



IMPACT REPORT

2023-2024

A Message From The Chair

Congratulations on another successful year, 4Korners team!

Nineteen years strong, and what a journey it has been. Our organization continues to thrive, thanks to the dedication and hard work of everyone involved.

Under the Executive Director, Mr. Hugo Bissonnet, the past fiscal year has been remarkable. With fresh perspectives and unwavering commitment, Hugo has propelled us forward, maintaining our momentum and delivering on our promises.

I am incredibly proud of the accomplishments we've achieved together. From serving seniors, children, and families to being a pillar of support in the Laurentians community, our impact is undeniable.

To our amazing staff, THANK YOU! Your dedication to our community is inspiring, and your impact is felt far and wide. You truly make a difference every day.

To our membership, thank you for your unwavering support and trust.



Peter Andreozzi

President, 4Korners
Board of Directors

A handwritten signature in black ink that reads "Peter Andreozzi". The signature is written in a cursive style.

As we embark on a new fiscal year, I am filled with optimism and excitement. The future of 4Korners looks brighter than ever, and I am eager to see the continued difference we will make in the lives of those we serve.

Here's to another year of growth, success, and making a positive impact. Bring on FY25!

A Word From The Executive Director

Congratulations on another successful year, 4Korners team!

As we reflect on another remarkable year and my first as Executive Director of 4Korners, I am filled with pride and gratitude for the dedication, resilience, and innovation displayed by our community, partners, and team. This annual report highlights not just our achievements, but also the journey we've embarked on together, navigating challenges and seizing opportunities to make a meaningful impact on the English-speaking community of the Laurentians.

Over the past year, we have continued to advance our mission, driven by a commitment to excellence and a vision for a brighter future. Our initiatives have reached new heights, served more individuals and communities than ever before, and made a tangible difference in their lives. We have launched new activities for early childhood, youth and families and in social and economic development. We forged or enhanced strategic partnerships and advocated tirelessly for living well as an anglophone in the Laurentians.

Among our key accomplishments, I am particularly proud of:

- 1. Expanding Our Reach:** We successfully extended our services to underserved areas, ensuring that our support is accessible to those who need it most.
- 2. Innovation in Action:** Our team developed and implemented innovative solutions, leveraging technology and creative strategies to enhance our impact and efficiency.
- 3. Strengthening Community Ties:** Through collaborative efforts with organizations and stakeholders, we have fortified the bonds that enable us to work more effectively and inclusively.
- 4. Sustainable Growth:** We have made significant strides in securing long-term sustainability, ensuring that our programs and services will continue to thrive for years to come.

None of these achievements would have been possible without the unwavering support of funders, partners, donors, volunteers and, of course, the staff. Thank you to the board of directors and the staff for welcoming me to 4Korners. Your belief in our mission and generous contributions of time, resources, and expertise have driven our success.

Best,



Hugo Bissonnet
Executive Director, 4Korners

A handwritten signature in black ink that reads "Hugo Bissonnet". The signature is written in a cursive, flowing style.

ABOUT 4KORNERS

4Korners is a registered Canadian charitable, community-based organization founded in 2005. We connect English-speaking 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

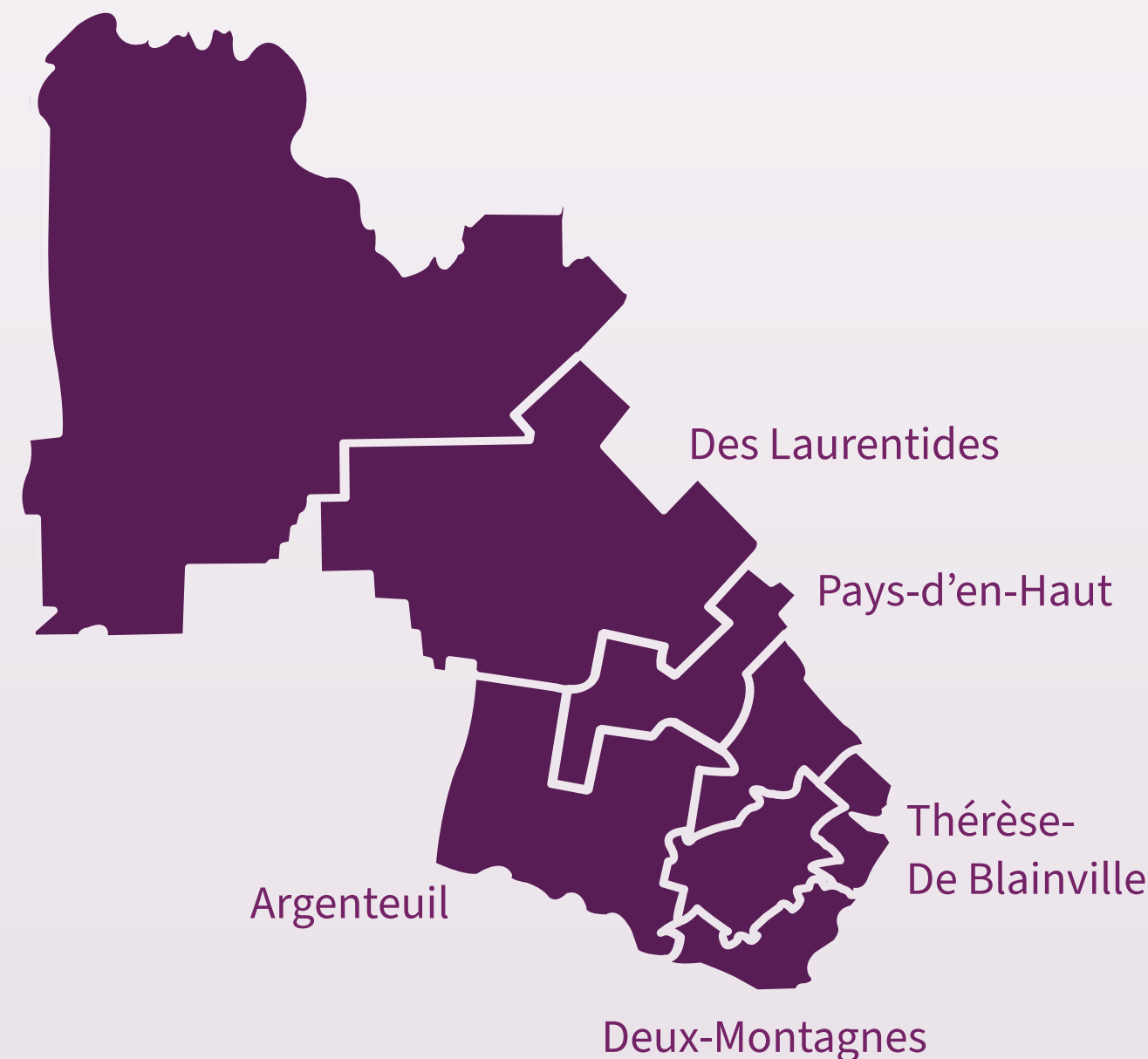
We believe that every individual deserves access to the same opportunities.

ACCOUNTABILITY

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

4KORNERS AT A GLANCE

We serve the 47,010* English-speaking community members of the Laurentians



4Korners provides services in five MRCs

8803

Total participants in last year's various activities.

433 Activities took place during the fiscal year.

1818 Total unique persons registered to these activities.

334 Paying members of our programs and services.

The team sat on 64 committees, tables or democratic instances and engaged with 186 organizations.

YouTube [Check out the 4Korners 2023-2024 highlights' video.](#)

289 hrs

of individual support given.

In the last year 4Korners received about 2050 calls and 330 walk-ins at the main office in Deux-Montagnes.

