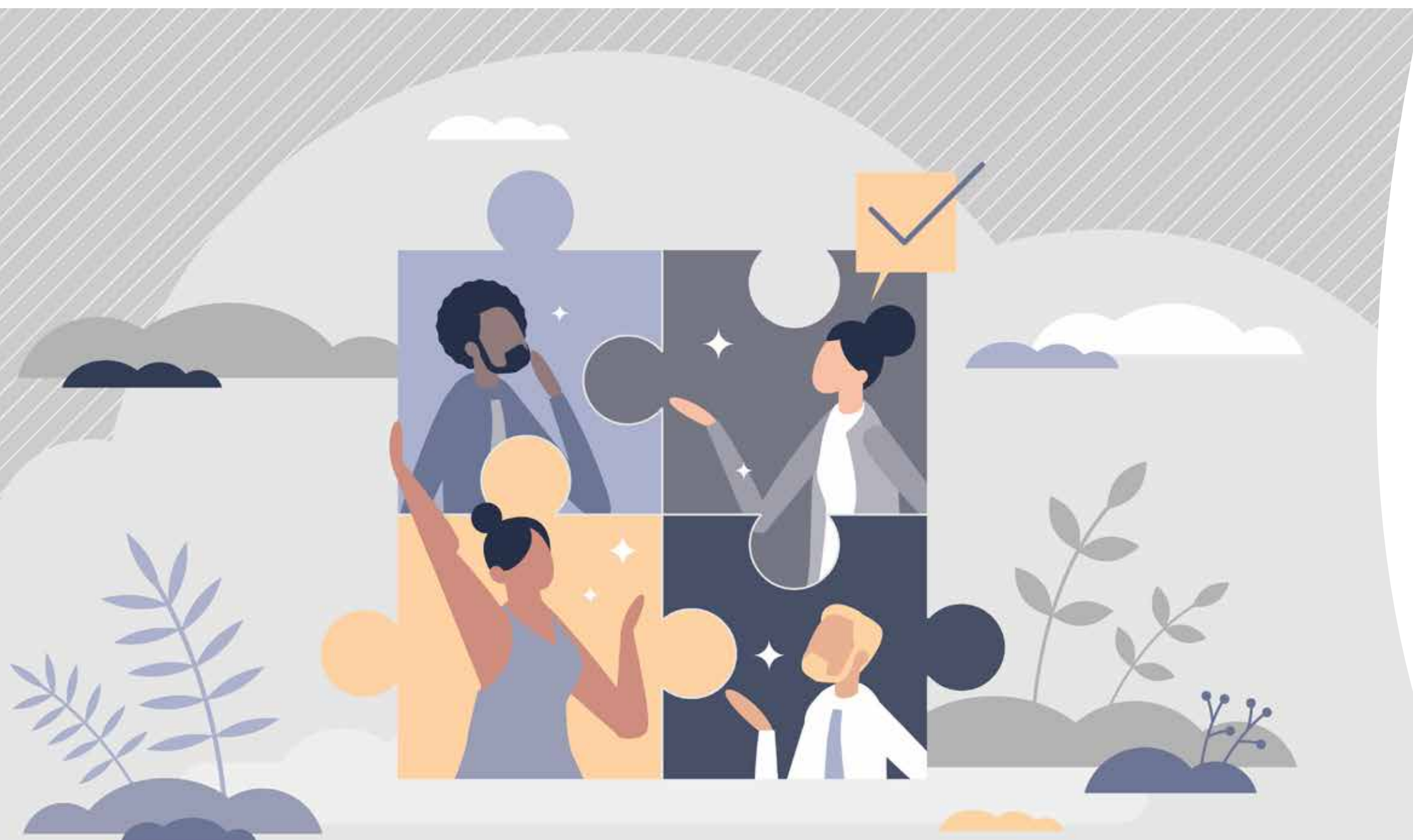


Networking & Partnership Initiative

Give me an N! Give me a P! Give me an I!

4Korners is the Laurentian partner in the Networking and Partnership Initiative (NPI). NPI is financed by Health Canada through the Community Health and Social Services Network (CHSSN) and, boiled down to its essence, is about cheerleading partnerships among local and regional community organizations and the English-speaking community. There are five key initiatives that NPI focuses on to accomplish this task: Networking, Representation, Knowledge Development, Partnerships, and Outreach. Here is how 4Korners ticks all these boxes to proudly represent the Networking and Partnership Initiative in the Laurentians.

Let's start with Networking. The goal is to build a network table and create opportunities to share information, identify issues and collectively find solutions such as service improvements. 4Korners coordinates LESAN (Laurentian English Services Advisory Network) committees in four different MRC's. You will find representation from the CISSS (public health), SWLSB (Sir Wilfrid Laurier School Board), Palliaccio and L'Antr'Aidant, to name just a few. These committees are integral to creating these partnerships and proving that the whole is greater than the sum of its parts. The committees are the starting point...



for forging partnerships with organisations like PANDA BLSO, which responds to the needs of people living with ADHD. The symbiotic relationship means they get support in developing conferences or documentation in English as well as reaching English-speakers, and we get to connect our community members with crucial services that improve quality of life.

Representation involves being a voice for the English-speaking communities at various decision-making tables. Sometimes this is as simple as being physically present as a living, breathing individual from the English-speaking community at tables like the Table des aînés for seniors and the Conseil jeunesse for youth. More frequently, it requires number three on the list, Knowledge Development, e.g., sharing statistics, experiences and helping other community organizations recognize the challenges many English-speakers face when accessing services, and discussing how we can work together to improve this access and support.

Partnerships with a capital P is really the teamwork that makes the dream work. This means creating projects in collaboration with health and social service partners. The English anger management support group for men developed in partnership with ACCROC and PAIX, as well as the recurring stay-in-school event for teens, called the Chillin' Zone, which was put together with several members of the Conseil jeunesse table — two great examples.

And finally, Outreach. It is probably the most challenging of the five initiatives, reaching vulnerable and isolated English-speakers, and supporting them in accessing health and social services in English. We use our network of partners to cast as wide a net as possible and try to ensure people are not falling through the cracks. All the initiatives work in concert, so by sitting at tables and building partnerships we know who to call when a community member needs help, and we can efficiently and quickly get the ball rolling. For example; a woman who was taking care of her mother who just turned 90 reached out to us. They were encountering some challenges with her basic needs like bathing and security when she was home alone. Within minutes, we had our colleague at Prévoyance envers les aînés on the phone who had a volunteer visit them for an assessment that afternoon. Together they got in touch with their social work contact at the local CLSC, and the very same day they had an action plan and access to all the necessary, public (aka free) services that they were so desperately in need of and would require in the coming weeks and months. This is just one example of how we are working together to serve our community.

“ You know, when we don't stand up for our rights, dignity is lost, and dignity can't be negotiated.”

- Doris Carrier

Laurentian English Services Advisory Network



Through a grant from the CHSSN (Community Health and Social Services Network) and Health Canada, 4Korners sponsors a network called LESAN (the Laurentian English Services Advisory Network). 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 facilitates/coordinates 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. Total of 21 meetings were held.

The Regional LESAN meeting was held on May 18th with the focus on collaborations. Discussions were held about the role of NPI's (The Networking and Partnership Initiative). Stories of best practices and how to improve the collaborative work among organizations to best serve our communities were exchanged. 21 members participated.

Tables & Committees

Working together to build stronger communities!

4Korners is present on over 25 tables and 30 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. Here are a few outcomes from the past year...

Parents Futés - Des Laurentides: In partnership with La Concertation Jeunesse 0-25ans de la MRC des Laurentides, CLC (Community Learning Center), SAA (Sainte-Agathe Academy) we offered 5 workshops to English-speaking parents focused on resiliency & mental wellbeing.

Coffret Littéraire - Deux-Montagnes: Themed bags compiled with books and activities in English to stimulate reading and language development in partnership with the bibliothèque Saint-Eustache, and Centre Mosaique de Québec.



Social & Emotional Learning (pictured above)

Thérèse-De Blainville & Deux-Montagnes : Weekly sessions for children aged 6-11 focused on social and emotional learning in partnership with Panda BLSO and Centre Omega.

Incredible Years - Argenteuil: Incredible years for ages 6-12 are workshops focused on encouraging positive relationships between parents and their children. Partnership between Centre Pédiatrie sociale, 4K, CISSS des Laurentides, Laurentian Elementary School and Community Learning Centre.

Networking, Outreach & Resource Sharing **500 families and counting...**

The upside to working as a team is the way ideas can build on each other with the exchange of information and support. The Sir Wilfrid Laurier School Board wanted to provide Literacy Quebec booklets to the school's pre-k students and asked if 4Korners would be one of the organisations to order and supply the booklets. 4Korners saw the opportunity to not only disseminate these but also offer pertinent information about our organisation and English services offered by some of our partners. The 4Korners team flew into action and designed some awesome new 4K Kids Club shoe bags and filled them with not only informational pamphlets, but also fun giveaways like keychains and personalised water bottles. Families in Deux-Montages would also discover a booklet specifically designed for fathers provided by C.E.S.A.M.E. (Centre pour l'enfance en Santé Mentale).