1712 hrs

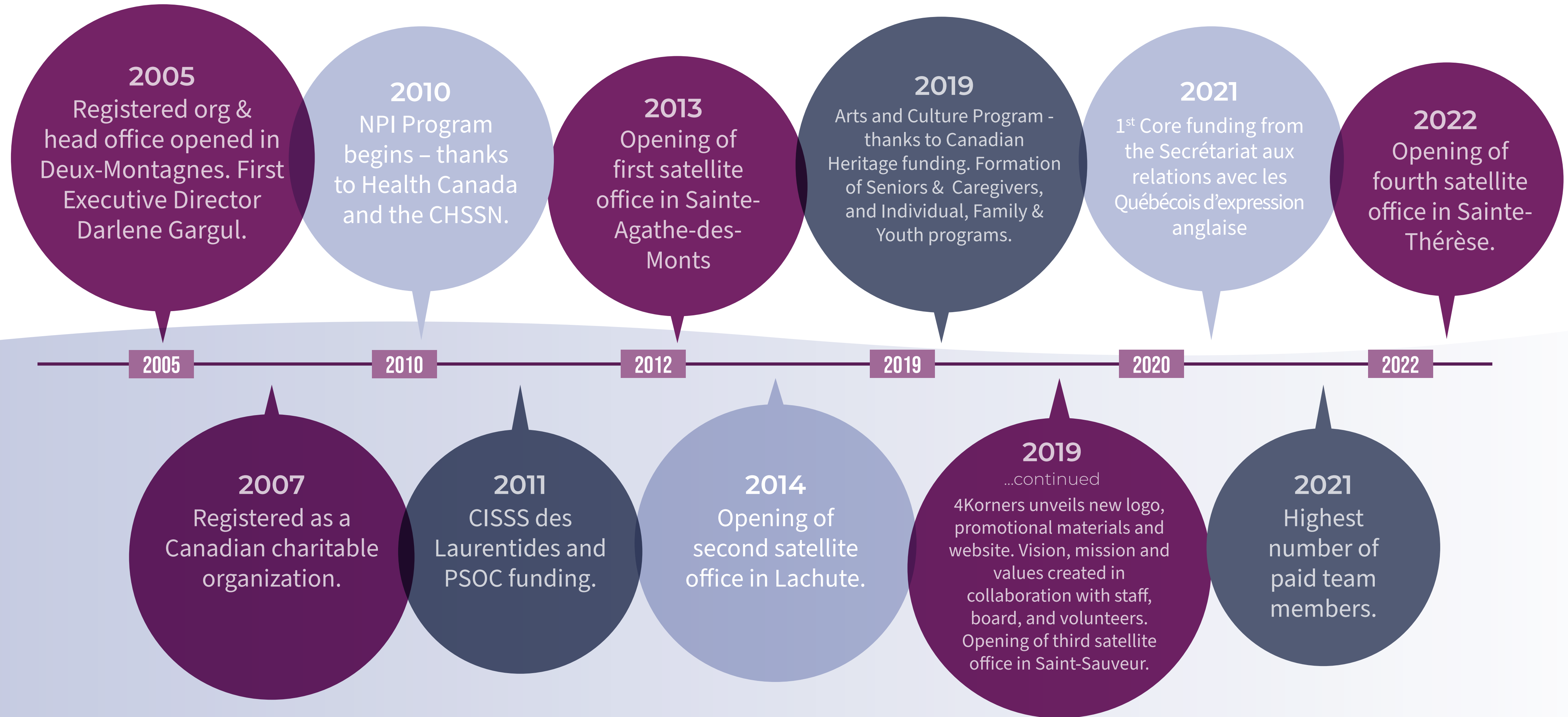
Total volunteer hours donated to 4Korners by 36 volunteers

INCREASE IN SOCIAL MEDIA

LinkedIn	+38%
Facebook	+15%
YouTube	+34%
Instagram	+26%
E-activity bulletin	+7%

* Census 2021

4KORNERS TIMELINE



NPI

NETWORKING AND
PARTNERSHIP INITIATIVE



The NPI Project inspired our Community Mobilization Model, which uses a population health promotion approach. This approach encourages local and regional partners, as well as English-speaking communities, to strengthen relationships with health and social service providers and address key health determinants. We also support the NPI's capacity-building efforts by offering leadership development.

The NPI is designed around five core activities: Networking, Representation, Knowledge development, Partnerships and Outreach.

Thanks to the hard work of the NPI team, we are seeing more and more partnerships develop and a continued collaboration between both French and English organizations to improve community health and social services available for English speakers.

• Non-profit organization.
• Free services for everyone.
• Team of legal experts (lawyers and notaries).
• Allows you to obtain general legal information related to your situation (individual meetings available).
*However, the CJP does not provide legal advice.

SOME KEY ELEMENTS

of the Networking and Partnership Initiative



- New funding secured for different tools, activities and events at the tables and committees with our partners to be inclusive to serving the English-speaking community in early childhood, Youth, Autism, domestic violence, caregiving, arts and culture.
- Many requests from multiple tables and committees for 4Korners to present who we are and what we do! Furthermore, we have received requests to present data and have spoken about the needs of the English-speaking Community in the Laurentian Region.
- Meeting requests from MRCs and municipalities to present 4Korners and to have a conversation about better serving the English-speaking communities together.
- Dissemination of the CROP survey results on access to health and social services in English in the region and the province.
- Continued advocating at tables and committees for access to services in English.
- Meeting other NPI organizations across the province and sharing common efforts and best practices



Some outcomes for the community due to our presence at tables and committees

- Presence on the Regional Access Committee to services in English has resulted in a direct line to our CISSSLau partner to reduce barriers due to language. 4Korners is chairing the committee.
- Founding member of the *Carrefour Gériatrie Sociale Laurentides* - a new centre planned by community-based organization mutualizing resources with direct services for seniors.

Some quotes from our members

“It’s grassroots feedback, which is invaluable in my job.”

“Met new people, learned about services I was not previously aware of.”

TABLES AND COMMITTEES

Working together to build healthy communities!

4Korners is present on multiple Tables and committees. The team held 25 kiosks, attended 7 open house events and over 20 partners' AGMs.



LESAN Restructuring Meeting In-person
Laurentian Literacy Center

MRC Argenteuil
6 Tables

MRC Thérèse-De Blainville
6 Tables

Provincial
6 Tables

MRC Deux-Montagnes
12 Tables

MRC des Laurentides
8 Tables

National
1 Table

MRC Pays-d'en-Haut
6 Tables

Regional
19 Tables

TOTAL
64 Tables



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 like the CISSSLau, in their respective municipalities. They work together to identify needs and find sustainable ways to deliver services to the Laurentian English-speaking communities.

After their restructuring, the LESAN is working very well. Through the contribution of its members expressing their needs, we were able to organize two LESAN Regional Exchanges that were highly appreciated as well as presentations that were pertinent and useful to the members. We had meaningful discussions about barriers, needs and issues that touch the English-speaking community. The addition of new members to the LESAN brought valuable information and added to their services and resources. The connections made at every LESAN Regional Exchange creates new connections and new partnerships. We are all advocating and fighting for the rights of the English-speaking community with a focus on Health & Social Services. It is nice to know that we can support each other.





Some quotes from our members

“L'accueil, les présentations sur l'accessibilité des services. Belle journée, merci beaucoup. Et merci à mon traducteur personnel.”

“Very well run in a great venue and timely.”

The committee now has two regional meetings per year.

The Fall meeting welcomed 23 community partners in Morin-Heights and 2 presentations were offered.

- 1 Justice Allié.e.s :**
2SLGBTQIA+ realities and inclusive and -presentation
- 2 Access to care and services in English:**
What to know in the Laurentians - presenter - Camille Harrigan (CISSSLau)

Winter meeting welcomed 32 community partners in Saint-Eustache where 3 presentations were offered.

- 1 Presentation of CROP**
(English language Health and Social Services Access in Quebec)
Survey Results - Focus on Laurentian Region by Russel Kueber – CHSSN
- 2 Regional Access Committee**
(CRASLA) and FRASLA funding by Hugo Bissonnet - 4Korners
- 3 Presentation of the complaint services of CAAP-Laurentides**
(Centre d'assistance et d'accompagnement aux plaintes des Laurentides)
by Julie Sirois



NEW

ACTION COMMUNAUTAIRE AUTONOME

Autonomous Community Action

**SET OUR
SIGHTS**
ON
SOCIAL
TRANSFORMATION
(#NACAW)



rq-aca.org

**RQ
ACA**
RÉSEAU QUÉBÉCOIS
DE L'ACTION
COMMUNAUTAIRE
AUTONOME



NATIONAL AUTONOMOUS COMMUNITY ACTION WEEK

About ACA (Autonomous Community Action)

Autonomous community action (Action Communautaire Autonome) is a cornerstone of community-based organizations in Quebec, providing a robust framework for grassroots initiatives to thrive independently. This approach is instrumental in addressing local needs, fostering social cohesion, and promoting civic engagement. Its significance is multi-faceted, encompassing social, economic, and political dimensions.

This year, in collaboration with Réseau Québécois d'Action Communautaire Autonome and RDN (Regional Development Network), 4Korners contributed to the provincial campaign from October 16th to 23rd. On top of the regular promotion tools, we created a specific Facebook for the English group in Quebec.

The community-based organizations faced many challenges, new policies and a collapsing health system. The team attended the Regroupement des Organismes Communautaires des Laurentides' two regional meetings and their AGM. We contributed to campaigns, consultations and training with them.

Bill 96

Bill 96 imposes substantial administrative, financial, and cultural challenges on English-speaking community-based organizations in Quebec. While aimed at strengthening the French language, the bill complicates service delivery, strains resources, and impacts the accessibility of essential services for English-speaking communities. Additionally, there is a cultural dimension to the struggle. The bill is perceived by many in the English-speaking community as a threat to their linguistic and cultural heritage. It creates an environment of uncertainty and insecurity, affecting community cohesion and morale.

With the support of our provincial partners, RDN, CHSSN, and EDUCALOI, we held many meetings and workshops to prepare for what would become Law 14. Paradoxically, 4Korners signed an agreement with the SRQEA (Secrétariat aux relations avec les Québécois d'expression anglaise) for \$900 000 over three years to support our core mission and the region's vitality.

AUTONOMOUS COMMUNITY ACTION

NATIONAL AUTONOMOUS COMMUNITY ACTION WEEK #NACAW 2023

HISTORY
The autonomous community action movement (or ACA) came about in the 1960s when citizens in Quebec society began to focus on citizen participation, the recognition of rights, and collective action to improve their living conditions.

NUMBERS
Quebec is currently home to 4,000 autonomous community action organizations that employ 60,000 workers and are supported by 425,000 volunteers. Together these organizations are actively supporting millions of Quebecers provincewide.

SERVICES
Autonomous community action organizations are important resources for the implementation of services adapted to the needs of the populations that they serve and the promotion of community participation in the resolution of social issues.

ACA CRITERIA

- Have non-profit status.
- Be rooted in the community.
- Maintain an "associative" and democratic life.
- Be free to determine the mission, orientations, approaches and practices of the organization.
- Have been formed as a result of the initiative of community members.
- Pursue an organization-specific social mission that promotes social transformation.
- Use civic practices and broad approaches to focus on the globality of the issue(s) being addressed.
- Be governed by a board of directors that is independent of the government and public network.

ABOUT ACA
Autonomous community action is a movement initiated by citizens or community that strives for individual and collective empowerment and is aimed at transforming living conditions and promoting social justice.

DOWNLOAD TOOLS
Every October, *National Autonomous Community Action Week* (#NACAW) highlights the engagement of the Autonomous Community Action movement across Québec. English resources are available from the RQ-ACA [here](#).

The Réseau québécois de l'action communautaire autonome (RQ-ACA)
The Réseau québécois de l'action communautaire autonome (RQ-ACA) represents 70 national groups and organizations and links over 4,000 independent community action organizations fighting throughout Québec for greater social justice.

The Action Plan for Community
The *Government Action Plan for Community Action 2022-2027* committed to our communities (PAGAC) represents a total investment of \$1.1 billion over five years to implement 29 measures taken by 23 government departments and agencies to better support community organizations.

Sources:
The Réseau québécois de l'action communautaire autonome, August 2023. Available: <https://rq-aca.org/>
Ministère de l'Emploi et de la Solidarité sociale, August 2023. Available: <https://www.mtss.gouv.qc.ca/sacais/action-communautaire/>

This information sheet was made possible with the financial support of the Secrétariat aux relations avec les Québécois d'expression anglaise.

RDN
Regional Development Network
Réseau de Développement Régional

This year marked the end of a three-year agreement with Canada Heritage that allowed us to connect the community to the Arts and Culture. Many activities and workshops were offered to people of all ages in person and online.

The integration of arts in 4Korners' activities is immensely important, offering numerous benefits that enhance well-being and foster community cohesion. Arts initiatives, such as music, visual arts, and theatre, provide therapeutic value, promoting mental health and emotional resilience. Engaging in creative activities can reduce stress, alleviate symptoms of anxiety and depression, and improve overall mood, providing a non-verbal outlet for expression and healing.

Moreover, arts programs can enhance cognitive and social skills, particularly among vulnerable populations such as children, the elderly, and individuals with disabilities. They encourage creativity, critical thinking, and problem-solving, while also improving communication and interpersonal skills through collaborative activities. It is also a way to break isolation for many and to build relationships with their peers.

Canada 



“ The thing I love most about drawing is that I get to create something and it calms me down. “

– child participant in online drawing

Creative Sessions

ON-LINE DRAWING - ADULTS

32 Events, 302 total registrations
Avg. attendance per event - 46

ON-LINE PAINTING - ADULTS

32 Events, 205 total registrations
Avg. attendance per event - 30

SPEAKER SERIES

Hybrid, in-person in 4 MRCs
10 Events, 224 total attendance
Avg. attendance per event - 22



Albums of Drawings and Paintings are available on our Facebook page.

4K Speaker Series

The 4Korners' Speaker Series is a boon for new or seasoned history buffs interested in learning more about local Laurentian and Canadian history. The abundance of interesting topics coupled with knowledgeable and entertaining presenters has made the Speakers Series a crowd pleaser whether it be in-person or streaming online. Aside from amazing history lessons, Speaker Series remains a great way to break isolation and engage with the community in an entertaining and educational fashion.

Whether it is Sam Allison telling us about the impact of the Fraser Highlanders on North America in his deep Scottish brogue or Gertrud Barwick sharing her life story on International Women's Day, each topic will leave you knowing something you didn't know before and pique your interest about fascinating events that happened right in your own backyard.

[The entire 4Korners' Live Speaker Series events are available on our YouTube Channel here:](#)



FEATURED VIDEO:

[Author Joseph Graham -
The Christian Invasion, Colonial Encounters in Context](#)



" 4Korners offers services that significantly impact everyone in the Laurentian community in a most positive way. From Babies to Seniors, Homemakers to Entrepreneurs, Arts to Music and special counselling, everyone in our community is truly touched and included. This is what makes 4 Korners and its dynamic team so unique, helpful and supportive. Thank you from the bottom of my heart! "

4K Speaker Series

Guy Rex Rogers

What We Choose To Remember - Open Circle

United Church, Lachute

MRC d'Argenteuil

Total # of participants: 9 (In-Person only)

Sam Allison

Militarism, Capitalism, Feminism

Chalet Bellevue, ZOOM

MRC Pays-d'en-Haut

Total # of participants: 51

(In-Person 18, ZOOM 33)

Doug Simon

Music: The Official Language of Morin Heights

Chalet Bellevue, Morin Heights & ZOOM

MRC Pays-d'en-Haut

Total # of participants: 15 (In-Person 11, ZOOM 4)

Ann Lambert (Author)

Whale Fall, Third book - Russell and Leduc Mystery Series

Municipal Building Lantier, ZOOM

MRC des Laurentides

Total # of participants: 16 (In-Person 10, ZOOM 6)

Guy Rex Rogers

What We Choose To Remember

Chalet Bellevue, Morin Heights (2023/24)

MRC Pays-d'en-Haut

Total # of participants: 13 (In-Person only)

Isabelle Simard

Initiation to Shinrin Yoku (Forest Bathing)

Holy Trinity Church, Ste-Agathe, ZOOM

MRC des Laurentides

Total # of participants: 8 (In-Person 4, ZOOM 4)

Robert Simard (Historian & Storyteller)

The History of Argenteuil

Harrington Golden Age Center & ZOOM

MRC d'Argenteuil

Total # of participants: 34

(In-Person 19, Harrington

(In-Person 11 Ste-Agathe SWC, ZOOM 4)

Guy Rex Rogers

What We Choose To Remember

Holy Trinity Church, Ste-Agathe (2023/24)

MRC des Laurentides

Total # of participants: 30 (In-Person only)

Secondary 5 class from SAA joining with

History Teacher (20 students)

Robert Simard (Historian & Storyteller)

The History Around Mille-Isles and Surrounding Area

Mille-Isles Municipal Hall & ZOOM

MRC d'Argenteuil

Total # of participants: 32

(In-Person 21, ZOOM 11)

Joseph Graham (Historian & Author)

Étienne Brûlé and Samuel Champlain - was one a sellout, and why does it matter?