Five hundred bags were distributed to SWLSB elementary schools throughout the Laurentians. A good measuring stick of success is when there is a request for more. We have already been contacted by a pedagogical consultant with the school board requesting another 150 copies of the Dare to Risk handout and keychains. These were produced by the Regroupement TANDEM 0-5 table in the MRC Deux-Montagnes and are a child development awareness campaign that promotes free play and risky play in a controlled environment. For 4Korners, it validated our efforts to help our partners reach their target audience while providing valuable information to our communities.





CBC Quebec's Charity of the Year!

4Korners was incredibly honoured to have been selected as one of CBC Quebec's Charity of the Year.

This opportunity enabled us to reach even more English-speaking community members, many of whom may not have known that 4Korners existed and could benefit from our programs and services. Through interviews with members of our team we were able to share our mission, and stories on local radio and in articles with all and reach more isolated individuals. Thank you CBC Quebec!

cbc.ca/bekindqc

Picture: CBC Quebec graciously provided hot chocolate for us to serve to parade goers at the annual Deux-Montagnes Santa Clause Parade.

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





Youth in Action Committee

The Youth In Action committee responds to a great need from the younger generation to express themselves and to take part in the actions of the community. Their involvement recognizes them as the young adults they are becoming and gives them a true sense of belonging. Teenagers need to feel that their voices are heard, and the youth committee provides that while at the same time teaching skills like how to take minutes, schedule and prepare for meetings and problem-solve issues that are unique to their demographic.

Online & In-person, MRC Deux-Montagnes
10 meetings, 12 participants

A graphic titled 'RESOURCES' with a purple circle containing the text 'NEW! Thank you CISSS des Laurentides for funding this project!'. Below the title is a list of service categories with icons: HELPLINES, Child, Youth & Family, Disabilities & Disorders, Education & Literacy, Employment & Income Support, Food Support, Government, Health, Housing, Justice & Advocacy, Mental Health & Addictions, Seniors & Caregivers, and Violence & Abuse. It also includes a note about emergency services and a contact email: info@4korners.org.

NEW!
Thank you
CISSS des Laurentides
for funding this
project!

RESOURCES

This resource guide has been compiled by 4Korners to assist the English-speaking population of the Laurentians in locating local, Provincial and Federal resources and services in English.

HELPLINES
If this is an emergency, call 911 or your emergency service for immediate assistance.
[Quick Escape Link](#)

- Child, Youth & Family
- Disabilities & Disorders
- Education & Literacy
- Employment & Income Support
- Food Support
- Government
- Health
- Housing
- Justice & Advocacy
- Mental Health & Addictions
- Seniors & Caregivers
- Violence & Abuse

If you know of a service within the Laurentians that offers assistance in English and it is not listed here please let us know by contacting:
info@4korners.org

Seniors & Caregivers of the Elderly

The Importance of Support & Connection

One of the benefits of being featured as CBC's charity of the year is that we were able to share stories on some of our most vulnerable community members through interviews and articles expressing how crucial the 4Korners services for seniors and caregivers are— especially during a pandemic that furthered isolation and exacerbated existing problems. Sandra and Marion shared their experiences as caregivers with CBC, describing the feeling of

being dropped into a crisis situation and learning on the fly. 4Korners helped them navigate these choppy waters in several ways. The seniors' art classes gave Sandra an activity to do with her mother during her battle with cancer. It allowed her to be present while also participating in an activity they both enjoyed. She echoed another simple but important benefit we often hear members speak about which was how the classes helped with her mother's dementia because the consistency of the classes helped her mother keep track of what day it was. Having scheduled events on the calendar doesn't just give the day purpose, it provides a routine and allows seniors to make associations. They know what day it is because it's a yoga day, or Wednesday Wellness, or the drawing class that they do right before feeding the dog.

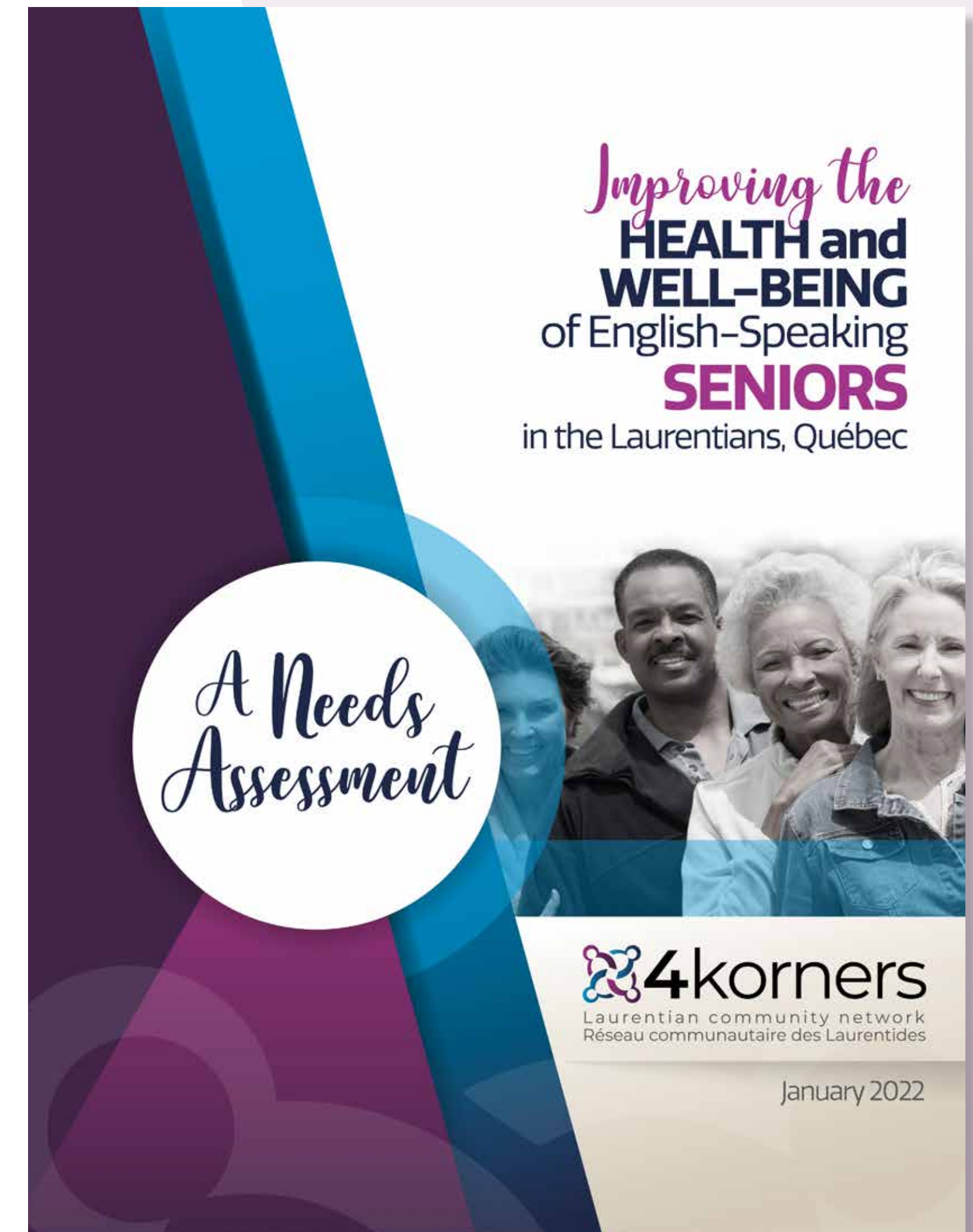
There is also a sense of community that is created, with many classes sharing double duty. Yoga and Tai Chi work wonders for strengthening muscles and fall prevention, but also give the members a chance to catch up, ask about their families and check in on each other's pets (a more common point of connection than you might expect!). Every class or workshop offered is an opportunity to connect with our seniors and answer any questions or concerns they have. It is also where we have an opportunity to share important resources available in English that can help with any number of issues.

Seniors Needs Assessment

This needs assessment was conducted both as a process to better understand the English-speaking senior population in the Laurentians, and as part of a partnership with FADOQ – Région des Laurentides to do the same for French speakers.

This document brings together several sources of information, including background documentation on the situation of seniors in Canada, in Quebec, and more specifically within the English-speaking community in the provincial, regional and local contexts, as well as the perspectives of local seniors. Secondly, a database was created on all information regarding programs and activities available for seniors in each RCM. Then, five focus group discussions were held with a total of eighteen seniors. An on-line survey was developed and distributed throughout the region, from 14 February 2021 – 14 April 2021. The full report of the results is available on our website www.4korners.org, under Publications-Documents.