Holy Trinity Church, Ste-Agathe, ZOOM

MRC des Laurentides

Total # of participants: 16 (In-Person 14, ZOOM 2)



Member Quotes

"A number of the poignant stories of anglophone Quebecers in the movie and their unique perspectives. Also, the complex challenge to balance the protection of language with openness to difference."

"I have so appreciated you keeping our community connected over the years. Your programming and supportive events have been both stimulating and relevant for our times. Thank you so much for everything you do! Bravo!"



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 Dads4Kids 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.





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.

With the help of partners, and under the Bright Beginnings name, 4Korners created 0-5 direct service activities to the community that are funded by a variety of sources to fill gaps. There were pertinent needs that needed to be addressed overnight while we work long-term on sensitization and strategic program development with our partners. Many new activities evolved this year with many new agreements with CISSSLau and other funders for prenatal classes, respites to families with a newborn in most MRC, fatherhood activities, and a neurodiversity program.

Semer l'Avenir and Ma Famille, ma Communauté are CISSSLau collective programs where community partners are pooling resources to support families or struggling children. Some are linked to services that are made for families under child protection measures. 4Korners is invited when the families are English speakers.





Prenatal Workshop

For five consecutive Saturdays. Each session is designed for groups of up to six couples, ensuring personalized attention and a supportive environment. These classes are interactive and include partners in all activities. Our goal is to prepare you and your partner for a confident and informed birthing experience.

Throughout the course, we cover a range of essential topics, including:

- **Breastfeeding:** Techniques, benefits, and overcoming common challenges.
- **Before and After Birth:** What to expect during pregnancy, childbirth, and the postpartum period.
- **Labor Exercises:** Practical exercises to manage labor pain and facilitate delivery.
- **Partner's Role:** How partners can support and assist during labor and delivery.
- **Massage Techniques:** Effective massage methods to alleviate discomfort and promote relaxation...
- ...and various other important aspects of pregnancy and childbirth.

Respite Postnatal

This service was offered but limited to a volunteer for parents with newborns between 0 and 1 year old. This year, the CISSSLau offered funding to support and increase the respite to English speakers, and they have asked us to provide the block of 3 hours respite at a time. The objective is to offer it in other sectors like St-Jérôme, Ste-Agathe, Pays-d'en-Haut and Lachute. For the first year, 200 respite hours were offered to parents.

Dads4Kids

The fatherhood program is being reviewed and the new format is still in preliminary mode. We have adapted and translated to English the program *pères présents/enfants gagnants* from l'Université du Québec dans l'Outaouais. This 8-course workshop aims to build the capacities and confidence of fathers in the daily aspect of parenting. In preparation for the launch in fall 2024, the program started offering fun activities for dads and their kids to start engaging them for what's coming next. The activities were funded by CANADA Heritage and the translation by the SRQEA in collaboration with *Regroupement pour la Valorisation de la Paternité* and CHSSN. Upon completion, the English program will be available for free to our English community partners.

Activities

PRENATAL CLASSES • POSTNATAL SUPPORT • BABY SENSORY 1 • BABY SENSORY 2
PARENTING CIRCLE • COMMUNITY KITCHEN • PLAY-TO-LEARN • TINY TOTS 1
TINY TOTS 2 • MORNINGS IN THE PARK • COFFEE TIME WITH DAD • DAD OUTINGS
FAMILY INFO SESSION • EARLY CHILDHOOD WEEK ACTIVITY

Activities

Prenatal

MRC Deux-Montagnes
7 events, 35 registrations
Participation: 35

Baby Sensory 1

MRC Thérèse-De Blainville
15 events, 39 registrations
Average participation/event: 24

Baby Sensory 2

MRC Thérèse-De Blainville
15 events, 43 registrations
Average participation/event: 23

Parenting Circle

MRC Deux-Montagnes
2 sessions, 26 registrations
Average participation/event: 10

Community Kitchen

MRC Thérèse-De Blainville
6 events, 14 registrations
Average participation/event: 6

Play-to-Learn

MRC Thérèse-De Blainville
42 sessions, 40 registrations
Average participation/event: 11

Tiny Tots - 1 AM + PM

MRC Deux-Montagnes
42 events, 24 registrations
Average # of children/event: 10

Tiny Tots - 2 AM + PM

MRC Deux-Montagnes
42 events, 20 registrations
Average # of children/event: 9

Mornings in the Park

2 MRCs
Deux-Montagnes: 6 events, 15 reg.
Thérèse-De Blainville: 6 events, 18 reg.
Average participation/event: 10

Coffee Time With Dad

MRC Deux-Montagnes
3 events, 3 registrations
Average participation/event: 2

Dad Outings

MRC Deux-Montagnes
11 events, 201 registrations
Average participation/event: 13

Family Info Session

3 MRCs
5 events, 38 registrations
Average participation/event: 5

4K Kids Club - Summer 2023 6-12 years

MRC Thérèse-De Blainville
7 events, 15 registrations
Average # of kids/event: 10

Mission Escalade

In partnership with CESAME
1 event, 8 registrations
8 participants

Social & Emotional Learning Program

In partnership with PANDA BLSO
MRC Deux-Montagnes: 84 events, 7 registrations
Average # of kids/event: 5
MRC Thérèse-De Blainville: 42 events, 9 registrations
Average # of kids/event: 6



“ I love that we can open and share
anything, and feel heard and understood...
never judged. We can literally share
everything we feel.”

Youth Mental Health Initiative

Mental health support for youth in the Laurentians has never been more crucial than it is today. It is also an area that many struggle to find appropriate resources in the language they are most comfortable. 4Korners is working toward eliminating these barriers when possible and providing support to reinforce positive youth development.

4Korners is present at the Lake of Two Mountains High School in Deux-Montagnes, and Rosemère High School in Rosemère, working with and guiding young students who need support. We recognize that there are gaps in mental health and social services amongst English-speaking youth in the Laurentians and the goal of our Youth and Mental Health Initiative is to support Laurentian youth and their families by providing resources but also raise awareness about the need for improvements in this sector amongst this demographic.

4Korners makes sure the voice of English speakers is heard on various tables and committees across the Laurentians that include major stakeholders involved in youth services, including the CISSLau, school service centers, and other community non-profits. This type of networking allows for intersectoral partnerships and community-led collaborations that work towards making youth mental health and social services more abundant and inclusive.



Drumming Circle at LTM

4Korners has a robust mental health section on our website to provide the most relevant and active mental health resources for English-speaking youth and contact information for mental health organizations is easily accessible. We also use our 4Korners monthly newsletter to promote other programs and initiatives related to youth mental health and offer ongoing information and support through social media on the 4Korners Facebook and Instagram pages.

Approximately 480 Laurentian youth reached in 2023-24.

Activities held:

Drumming circle: 3 sessions, average 20 participants

Youth Art & Wellness:

Fall – 6 sessions, average 4 participants

Winter– 9 sessions, average 4 participants

CDA Hub Creative Media Arts Afterschool Workshop:

3 sessions, average 8 students

Art Wellness in Lake of Two Mountains

Lunch Hour: 4 sessions, average 12 students.

After School: 6 sessions, average 3 students

Dependency Prevention Program

The Dependency Prevention Program prioritizes educating young people on how to recognize and prevent various addictions or forms of dependencies. 4Korners works within Laurentian high schools to help young people learn developmental strategies that allow them to create strong emotional and communication skills. The program is funded by the CISSSLau and stands on the shoulders of CHSSN's Youth Mental Health Initiative.

At every Dependency Prevention workshop, 4Korners follows the *ADOS* (Aider, Développer, Outiller, Sensibiliser) model of programming. Created by the community organization *Le Réseau*, *ADOS* is a levelled, multi-grade, addictions and dependencies program catered towards teenagers in high school. *ADOS* offers a total of ten different substance/habit dependency prevention activities that educate participants on the risks associated as well as ways to develop cognitive tools to prevent them from ever occurring.