The approach taken by 4Korners is grounded in the community model for promoting the health and well-being of English-speaking seniors in Quebec. This was developed by the Community Health and Social Service Network (CHSSN) in collaboration with a variety of community organizations throughout Quebec. The main purpose for the model is to help inform and guide English-speaking communities, their community and public partners in their ongoing collaborative efforts to effectively adapt programs and services to improve the lives of English-speaking seniors in their communities.



Seniors Wellness Activities

Wednesday Wellness

In-person, MRC Deux-Montagnes
Online, All MRC's
of events: 22, Registrants: 164
Average participation: 10

Aging Gracefully Workshops

In-person, MRC Deux-Montagnes
Online, All MRC's
of events: 19, Registrants: 10, Average participation: 5

Nel's Yoga

In-person, MRC Deux-Montagnes
of events: 19, Registrants: 12, Average participation: 6

Tai Chi

Online, All MRC's
of events: 31, Registrants: 28, Average participation: 3

Community Health Education Program Video Conferences

Online, All MRC's
of events: 9, Registrants: 73, Average participation: 11

Chair Adapted Yoga

Online, All MRC's
of events: 85, Registrants: 65, Average participation: 23

Drama Therapy

Online, All MRC's
of events: 12, Registrants: 16, Average participation: 6

IPad Courses

In-person, MRC Deux-Montagnes
Online, All MRC's
of events: 16, Registrants: 15, Average participation: 7

Café Connected

Online, All MRC's
of events: 11, Registrants: 4, Average participation: 2

Dynamic Yoga & Physical Fitness

In-person, MRC Deux-Montagnes
Online, All MRC's
of events: 2, Registrants: 13,
Average participation: 11



Caregivers Support

CAREGIVER INTERVENTIONS



...because you can't pour from an empty cup.

The Caregivers Support Groups are a life-changing resource for these angels that walk among us. The group members share tips on how to cope, what to expect down the line and how to prepare for it. They also provide a safe space to vent, with people who understand. Caregivers often tell us about the number of hats they must wear: nursing, feeding, cleaning, yard work, doctor's appointments and banking are just a handful of the tasks that fall on the shoulders of a caregiver. No one is more equipped to understand that workload and the pressures like other caregivers. Because the tasks are endless and the love is boundless, most caregivers need a reminder of the old adage "You can't pour from an empty cup," and through the support offered at 4Korners they are not only encouraged to take a break but given the tools and support to be able to do so.

Caregivers Support Group

In-person, MRC Deux-Montagnes

of events: 12, Registrants: 9, Average participation: 4

Maintaining & Setting Boundaries Workshop

Online & Interactive via Zoom, All MRC's

of events: 1, Registrants: 13, Total participants: 11

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 349 calls and helped 3 families.

Interventions, Referrals & Support

The many ways we help community.

When our community members call our info line, they could be calling for any number of reasons. About 40% of the time, they are directed to our community and support worker for seniors and caregivers. Sometimes they are looking for help navigating the public health system and we can help educate them on programs within the CISSS as well as use our contacts to connect them to the appropriate resources. Regardless of the needs, all the callers are appreciative to find a human being on the other end of the line. Many people struggle to navigate an automated system - it can be they just don't know what extension to select because they are uncertain of the department they need or they may have a hearing impairment, or the instructions are just too fast. Sometimes people are calling from outside Quebec to help a family member living here. Speaking to a person helps them navigate where they need to go and allows them to ask a question if they don't understand. It also means we can assist if/when we hear the person is struggling.

One thing we have seen is that the pandemic appears to have triggered past emotional trauma. People are calling to share these experiences; they are in pain and seeking relief and understanding. Some are looking for resources while others just want someone to listen. There is also a fear of the unknown when people are reaching out for help. We have had callers who were nervous to call a suicide prevention line because they didn't know if that meant that someone was going to show up at their house, or if calling this type of helpline would risk having their children taken away. Other calls have been from people wanting to learn about end-of-life planning like legal resources or how to communicate their needs to their family. 4Korners offers a friendly non-judgemental approach by listening to what the person needs and explaining how the system or resource works.



Individual, Family & Youth



Constantly Evolving to Better Serve **Our Communities**

The Individual, Family and Youth program is all about helping families thrive in the community. This can mean different things for different people, and we are constantly evolving to ensure our programming reflects the diversity of the communities we serve. When we noticed that dads were often forgotten when it comes to family programming, we got to work on some research and development. We want to help dads in the community connect with their kids through activities, like our Dad Let's Play events. This activity continues to develop with the goal of empowering men to discover their strengths as fathers as well as to meet other dads in the community. By taking part and seeing themselves represented in family programming, dads are validated as an important cog in the family unit and they can create lifelong bonds with their children.

Dad Let's Play Group

In-person, MRC Deux-Montagnes

of events:11, Registrants: 8, Average participation: 8

Bright Beginnings

Supporting English-Speaking Children & 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.



Goodnight Bag Workshops

A partnership between LEARN Quebec, the Community Learning Center (CLC) and 4Korners resulted in families from 5 schools in the MRC des Laurentides & MRC d'Argenteuil benefitting from the Goodnight Bag Program! This program focuses on the importance of Healthy Bedtime Habits for children between 3 and 5 years (Pre-K & K students).

Online & In-Person,
MRC Des Laurentides
of events: 3, Registrants: 14
Average participation: 3

Starting Families Off on the Right Foot

Baby sensory classes are a perfect combination of developmental support and socialization. The classes are designed to stimulate a baby's senses and encourage learning and development in a fun environment. They also provide crucial tools for parents so they can go home and work on sensory development through simple activities. Self-esteem and knowledge go hand in hand and, as we know, children do not come with an instruction manual. These classes can help improve confidence (for the parent and the child) and offer a space to share experiences with other parents, effectively breaking the isolation and loneliness that so many are feeling. Often, friendships developed in one group will spill over to the others, like the Play-to-Learn toddler activities, where kids are introduced to social situations, and given tools to help increase their sense of self and empathy.



Play-to-Learn

In-person, MRC Thérèse-De Blainville
of events: 30, Registrants: 64
Average participation: 10

Baby Sensory (2-9 months)

In-person, MRC Deux-Montagnes
of events: 10, Registrants: 44
Average participation: 12

Baby Sensory (8-15 months)

In-person, MRC Deux-Montagnes
of events: 10, Registrants: 36
Average participation: 10



Baby Sleep Workshop

In-person, MRC Deux-Montagnes
of events: 1, Registrants: 13
Total participants: 9

Tiny Tots (with parents)

In-person, MRC Deux-Montagnes
of events: 10, Registrants: 39
Average participation: 13

Tiny Tots (New Format! Parent Drop-Off)

In-person, MRC Deux-Montagnes
of events: 25, Registrants: 12
Average participation: 7

Mornings in the Park

In-person, MRC Deux-Montagnes
of events: 7, Registrants: 41,
Average participation: 21

In-person, MRC Argenteuil
of events: 10, Registrants: 23,
Average participation: 8

In-person, MRC Thérèse-De Blainville
of events: 5, Registrants: 43,
Average participation: 8



Mother Goose

In-person, MRC Argenteuil
of events: 20, Registrants: 14,
Average participation: 6

Parenting Circle

In-person, MRC Deux-Montagnes
of events: 31, Registrants: 14,
Average participation: 6

Walk-the-Talk Workshops

Online, All MRC's
of events: 4, Registrants: 40,
Average participation: 6

Prenatal Classes

In-person, MRC Deux-Montagnes
of events: 20, Registrants: 14,
Average participation: 4

Wordplay Workshops

Online, All MRC's
of events: 6, Registrants: 14,
Average participation: 13



4K Kids 6-12

Providing Kids with opportunities to learn & grow

The services and activities provided by 4Korners have a huge impact on the lives of young families, perhaps none more so than Maria, mother of four. She first heard about 4Korners through a mom's group and was delighted to bring her two- and three-year-old boys to the Mornings in the Park summer activity. For a mom parenting through a pandemic, it was basically the first opportunity for the kids and the parents to socialize. But it was the Social and Emotional Learning after-school program that really made a difference for her eldest child who struggles with emotional issues as well as some learning and language disorders. Maria had received some services through the CLSC but almost everything was in French which, coupled with the language disorder, was challenging for her 11-year-old.

The change she saw in a relatively short time was amazing. Instead of messages from the school about bullying and aggression on the bus, Maria was now watching her child leave the after-school program chatting with several other kids. By providing her child with the tools and the space for self-expression Maria said that her youngster just seems happier. Even the CLSC psycho-educator on their case was able to close their file. She told the family the child was doing so well she wasn't needed anymore. Maria is now looking forward to exploring more activities available at 4Korners.