4Korners currently offers these activities, rooted in mental health, at Lake of Two Mountains High School in Deux Montagnes, and Rosemère High School. The goal of the Dependency Prevention Program is to expand its reach to every English-speaking high school in the Laurentians so that more young people can be educated and equipped to deal with addictions and dependencies.

21 workshops were held reaching 220 Secondary 2 students & 220 Secondary 3 students.



4KORNERS PODCAST

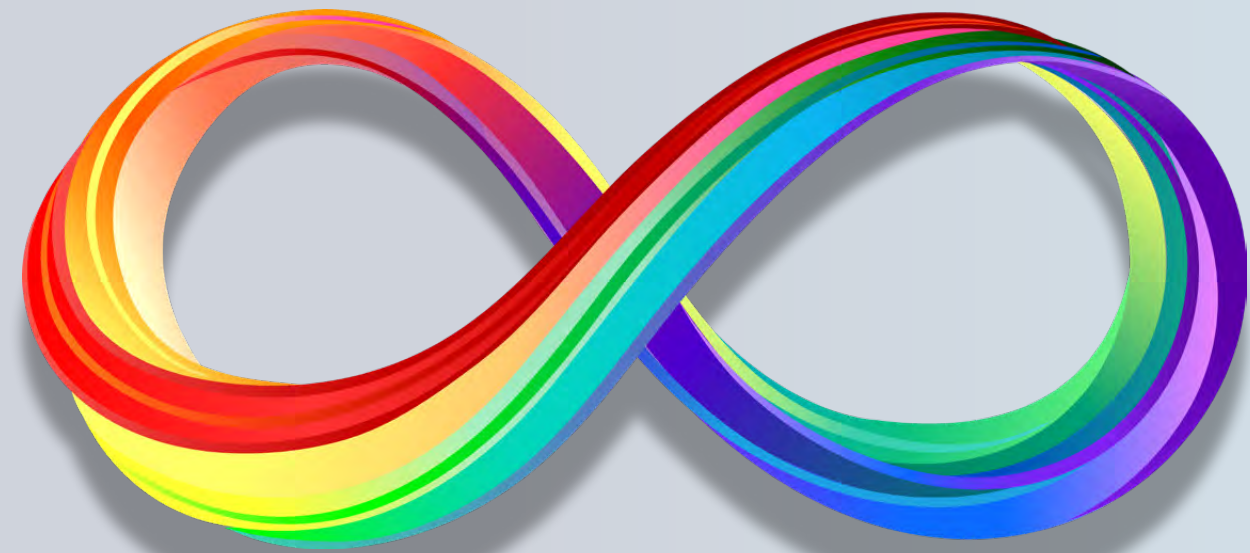
Youth Korner Jeunesse

What better way to gain an understanding of what concerns the young people in our region than to put a microphone in their hand and let them tell us? This is exactly what 4Korners did this last year developing the 'Youth Korner Jeunesse' Podcast where a diverse cross-section of Laurentian youth came to express their opinions and concerns on topics relevant to their lives.

What makes this podcast unique and stand out among the plethora of other podcasts in Montreal directed at young people is that the 4Korners podcast is completely run by youth who live, study and work in the Laurentian region. Their enthusiasm to speak on topics that are specific to Laurentian life is what made this such a success and bodes well for the podcast's continued evolution. There are already three seasons comprised of multiple episodes available on YouTube, Spotify and Apple Music with topics ranging from youth mental health to the affordable housing crisis in our region that concerns many young people looking to start building their lives as young adults.

The podcast is a forum of open expression for youth who speak English, French, Mohawk or any other language that they may speak at home (such as Creole, Arabic, Spanish, Italian, etc.).





Neurodiversity

This year, 4Korners added a new program.
The Neurodiversity Program.



NEW

The genesis of the Neurodiversity Program came about as an already existing organization, Autism and Arts in the Laurentians ('AAL') was looking for help to assure the sustainability of what had already been created. The lack of services for autistic and neurodivergent individuals in the Laurentians is a real problem for families. 4Korners was only too happy to take this on and ensure the integrity of what had already been developed and grow the program to offer more services to more age groups in more areas in the Laurentians. The integration of that new program was made possible with previous 4Korners' excess revenues and Canada Heritage allowed us to include the Arts aspect into our work plan.

Since September 2023, we have been busy learning about the neurodiverse community and their specific needs while raising awareness and understanding. The purpose of this new program is to offer activities to autistic and neurodiverse individuals focused on art, socialization and empowerment, as well as supporting the parents and caregivers of these individuals. We strive to provide relevant services to people with autism and their families in English and to raise awareness with partners and work collaboratively to ensure that this community has access to services.



Neurodiversity



“I look forward to coming here all week.”



“It’s so good to have a place where my child feels like they fit in and is not judged.”

Goals

- 1** Understand the need of the individuals as well as the caregivers involved to guide us in developing future programs. Access to care and services in English.
- 2** Maintain the integrity of what Autism and Arts in the Laurentians has already created while aiming to grow into more MRCs and more age groups.
- 3** Educate staff and partners on autism and neurodiversity through training sessions as needed. Promote Awareness around neurodiversity within the English-speaking community of the Laurentians.

Activities

AAL weekly activities at Laurentian Regional High School.
22 weeks with an average of 21 participants.

AAL at Sainte-Agathe Academy.
3 events with an average of 5 participants
Convos & Crafts - 3 events. 9 registrants with an average of 5 average participants.

Adapted First Aid – 1 event, 11 participants.

Neurodiversity Focus Group – 3 locations - 37 people shared their thoughts to help us move forward.

AAL Trip to Ottawa – 20 people enjoyed the cultural side of our nation’s capital.

AAL Christmas Party – 33 holiday celebrators.

And that was in only 7 months! Just imagine what we can do in the future!

Caregiver Support for all ages

New this year, 4Korners has widened the scope of caregiver support. We received extra funding to not only support caregivers of seniors, but also caregivers of all ages.

“A happy mind is a healthy mind, and a healthy mind is good for the body.” 4Korners keeps the mind busy with presentations and information sessions on topics that affect or interest the target audience.

Some presentations from this past year were ‘If you Love them Leave them lists - Advance Care Planning’, ‘Dying with Dignity – MAID’, and ‘What the CLSC can offer’. There are plenty of behind-the-scenes planning, networking, and partnering with health and social service professionals that take place to make these events relevant and helpful to community members. With the help of 4Korners presentations, information sessions, and overall guidance, people walk away with a great sense of community and overall enrichment of life.

“ I can't tell you how much I always appreciate the various presentations that 4Korners schedules. They often make big differences in my life, and I have shared information with several friends who have been delighted to have it. 4Korners does an excellent job of finding varied and meaningful content to stimulate and support our senior community!” “

Caregiver One-on-One Support

102 women, 31 men
254 hours
18 Caregivers of youth under 18
16 Caregivers of adults (18-50)
99 Caregivers of Seniors