Kids Connect - Summer

Online, All MRC's

of events: 8, Registrants: 20, Average participation: 4

Incredible Years

In-person, MRC Deux-Montagnes

of events: 14, Registrants: 13, Average participation: 6

Sûreté du Québec Workshops at Saint-Agathe Academy

In-person, MRC Des Laurentides

of events: 7, Average participation: 4

Social & Emotional Learning

In-person, MRC Deux-Montagnes

of events: 64, Registrants: 14, Average participation: 9

In-person, MRC Thérèse-De Blainville

of events: 29, Registrants: 9, Average participation: 7

Afternoons in the Park

In-person, MRC Deux-Montagnes

of events: 8, Registrants: 19, Average participation: 2

In-person, MRC Thérèse-De Blainville

of events: 5, Registrants: 47, Average participation: 8



Youth Mental Health Project

Teen Addiction Prevention Program

Three 4Korners staff members were trained on and implemented an addiction prevention program (A.D.O.S.) in two high schools; one in MRC Deux-Montagnes and the other in MRC Thérèse-De Blainville. This collaboration between 4Korners, CISSS des Laurentides, SWLSB, and Maison des Jeunes Sainte-Eustache “Le Spot” allowed us to help teens struggling with various types of addiction. The ADOS program will be implemented in at least one English high school in the upcoming school year.

Chillin’ Zone

Local orgs provided resources and community info at various local parks during the Summer. Partnered with CJE, CS Laurentides, CISSS, Maison des Jeunes.

In-person, MRC Pays-d’en-Haut
of events: 12, average participation: 16

Groove Project

Project in partnership with the CISSS, and the CJE Pays-d’en-Haut. The goal is to reach out to teens who may be at risk of dropping out of school. It offers a unique way for them to express their emotions in a safe space while creating music.

In-person, MRC Pays-d’en-Haut
of events: 8, Registrants: 4, Average participation: 4

One-on-One Teen Support

With the support of Lake of Two Mountains High School in MRC Deux-Montagnes 4Korners was able to be present one day per week to provide one-on-one support to teens in the school. A 4Korners staff member met with 13 individuals to help them locate resources such as psychological and social service assistance, local youth centres, homework resources and more. It also allowed them a safe space to share their thoughts.

Mental Health Youth First Aid Training

32 Sir Wilfrid Laurier School Board personnel trained

LIVING WITHOUT VIOLENCE

An Anger Management Program for Men

A partnership between 4Korners, ACCROC and Paix launched our first English language support group offered to men in the Laurentians. This men's support group provides a safe space for men to work through their emotions and learn healthier ways to deal with anger. ACCROC and other similar groups have tried to offer in-person meetings in English in the past, however it was difficult to find enough people in one area to make it work. The partnership with 4Korners and having a virtual option has made this goal a reality. The 20-week program has shown a real camaraderie developing among its members. They say that for the first time they don't feel like black sheep in society. The group also provides tools to help them manage their emotions. They are learning how to recognise a change in breathing or a rising of their voice so that they can take a time out and de-escalate. The workshops also teach the importance of taking a reset in your day, even if it is a 5-minute walk. Eventually the timeouts become less necessary when taking that time for yourself begins to interrupt the automaton routine of work, sleep, eat, repeat. The support group and workshops show participants how to assume responsibility for their actions even if they do remain angry at the outside forces. They work on understanding that anger is not a bad emotion, its how it is processed and communicated to someone else that can be problematic.



LIVING WITHOUT VIOLENCE

An anger management program for men

If you want to better understand your anger or violence, learn how to manage it, and develop conflict resolution skills to improve your personal relationships... come to our program. It's free.

Contact 4Korners
1-888-974-3940 | 450-974-3940 ext. 601
info@4korners.org

PAIX  **accroc** Québec 

Living Without Violence Support Group

Online, All MRC's

of events: 64, Registrants: 20, Average participation: 14

Arts & Culture

“Feed the soul art and music, it will live forever.”

There was certainly an appetite for the programming provided through the Arts and Culture program. The 4K speaker series touched on local and Canadian history for the new or budding history buffs in our community. We also found this to be an innovative way to break isolation and engage with the community in an entertaining and educational fashion. The live music sessions were a win-win in the sense that local musicians were desperate to get back in front of an audience and the viewers were craving some form of live music, showing their appreciation in clicks and views. Over 50 people logged on to watch the live performances while the pre-recorded online videos garnered thousands of views.

4K Speaker Series

Online, All MRC's

of events: 8, Registrants: 278, Average participation: 42

4K Live Music Sessions

Online, All MRC's

of events: 8, Average participation: 33

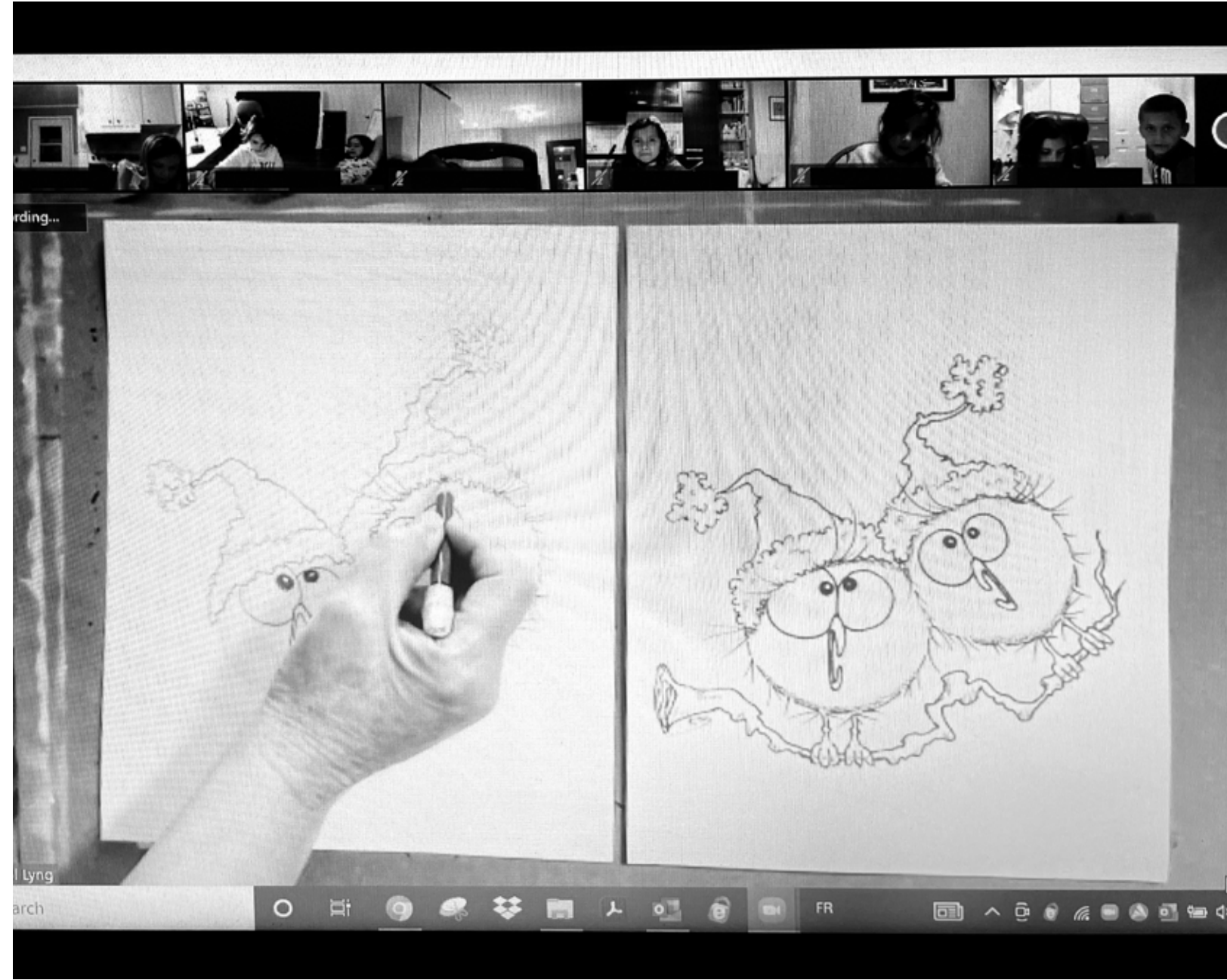


Connecting & Creating

A special 4Korners vernissage took place at the Activity Centre in Deux-Montagnes to showcase the works of art from the painting and drawing classes. The testimonials placed under the paintings told the stories of what people were going through while attending the classes. Artist Rebecca Fillion was a full-time caregiver through her brother's final days in his battle with cancer. Her drawing of a bird emerging from the flame of a candle represented the support she felt the class provided during her most difficult moments. Both artists and community members alike were moved emotionally not just by the art on display but by the opportunity to attend an in-person social event for the first time in over a year. We are social creatures after all, and the emotion in the room that night was palpable.