Caregivers Support Group

5 support groups
2 to 5 Registrants
Average # participants/event: 4

53 conferences/information sessions for caregivers of seniors

3 focus groups for caregivers of neurodivergent individuals

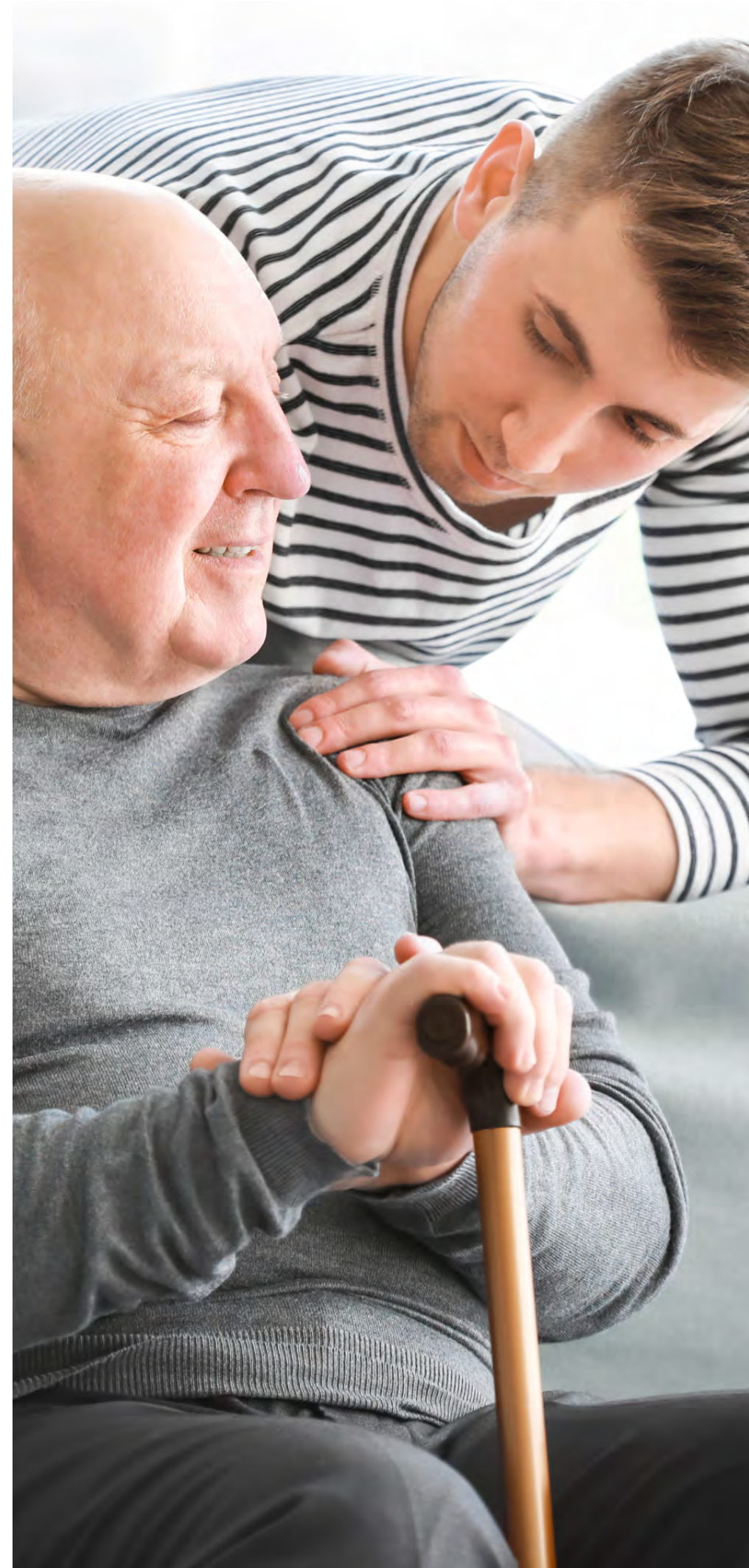
2 conferences for caregivers of neurodivergent individuals



FEATURED VIDEO:

[Host Melissa Schoenthaler's conversation with Senior caregiver Mrs. Diane Labelle](#)

Caregivers Support



... 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.

Reassurance Call Program

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

2 volunteers made 357 calls and helped 4 families.

Overview of Seniors Activity

Weekly senior's wellness activities have continued to grow throughout the region. Communities have begun to host community members in their buildings as they broadcast 4Korners activities to their population. This has been instrumental in reaching more remote and rural communities. A mix of information sessions and wellness activities were offered throughout the year, Alzheimer's Society and Parkinson's Quebec presented, we had cultural presentations, end of life and estate planning as well as presentations on fraud and emergency preparedness to name a few.

Community lunches have continued at the Trinity Church in Ste Agathe-des-Monts and in Argenteuil at our Open Circle where participants can enjoy a lunch and connect with fellow community members. Depending on the day, various activities were also offered such as yoga and meditation, tai chi, arts and crafts, and other diverse types of exercise classes.



Community lunches are a great way for seniors and caregivers to stave off social isolation and build themselves a network of support and friendship. For many community members, these events are a port in the storm during difficult times such as a multi-year pandemic that included lockdown measures that left many feeling alone and disconnected from their community.

4Korners continues to provide weekly wellness activities at the Deux-Montagnes Activity Center as well as support groups and information sessions designed specifically for caregivers of seniors. These wellness activities help caregivers gain access to local, provincial, and federal resources. 4Korners understands the isolation that many caregivers experience and the stress that comes with this role.

Necessity is indeed the mother of invention and when 4Korners moved many activities online during the pandemic we quickly realized this improved accessibility for many of our most isolated community members. The hybrid activities have now become a permanent part of 4Korners programming. Individuals can now participate from the comfort of home, opening the door to those with mobility issues, caregiving responsibilities, or simply anyone who wants to avoid treacherous driving during the winter months.

Seniors Wellness Activities

Services For Healthy Aging in all the Right Places

(SHARP) 20 events, 10 different topics shared in 6 different locations, 114 registrations, average 6 participants/event

MRC Deux-Montagnes – 4Korners Activity Centre

14 health information sessions and/or workshops, 51 registrations; avg. 4 participants/event, 45 senior yoga classes: 18 registrants; avg. 8 participants/class, 30 scrapbooking classes: 10 registrants, avg. 6 participants/class
Stand-Up: 24 classes, 18 registrants; avg. 12 participants/class

MRC d'Argenteuil – Harrington Rouge Valley Days

21 health info sessions and/or workshops, 103 registrations, avg. 5 participants/event, 20 exercise classes, avg. 3/class
26 Painting classes, avg. 2/class

MRC d'Argenteuil—Gore

6 health info sessions and/or workshops, 15 registrations, avg. 3 participants/event

MRC d'Argenteuil – Mille-Isles

14 Events including chair exercise, yoga, brain games, sessions on community information and health information. 168 total registrations; avg. 12/per event

MRC d'Argenteuil – Brownsburg-Chatham Lachute Open Circle

34 health info sessions and/or workshops, 211 registrations, avg. 14 participants/event, 35 lunches, 341 lunches served

MRC des Laurentides –Sainte-Agathe-des-Monts

83 events including sessions on community and health information, yoga, brain games, technology clinics & lunches
Total 259 registrations, avg. 5 participants/event

Online Participation (not included in the data above!)

Health information sessions & workshops:

40 events: 281 total registrations; avg. 6 participants/event
French conversation classes for adults 40 classes with 18 registrants.

Seniors online Tai Chi

8 classes, 7 registrations, avg 3 participants/class



“I just want to say how appreciative I am of this organization and the opportunities it gives us to take classes of interest to give us the outlet to express ourselves and to learn!”



“I appreciate everything that 4Korners brings to us it's nice to know that there are English people out there looking out for us. It's very important that we keep active and that there are people that like the same things that we do. I thank 4Korners tremendously.”

LIVING WITHOUT VIOLENCE

An Anger Management Program for Men

Living Without Violence (LWV) is an anger management program geared toward men who wish to take control of their anger, emotional regulation and better their lives. Since the start of this partnership with ACCROC and PAIX back in 2021, 4Korners has been able to better serve English-speaking men in the Laurentians. LWV is a 20-week program for men who acknowledge the need to stop their violent behaviours and want to develop better communication and conflict resolution skills. The courses consist of small online groups of four to five men that meet weekly in the evenings where different themes and discussions are had to understand how violence and anger can manifest in the self and body. This is done by addressing different triggers and diving into the past to identify sensitive spots that may not have been worked through previously. The objectives of the program include understanding anger and why individuals become violent, how to put brakes on this behaviour, taking responsibility, being able to listen to the other person without resorting to violence and how to identify emotions and express yourself in a non-violent way. This work is done through personal work, videos, exercises, and homework.

The online courses have shown not only to have better registration but also increased attendance and having men stick with the program throughout the full 20 weeks. Men can register voluntarily or through referral and can join the program anytime. The program is free of charge and confidential.



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

4 Groups online in the evenings • 98 Events •
38 Registrations • Avg. participation/event: 4 • 1 in-person event
in Deux-Montagnes bringing together the men & their families for
drumming & pizza. Approximately 10 participants.

Life Path Project



READY FOR A FRESH START?

This workshop aims to help you take stock of your life and develop your Life Project for the years to come. It is a structured process that requires your reflection and intuition. Get to know yourself better by clarifying your needs, and limitations.