Community member Ellie Downing was surprised to have four pieces displayed, the seascapes her personal favorite. The subject matter was deliberately selected to transport the artists out of their living rooms and onto a beach, if only for a short while. Community members spoke about how this class brought forth a passion that they didn't know they had. And then there was Ben, a 19-year-old with autism, who took part in the seniors' drawing group and had multiple pieces on display, from line drawings to clay sculptures. He proudly showed me his favourite drawings and struck a pose in front of his pieces for his mom's photo collection. His mom, Julie, told me she saw Ben grow so much as an artist and doesn't know how they would have made it through the pandemic without these classes.





Family Craft Nights

In-Person, MRC Deux-Montagnes

of events: 8, Registrants: 23, average participation: 5

Kids Drawing Classes

Online, All MRC's

of events: 37, Registrants: 54, Average participation: 18

Seniors Drawing Classes

Online, All MRC's

of events: 45, Registrants: 97, Average participation: 41

Seniors Painting Classes

Online, All MRC's

of events: 30, Registrants: 70, Average participation: 31

4K Art Show At a Distance

In-Person, MRC Deux-Montagnes

of events: 2, Average participation: 74

French Conversation Courses

Online, All MRC's

of events: 54, Registrants: 30, Average participation: 12

Approximately 86 multiethnic individuals contacted 4Korners for resources or registered for a class during the 2021-2022 fiscal year.

“ Thanks to funding from Canadian Heritage, 4Korners has been able to offer arts programming that has reached community that may also need other services”

Executive Director, 4Korners

Social & Economic Development



Health & Social Service Community Leadership Bursary Program

Emma Toth pulled herself out of an abusive household, turned her grades around and is about to embark on a social work degree at Dawson so she can eventually help other young people who are living in difficult situations. 4Korners is proud to be part of her journey by selecting her as the recipient of the \$2,500 Health and Social Services Community Leadership Bursary Program. The goal of the bursary, funded by McGill and administered by 4Korners, is to increase the capacity of healthcare workers to provide service in English and French in the Laurentians and improve the Laurentians' recruitment and retention of health professionals able to work in both languages. For Emma however it represents a huge weight off her shoulders as she prepares to finance her own education and is watching the bills pile up for tuition, books, transportation and all the other expenses that come with higher education.

4Korners supported two internships this year!

Thank you to Leandra (Special care counselling at Vanier) & Jillian (Social Services at Dawson College).

Health Caravan

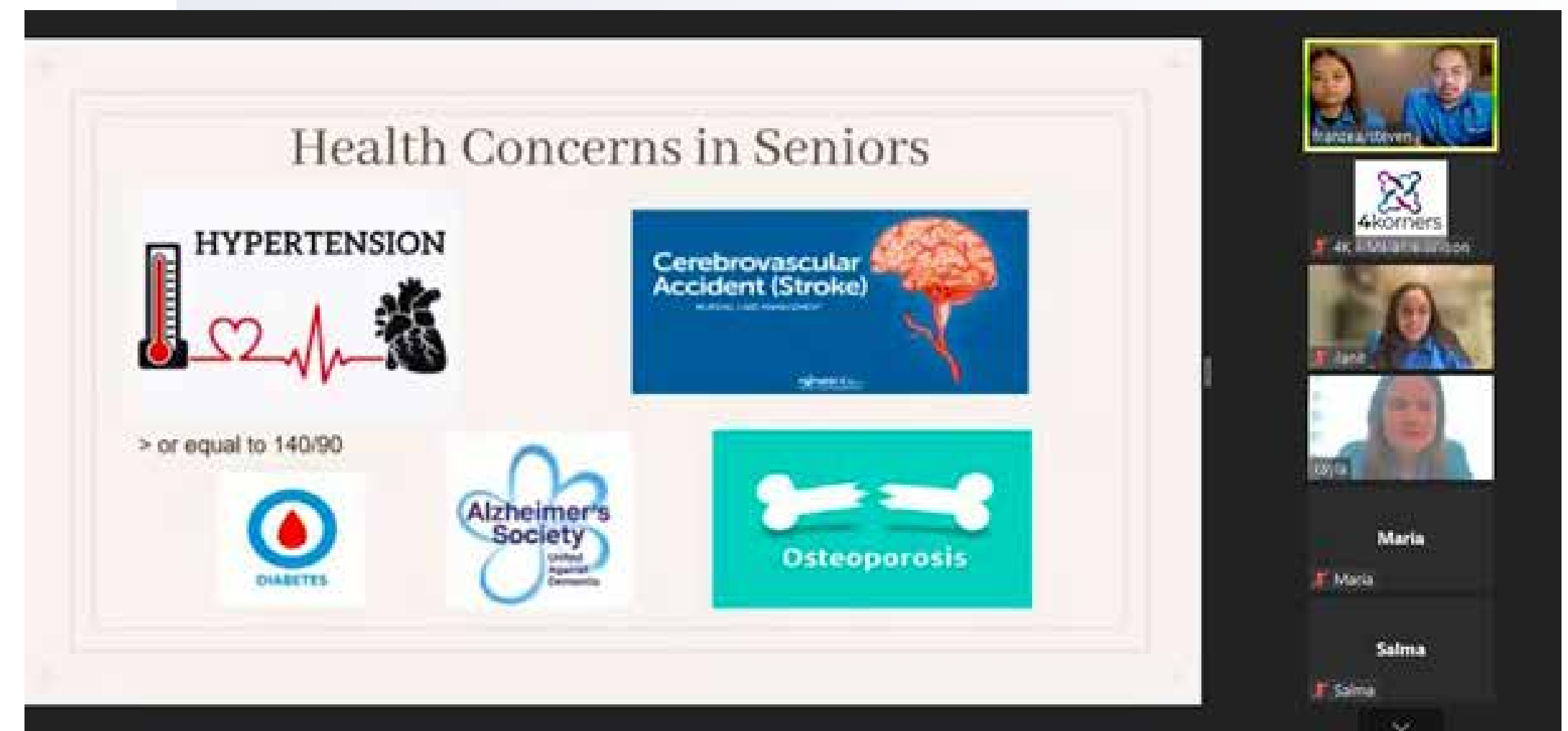
This year's virtual Health Caravan was a success! Thank you to all of our participants and the wonderful students from John Abbott College who did an amazing job presenting many important health topics!

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. This year the Health Caravan took place virtually with students from Sainte-Agathe-des-Monts and was open to all community to participate.

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.

Online, All MRC's

of events: 1, total of 12 community participants and 60 high school students



4Korners' Income Tax Clinic

If you experience extra stress around the month of March and the identifiers RL-19-T, RL-1 and line 275 fill you with intense anxiety, our Tax Clinics may be just the solution. The clinics we offer to low-income individuals with basic tax returns connects our community members with tax professionals who can demystify the forms and illuminate how they can qualify for all the benefits for which they are eligible.

Online, All MRC's
In-person, MRC Deux-Montagnes,
Pays-d'en-Haut & des Laurentides
of events: 8, Registrants: 25,
Total participants: 20



Community Testimonials

“I had an easy time in bringing my papers and the volunteer explained everything to me well if I had questions. Glad to have it done right on the spot.”

“I first did my taxes with Mike online. It was good to meet him personally. Thank you, I can now breathe easier now that my taxes are done.”

“I heard about your tax clinic on the radio. Thank you, 4Korners. I am extremely satisfied with the service. Speedy and efficient!”

“My wife and I would like to thank you for your warm welcome and the professionalism of Mr. Guillaume who served us.”

Consumer Rights

Online, All MRC's
In-Person, MRC Deux-Montagnes
of events: 1, Registrants: 13,
Total participants: 13

Fraud Prevention

Online, All MRC's
In-Person, MRC Deux-Montagnes
of events: 2, Registrants: 14
Average participation: 7

Internet Safety

Online, All MRC's
In-Person, MRC Deux-Montagnes
of events: 1, Registrants: 19,
Total participants: 11

Protecting Vulnerable Individuals

Online, All MRC's
In-Person, MRC Deux-Montagnes
of events: 1, Registrants: 45,
Total participants: 27

SAAQ Road Safety

Online, All MRC's
In-Person, MRC Deux-Montagnes
of events: 1, Registrants: 8,
Total participants: 7

English Conversation Courses

Offered to CISSS des Laurentides employees
Online, All MRC's
of events: 48, Registration: 35,
Average participation: 13

Will & Estate Planning

In-Person, MRC Deux-Montagnes
of events: 1, Registrants: 13,
Total participants: 9

Income Tax Info Workshops

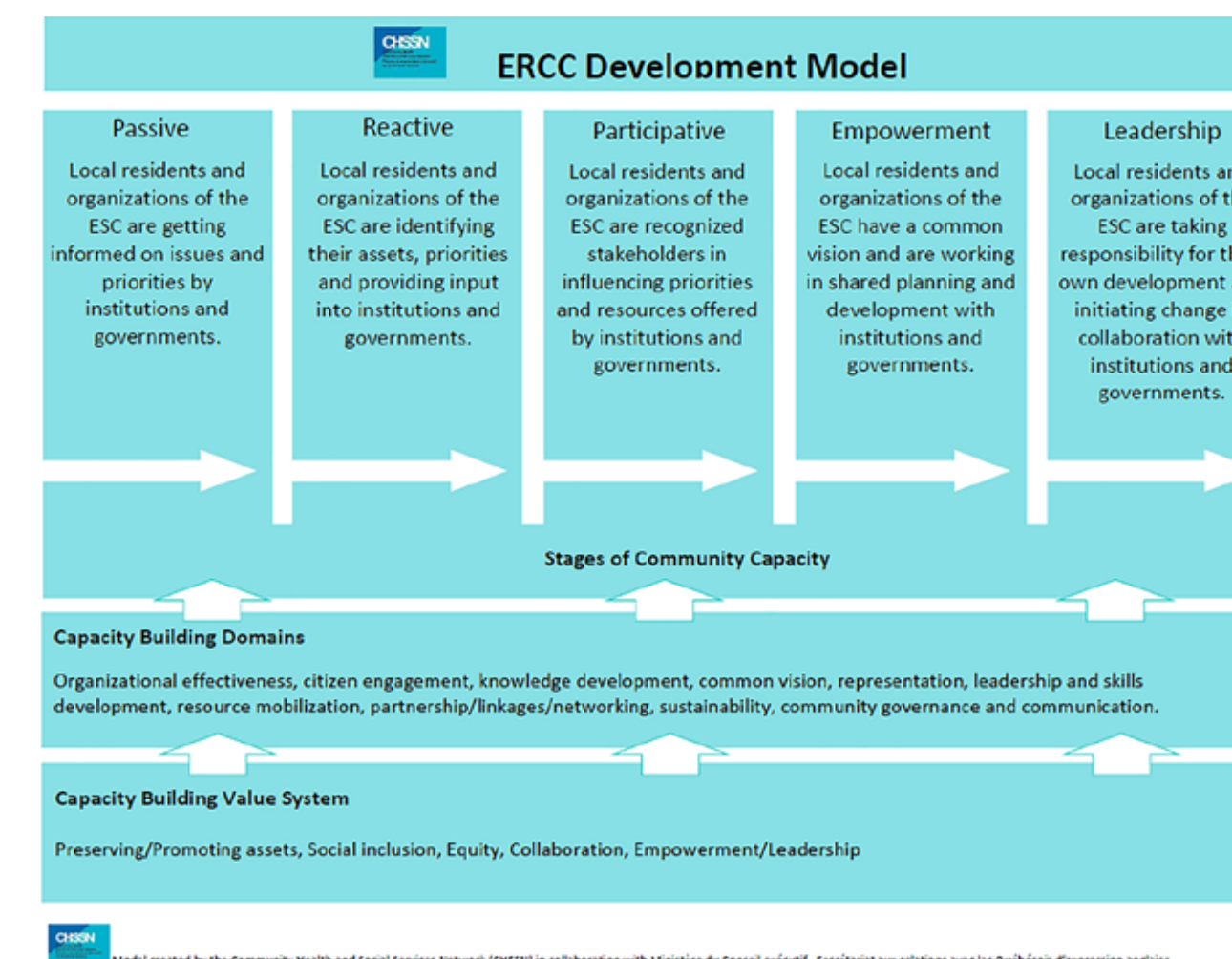
Online, All MRC's
In-Person, MRC Deux-Montagnes
of events: 2, Registrants: 14,
Average participation: 12

Skills & Resource Trainings for 4K Staff

Thanks to ERCC funding from the Secretariat for relations with English-speaking Quebecers, 4Korners was able to invest in our staffs professional development by providing training opportunities focused on leadership (project & program management), technical abilities (Asana Project Management, Microsoft Office Tools) and mental health (Working Mind, Suicide Prevention, Community Outreach, Youth Addiction Prevention Training).

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.



4K Media Training

Community Organizations - Get Your Message Out!

4Korners has developed a fantastic tool to help community organizations get their message out. The Media Training Program was put together by our community development coordinator Andie Bennett who, prior to joining the 4Korners team, worked as a radio and television broadcaster with CBC and TSN. Here she tells us in her own words how the training program came together.

When I came to work at 4Korners it was a completely new environment for me. I enjoy new experiences and tried as quickly as possible to integrate into my new surroundings, but there was one holdover from my broadcasting career that I could not shake. Everywhere I looked I saw amazing stories. Amazing people, doing amazing things. The journalist in me could not stop wanting to see these stories told on the networks that thrive on community interaction.

4K MEDIA TRAINING

WORKSHOP WITH ANDIE BENNETT



Have you ever turned down a media request because you were nervous to be on camera? Or worried about saying the wrong thing? Join us as Andie Bennett shares some valuable tools picked up during her broadcasting career that will help you take advantage of these opportunities and help you promote your organization whenever a media opportunity presents itself.



About the Presenter: With a Bachelor's degree in Communications, Andie Bennett's radio career began with an internship at the sport station The Team 990 (now TSN 690) before becoming part of the popular drive show where she got to learn from one of the best Montreal broadcasters, Mitch Melnick. Eventually she made the move to CBC as the sports columnist on the morning radio show Daybreak. She also got the opportunity to branch out from sports, often replacing the host on the call-in show Radio Noon as well as adding to her skill set by covering sports on the supper hour news show on CBC television.

What's included:

- Media Training kit (includes Lapel-mic, tripod, workbook, and more!)
- Access to tutorials from professionals in media
- Tools such as a Press release template, and a Communications Plan example
- Bonus chapter on Social Media messaging

Presentation Formats:

Option 1: LIVE IN-PERSON
Option 2: LIVE ON ZOOM
Option 3: ON DEMAND pre-recorded presentation

For pricing, upcoming dates & to register contact info@4korners.org



www.4korners.org

At a public consultation with my Executive Director, I discovered one of the possible reasons we do not see more of these stories on the air. A former TV colleague of mine was on site to file a story and was tasked with the unenviable job of grabbing a few of what we in the biz call ‘streeters’ from community organizers in attendance. The reason this is a dreaded task for reporters is that, among other things, the chance of rejection is high. It can be difficult to find a good person to interview, especially when you have a giant news camera in tow, and then persuade them to be recorded. As we were commiserating over the rejection, he asked my boss if she would do a short interview. She said she was too nervous. Determined to help my former colleague and use this opportunity to get 4Korners in front of the supper hour news audience, I pulled her aside and gave her a VERY brief media training. She was still nervous, but she did great! We both had a lightbulb moment right then of how community organisations could benefit from some basic media training. A month later we had a game plan and some fresh new funding to develop a training program for community organisations.

For the next year, I pored over old notes from the trainings I attended while working at CBC and TSN. I also recruited some former colleagues to help with special chapters and videos. My favorite millennial journalist Sarah Leavitt brought her creativity and wit to the section on social media while Catherine Verdon-Diamond contributed a video specific to visible minorities navigating difficult questions from rep-