THEMES TO BE EXPLORED:

- The foundations of choices and decisions in our lives.
- The missions and roles we take on.
- Our most frequent challenges.
- Some techniques to structure self reflection.
- The definition of the Life Project, its realization.
- Affirmation: be yourself without forgetting or imposing yourself.

This workshop is offered online via Zoom

Registration: info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



“What aspect of the session did you enjoy the most?”

“The sharing in the sessions allowed me to move forward in the process of developing my own Life Path.”

4Korners is helping individuals realize their goals via the new and supportive program called “Life Path”. Life Path helps participants take stock of their life by planning and developing “life projects”— goals and dreams that can slowly be developed for the years to come.

Life Path operates as a sort of life-coaching program. The goal of the class is to teach people how to use a methodological approach to move toward their life goals. Participants begin by creating self-portraits of whom they are based on their experiences, strengths, and interests. Life Path will walk them through four stages during the program, each week acting as a specific stage.

Each weekly focused stage explores various themes to connect the participants to their life projects and build the appropriate skills. There are weekly exercises of affirmations to nurture a strong sense of self while also exploring the missions and roles one takes on and the frequent challenges and roadblocks that come with them.

Life Path explores the relevance of the choices in one’s life and offers techniques to structure self-reflection. The themes within the stages of this program are all designed to encourage future success for the participants. The structured nature of Life Path serves to enrich the lives of those who participate. By creating a road map, having a plan, and working toward goals, participants feel a sense of purpose and are motivated to work toward their ambitions.

These lessons reconnect participants with their intuition which is ultimately at the root of any positive change and each meeting encourages weekly open discussion in an open and welcoming environment.

**Summer Session: 7 registrants = 3 average participants, Fall Session: 9 registrants = 3 average participants.
Winter Session: 7 registrants = 3 average participants.**

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.
- 4Korners is chairing CISSSLau's Regional Access Comity (also now as the CRASLA comity). Composed of English-speakers from the region, and a CISSSLau representative, the comity work enhance the CISSSLau's capacity to provide services and information in English.



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

Social & Economic Development



Through multiple sources, funding 4Korners enhances its social and economic development program capacity with increased human resources involved in multiple aspects like education and employment. Based on the regional priorities of the occupation and vitality of the region set by the elected official, the program will represent the English community but also work to ensure the communities can contribute to the vitality of the region.

4Korners' Social and Economic Development team is launching the "Employment Strategy" initiative to help English-speaking youth in the Laurentians enter the workforce. The goal is to provide access to employability resources and ensure that these resources can serve the English-speaking community. Partners such as the Regional Development Network and the Provincial Employment Roundtable support the project. The partnership aims to develop or advance English-focused strategies to increase the employability of English-speaking youth.

4Korners also collaborates with other non-profit organizations across the Laurentians and throughout Quebec, their main mission is to support residents in finding employment. Our ongoing goal is to work with these organizations to enhance their existing services to better the needs of English speakers. We continuously monitor and analyze Laurentian employability statistics to identify areas where regional-based support may be needed. By sharing this knowledge with our partners, we can work together to provide the most effective support to our community.



 **YouTube** [Check out 4Korners' video produced by RDN.](#)

Social & Economic Development Team

The 4Korners Social and Economic Development team has been actively involved in the McGill Retention Project, aimed at increasing the recruitment and retention of bilingual health and social service professionals. This initiative will ultimately enhance access to healthcare and social services for English-speaking individuals in Quebec. To achieve this goal, the project focuses on educating healthcare institutions about the unique challenges faced by English speakers when navigating the healthcare system. Additionally, it encourages institutions to hire more bilingual professionals by offering job placements and other incentives through McGill University. The project also involves a follow-up with recent graduates to emphasize the importance of adapting their practices to meet the needs of English-speaking clients across Quebec.

Dialogue McGill



As part of this initiative, 4Korners has been facilitating and hosting English Conversation courses for French-speaking employees of the CISSS LAU. Furthermore, 4Korners promotes McGill-based scholarships related to degrees in health and social services to their audiences and networks in the Laurentians. These are just two examples of how 4Korners continues to support the McGill Retention Project, demonstrating their commitment to improving access to healthcare and social services for English-speaking individuals in Quebec.

4Korners supported 1 intern this year from l'Université de Montréal, Doctorate in Medicine Program.

English Conversation courses:

7 sessions of 8 classes each (beginner level 1 to intermediate)

50 total registrations, average of 7 participants per class

Congratulations!

Bursary Recipient Claude-Alie Wagnac

[Click here to learn more about the McGill retention Program >](#)



Health Caravan

For many Laurentian residents, the annual 4Korners and John Abbott College Health Caravan is the only opportunity to meet with English-speaking health care practitioners for basic consultations without a perilously long referral process. The graduating students from the nursing, dental and paramedic care programs are able to practice their acquired skills alongside their teachers as a form of internship for over the 2 days they are in our Laurentian communities.

The 9th annual 4Korners Health Caravan was held at four different locations in the region, aiming to reach a wide range of community members. The event took place at Margaret Rodger Memorial Presbyterian Church in Lachute, Sainte-Agathe Academy High School, Trinity Church in Sainte-Agathe, and the Laurentian Regional High School. The health caravan offered various presentations on topics such as the importance of nutrition, being active, and how to perform CPR.

Outcomes

During the ECG exam with the paramedic students, one woman was displaying signs of having a heart attack. Quick action was taken, a call to 911 was placed, the paramedics arrived, and they took her to the hospital. This was the first time this woman had attended the Health Caravan as she saw our event on our Facebook page.

One man had a high blood pressure reading. He was encouraged to see a doctor and if that was not possible, they advised him to go to an emergency room.



Health Caravan

There were a few more abnormalities found during the testing. Those participants with special cases were followed up by teachers and students at John Abbot College to ensure they were taken care of. Many of the participants did not have a family doctor and therefore really appreciated this event.

Community participants:

Lachute: 43
Sainte-Agathe-des-Monts:
28 senior community member (50+)
and 7 Secondary 5 students from
the French High School.

Locations:

Laurentian Regional High School
and the Margaret Rodger Memorial
Presbyterian Church in Lachute, Sainte
Agathe Academy and the Trinity Church
in Sainte Agathe

High School participants:

LRHS: Approx 500
Sainte Agathe Academy: 151

“

“ It’s been several years since I last visited a doctor, as I’ve been unable to secure a family doctor. After relocating from Ontario to Quebec, I’ve been waiting to get settled into a healthcare system. However, this mobile health caravan was able to provide me with a check-up and give me a sense of relief and peace of mind. As a result, I no longer find myself lying awake at night worrying about my health.”

“ Today you made me feel like I matter, and I’m leaving here feeling happy, healthy and hopeful”.



Ethnocultural Communities

Immigration is also affecting 4Korners. Many newcomers moving into the region will use English as their first official language to get by while being able to learn French. Also, many 2nd and 3rd generation immigrants live in the region and use English. The CISSSLau is supporting 4Korners to help connect people from diverse backgrounds to health and social services. 4Korners' Integration Journey is a new activity aiming to accompany people from different ethnocultural communities in their integration process by equipping them with tools to thrive in society. It's an accompaniment through a learning curve where maintaining good mental health is also prioritized.

We served MORE THAN 100 multi-ethnic community members in 2022-23.

Community participants:

2 sessions with a total of 28 participants.



Let's get social!
INTEGRATION JOURNEY

**FEBRUARY 23, DEUX-MONTAGNES
5 to 8 P.M.**

As an immigrant, discover the importance of integration in our society as you meet new friends and celebrate together our diversity in this **FREE WORKSHOP.**

Food and childcare included!

RSVP OR INFORMATION:
INFO@4KORNERS.ORG
(450) 974-3940

Centre intégré de santé et de services sociaux Québec
transition nezLingsapene
4korners Réseau communautaire anglais des Laurentides | Laurentian's English Community Network

“ Amazing introduction to what a good integration path can look like. It is a long road, but it doesn't need to be walked alone, there are kind people willing to help. Thank you 4Korners.”



Again, this year, 4korners is collaborating with Éducaloi to offer accessible legal information and workshops in order to empower community members.