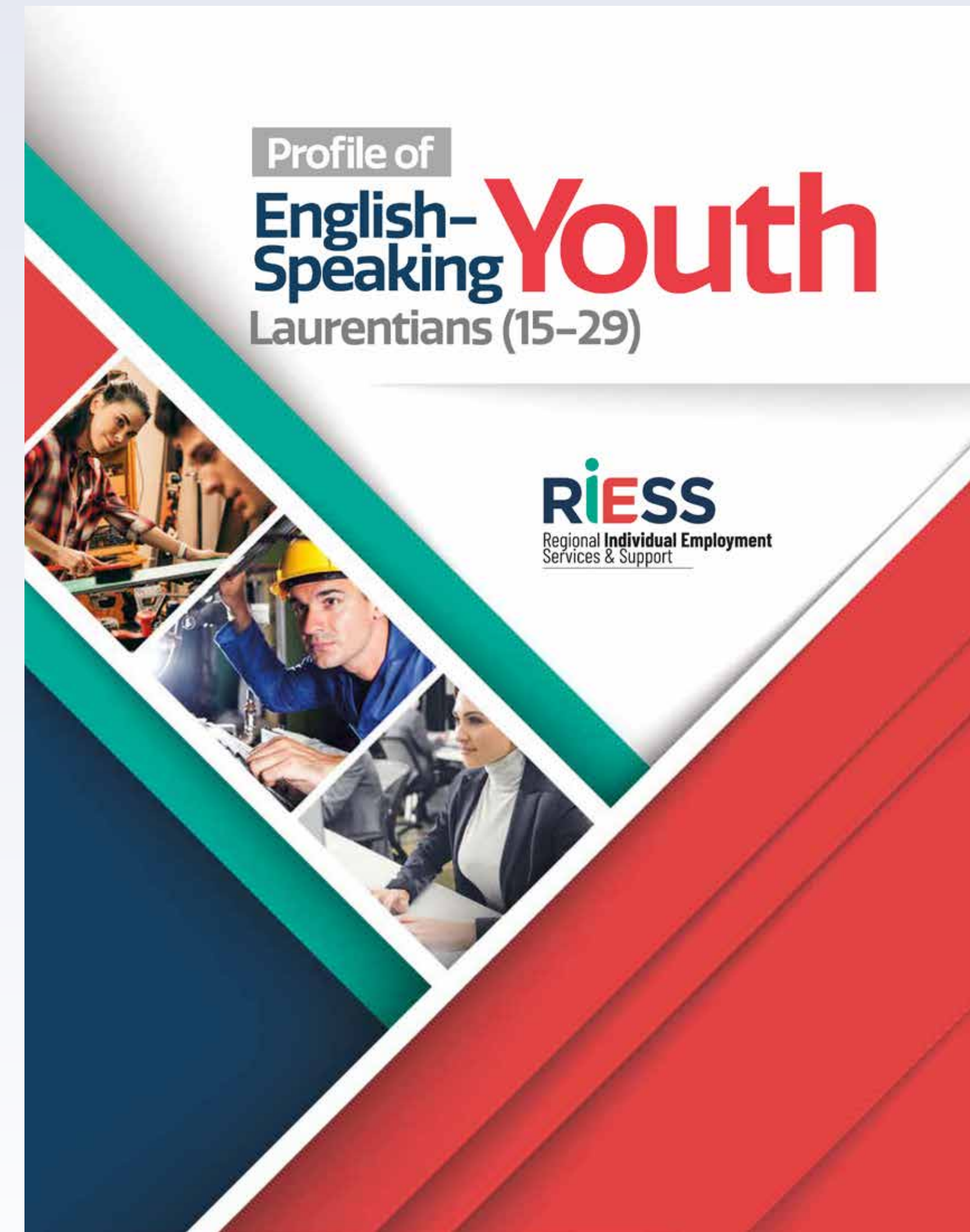
orters. The program is designed to prepare and empower community organizations to not only respond to media requests but also generate their own content and court mainstream media to cover their programs and activities. This training is offered to all community organizations. Please contact 4Korners if you would like to learn more.



Youth Employment Strategy

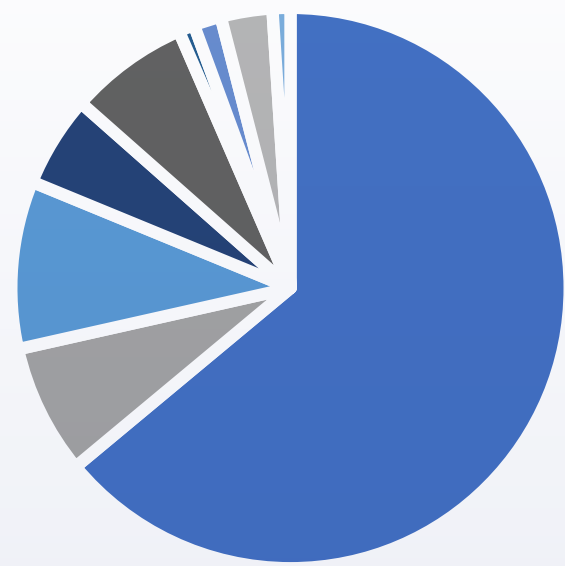
Another element within the Social and Economic Development program at 4Korners is the employment strategy project. This project is helping English-speakers find employment in the Laurentians even if their French is currently a work in progress. It also provides solutions to employers, many of whom could benefit from having more English-speakers join their team. Our community members aged 15-29 are learning to become contributing members of society, gaining the confidence that comes with being able to pay their own bills, as well as putting them into an environment that will effectively improve their French skills and, we hope, continue to unite the two solitudes.

This summary document offers an overview of several topics that have an impact on the lives of young people between 15 and 29 years of age, living in the Laurentian region. 4Korners conducted this research by compiling key resources as well as highlighting relevant statistics with the goal of sharing youth realities, and to raise awareness on several issues that challenge their individual and social development.



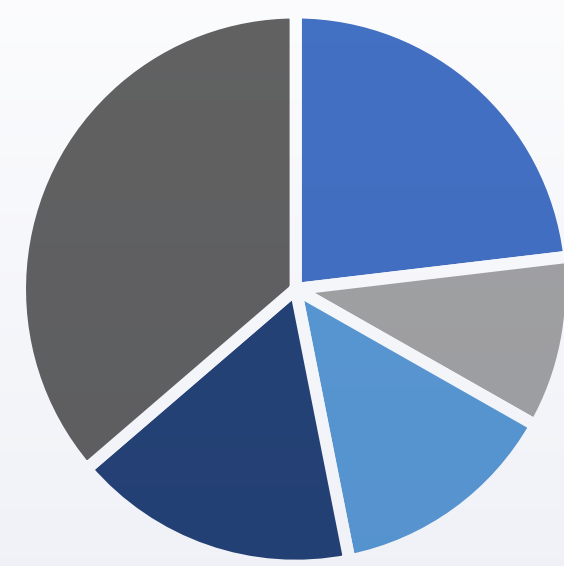
Financial Highlights

Total Expenses



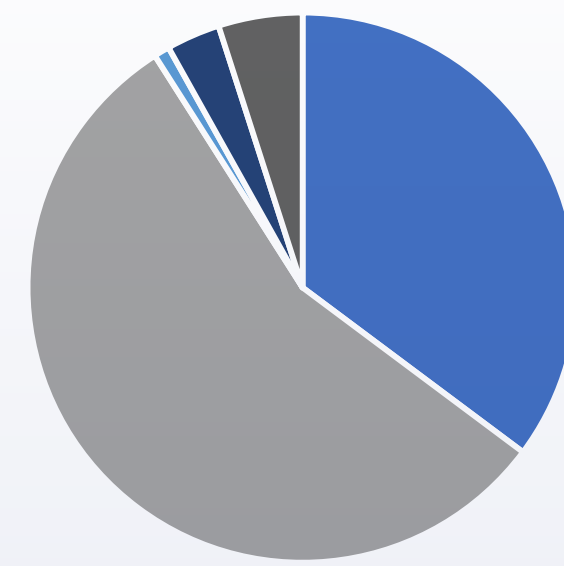
Salaries & Benefits 64%	\$618,704
Programs 8%	\$72,668
Contract personnel 10%	\$93,691
Rent & Taxes 5%	\$51,250
Operations 7%	\$67,385
Travel 1%	\$8,959
Publicity 2%	\$15,435
Staff development 3%	\$28,888
Amortization 1%	\$1,000
Total Expenses	\$966,980

Program Expenses



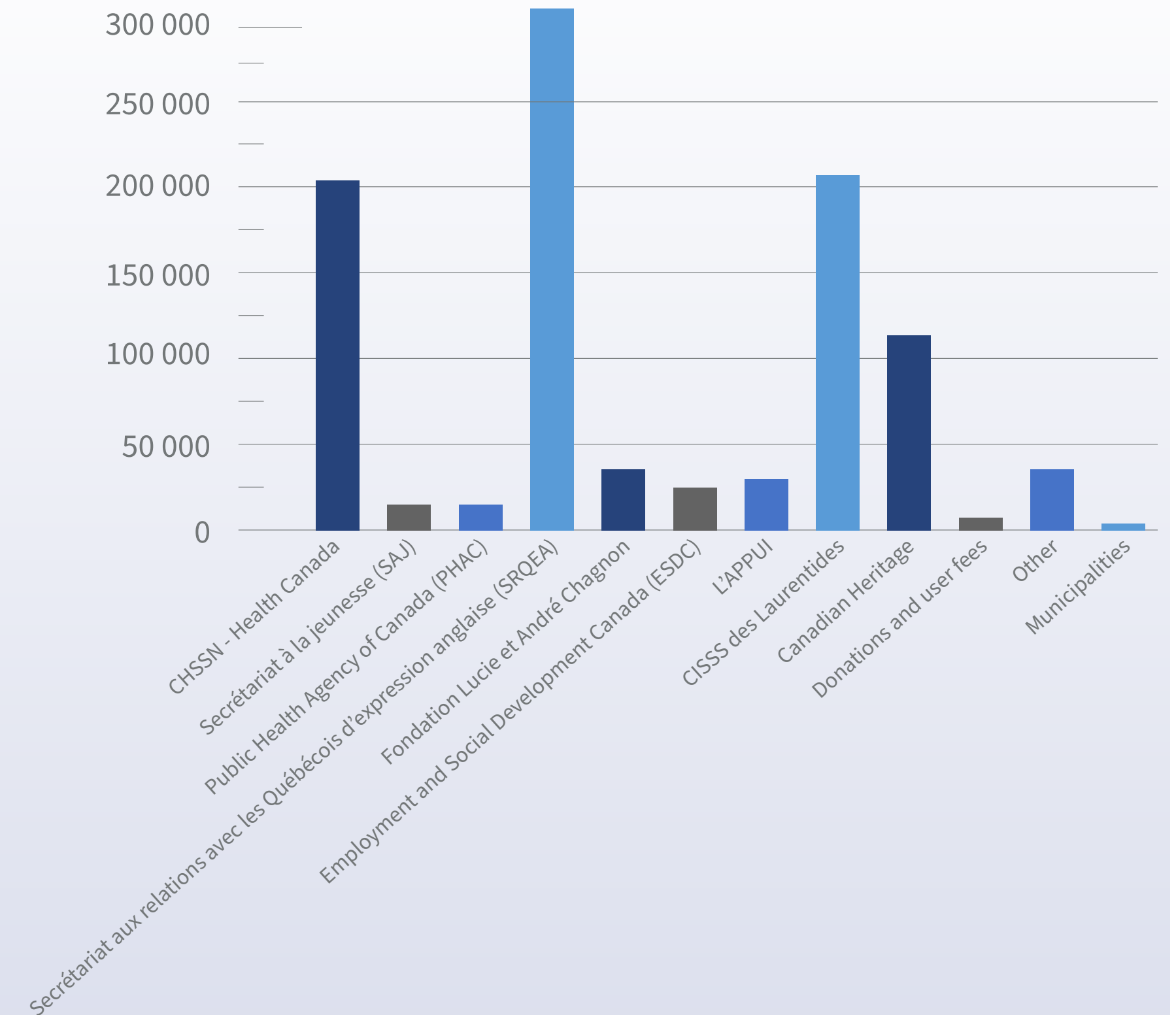
Family & Youth 10%	\$77,679
Seniors & Caregivers 14%	\$105,460
NPI 23%	\$178,400
Social & Economic Development 36%	\$279,800
Arts & Culture 17%	\$130,000
Total Program Expenses	\$771,339

Total Revenue



Federal 35%	\$358,100
Provincial 56%	\$567,237
Foundations 3%	\$32,150
Municipalities 1%	\$9,360
Other 5%	\$50,318
Total Revenue	\$1,017,165

4Korners' Funding



Our Funders

Canada 

Québec 

CHSSN



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

Dialogue McGill



Health
Canada

Santé
Canada



Fondation Lucie
et André Chagnon

Our Supporters, Partners & Project Sponsors

ACCROC
AAL - Arts & Autism in the Laurentians
CABL (Centre d'action bénévole Laurentides)
Canadian Heritage
CAAP - Le Comité d'aide alimentaire des Patriotes
CAAP des Laurentides (centres d'assistance et d'accompagnement aux plaintes)
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
CAP JEM (Centre d'Accompagnement Personnalisé pour Jeunes Enceintes ou Mères)
Centre Omega
C.E.S.A.M.E.
Chalet Bellevue
CHSLD PPL (Pavillon Philippe-Lapointe)
CIMES (Centre de Formation Générale aux Adultes)
CISSS des Laurentides
City of Deux-Montagnes
City of Rosemère
City of Sainte-Eustache
CLC- Community Learning Centers
Community Connections
Dawson College
Deux-Montagnes Lions Club
Éducaloi
Employment and Social Development Canada (Canada Summer Jobs)
Espace Ludiko

FADOQ des Laurentides
Fonds communautaire d'accès au micro-crédit
Fonds Lili Homier
Groupe JAD (Jeunes Adolescents en Développement)
Harrington Golden Age Center
Health Canada
John Abbott College
Kanesatake Health Center
La Citad'elle Lachute
L'Antr'Aidant
L'Appui
LTM HS
Laurentian Literacy Center
Laurentian Regional Cancer Support Group
Laurentian United Church
Le Bourgeon centre de périnatalité sociale
Les artisans de l'aide
Learn Quebec
The Lodge of Two Mountains
Trinity Church
Mainstreet Newspaper
Maison de la Famille Argenteuil
MFDN - Maison de la Famille du Nord
Maison de la Famille PDH (Pays-d'en-Haut)
Maison des jeunes Le SPOT
Maison des jeunes Sainte-Scholastique
MDJ PDH (Maison des Jeunes Pays-d'en-Haut)
MNA - Benoit Charette - Deux-Montagnes
MNA - Christopher Skeete - Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers

Supporters, Partners & Project Sponsors....continued

MNA - Agnès Grondin - Argenteuil
MNA - Nadine Girault - Bertrand (Minister of International Relations and La Francophonie / Minister Responsible for the Laurentides Region)
MP - Marie-Hélène Gaudreau - Laurentides-Labelle
MP - Lus Desilets - Rivière-des-Mille-Îles
MRC des Laurentides
Municipality of Lac-Supérieur
Nourri-Source Laurentides
PANDA BLSO
PANDA Thérèse De-Blainville
Persévérons Ensemble
Portail Lac2M
PREL – Partenaires Pour La Réussite Éducative Dans Les Laurentides
Prévoyance envers les Aînés des Laurentides
Regroupement de la valorisation de la paternité
Secrétariat aux relations avec les Québécois d'expression anglaise
Seniors Action Québec
SWLSB - Sir Wilfred Laurier School Board and all its schools in the Laurentians
SQ (Sûreté du Québec)
Vanier College
Villa Notre-Dame (RPA)
Lachute library
Township of Gore
Municipality of Milles Isles
QAHN

4Korners' Top Donators

Donations of \$100 or more (in alphabetical order)

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Donna Takeda	Norma Lariviere
Douglas Mayoff	Peter Andreozzi
Elisabeth Sacca	Rola Helou
Eve Xinidakis	Sheila Ezeznazi
Gord and Carol Wetmore	Tom Whitton

The 4Korners Team

Board of Directors

Peter Andreozzi - President, Private sector

Julie Piette - Vice-President, Education sector

Salinda Hess - Education sector

Sofia Nieto - Youth Representative

Alex Green - Private sector

Martin Neveau - Private sector

Thomas Whitton - Private sector

Allison Dixon - Private sector

Lise Viens - Community member

Adam Gordon - Community member

**5 community members, not including board and staff attended the last Annual General Meeting.
9 board meetings were held in 2021-2022
2 new board members**

Team

Stephanie Helmer - Executive Director

Melissa Grandmaison - Assistant Director

Rebecca Boudreau - Bookkeeper

Niri Azuaje - Office Administrator

Luz Garcia - Organizational Development Manager

Betty Millien - Program Manager, Individual, Family & Youth

Melanie Wilson - Program Manager, Seniors & Caregivers

Chloée Alary - Program Manager, N.P.I.

Jaime Bisailon - Activity Coordinator, Individual, Family & Youth

Sharon Sangster - Activity Coordinator, Individual, Family & Youth

Elizabeth Arbaud - Activity Coordinator, Seniors & Caregivers

Emmanuelle Millien - Activity Coordinator - Youth Mental Health

Andie Bennett - Community Development Coordinator

Josephine Piazza - Project Coordinator

Michel Hogue - Project Coordinator, Fathers

Iván Barradas - Project Coordinator

Lisa Agombar - Community Support Specialist, Seniors & Caregivers

Conrad Popko - Community Support Worker - Living Without Violence program

Dino Teoli - Website

Leandra Karanfil - Summer Student

Jillian Donnelly - Intern

Dahlia Hodge - Social Media

Iehente Gabriel - Coordinator

Sub-contractors working on our programs:

Ken Duff

Melissa Schoenthaler

Kalina Mitchell

Laury Peroff

Lindsay Parr

Our Offices

Head Office

200 Henri-Dunant, Deux-Montagnes, Qc. J7R 4W6
Phone: (450) 974-3940 ext. 601 | Toll free: 1 (888)-974-3940

Deux-Montagnes Activity Centre

1650 chemin d'Oka, Deux-Montagnes, Qc. J7R 1M9
Phone: (450) 974-3940 ext. 601 | Toll free: 1 (888)-974-3940

Lachute Office

508 rue Principale, Lachute, Qc. J8H 1Y3
Phone: (450) 974-3940 ext. 231 | Toll free: 1 (888)-974-3940

Sainte-Agathe Office

31 rue Principale, Sainte-Agathe-des-Monts, Qc. J8C 2J4
Phone: (450) 974-3940 ext. 233 | Toll free: 1 (888) 974-3940

Saint-Sauveur Office

19-C Av. de la Gare, Saint-Sauveur, Qc. J0R 1R0
Phone: (450) 974-3940 ext. 234 | Toll free: 1 (888) 974-3940

Ste-Thérèse

2 rue du Ravin (located in Église chrétienne de Ste-Thérèse),
Ste-Thérèse, Qc. J7E 2T2
450-974-3940 ext. 232 | Toll free: 1 (888) 974-3940

Hours of Operation

Monday to Thursday 9 a.m. - 4 p.m. Friday 9 a.m. - 12 p.m.
Closed 2 weeks per year in December.



www.4korners.org