éducaloï workshops

- Considering a Move: What to consider in advance: renters' rights. 7 Participants
- Presentation of accompaniment services to 2SLGBTQIA+ communities. 16 Participants
- Presentation on how to file a complaint regarding health and social services CAAP (Centre d'assistance et d'accompagnement aux plaintes des Laurentides) 32 participants

The team also attended 3 Éducaloi workshops to find and provide reliable legal information. On social media, the communications team is sharing monthly at least one post regarding legal issues.

Communications

[Here is 4Korners' video.](#)



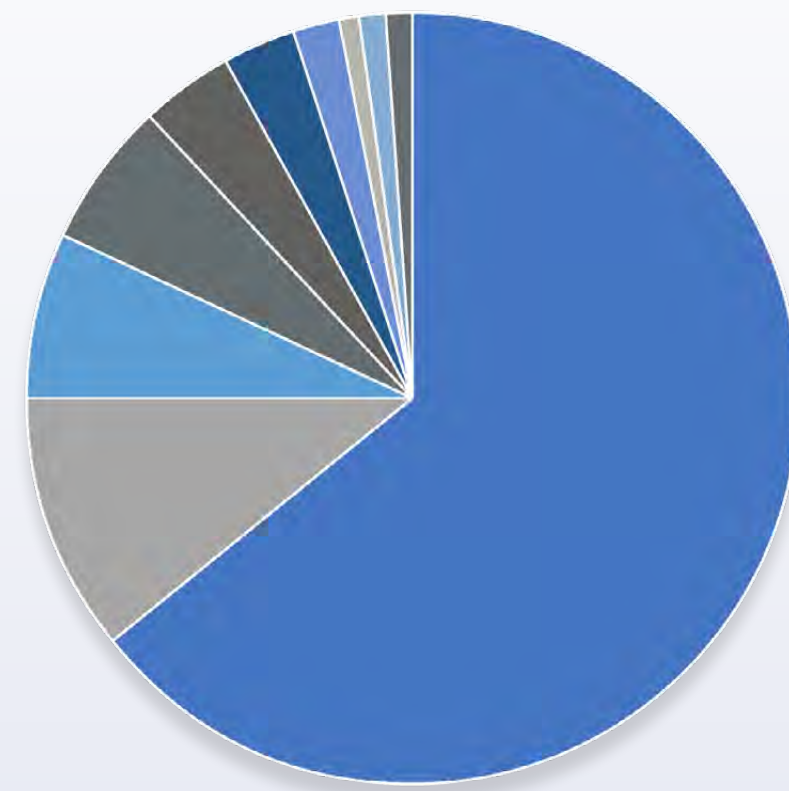
In accordance with our agreement to enhance the vitality of the region with the Secrétariat aux relations avec les Québécois d'expression anglaise 4Korners has put in place a directive to use local media to promote its activities and services. The objective is to support local press and media and keep regional news available, especially with the ban of news on Facebook after Bill C-18. The use of French media and our 2 remaining English papers (Connexion and Mainstreet) are prioritized. On top of ads, 4Korners publishes content in all their editions.

Subscribers to our newsletter can now find a link to the monthly edition of Mainstreet. The newsletter also features messages or information from the CISSSLau in English. This is a way to keep the community informed about health and social services or announcements.

Our provincial partner RDN in collaboration with the SRQEA create videos for each regional English community-based organizations.

Financial Highlights

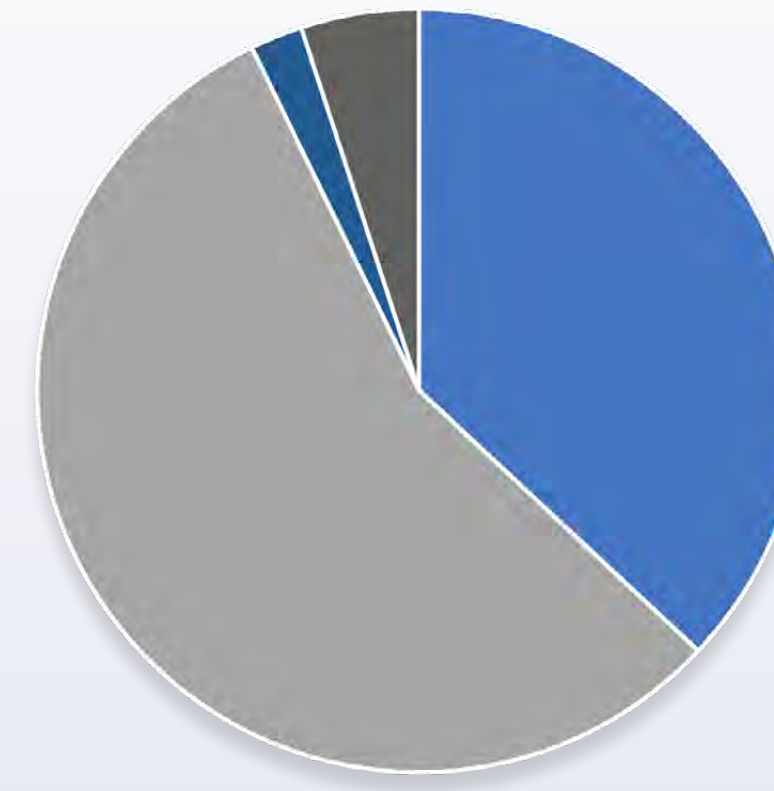
Total Expenses



Salaries & Benefits 65%	\$889,615
Contract personnel 11%	\$145,916
Operations, Supplies 7%	\$95,855
Rent, Taxes, Utilities 6%	\$75,441
Programs, Food, Materials 4%	\$52,283
Amortization 3%	\$46,501
Travel 2%	\$30,701
Staff development 1%	\$7,210
Audit 1%	\$14,936
Other 1%	\$11,859

Total Expenses \$1,370,317

Total Revenue



Federal 37%	\$519,860
Provincial 56%	\$781,324
Foundation 2%	\$27,590
Municipalities 0%	—
Other 5%	\$69,439

Total Revenue \$1,398,213

Click [HERE](#) to view the full financial statements for 2023-2024.

Our Funders

Canada 

Québec 

CHSSN



Appui
proches aidants

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

Dialogue McGill



Health
Canada

Santé
Canada



Fondation Lucie
et André Chagnon

The 4Korners Team

Board of Directors

Peter Andreozzi – President, Private sector
Julie Piette – Vice President, Education sector
Allison Dixon – Private Sector
Lise Viens – Community member
Martin Neveu – Private sector
Dayna Morrow – Education sector
Salinda Hess – Education sector
Christine Bennett Kasprzyk – Community member
Sonya Vanderhoeden Bracken - Community member
Sofia Nieto – Youth representative, student

All 10 seats of the board of directors are filled.
Members met 10 times during the fiscal year.

At the last AGM in June 2023, 53 members and 20 guests attended the hybrid meeting.

Team

Hugo Bissonnet - Executive Director
Luz García - Director of Operations
Melanie Wilson - Program Manager, Seniors & Caregivers
Betty Millien - Program Manager, Individual, Family & Youth
Chloée Alary - Program Manager, Networking & Partnership Initiative
Jaime Bisailon – Program Manager, Neurodiversity
Kennedy Fraser - Youth and Mental Health, Project Lead
Josephine Piazza - Project Coordinator
Rebecca Boudreau – Bookkeeper
Katie Burke – Activity Coordinator, Seniors & Caregivers
Simon Deschamps – Activity Coordinator, seniors & Caregivers
Kathleen Séguin Gagné - Administrative Assistant
Melissa Schoenthaler - Activity Coordinator, Individual, Family & Youth
Alex Hare – Activity Coordinator, Youth Mental Health
Sonia Pietravalle – Activity Coordinator, Youth Mental Health
Sophie Maranda – Coordinator, Community Development
Luisa Gonzalez Correa – Administrator Coordinator, App Platform
Vinay Dave – Financial Controller

INTERNS

Jessica Parr – Intern
Maxime Turcotte – Intern
Fahima Mohammad Hashim – Intern

PREVIOUS EMPLOYEES

Stephanie Helmer – Executive Director
Lisa Agombar - Community Support Specialist, Seniors & Caregivers
Christopher DeVan - Administrative Assistant
Jude Hussain - Communications Assistant
Ricardo Santacruz Arango – Coordinator, Fathers Project
Ivan Barradas – Coordinator, Special Projects

Sub-contractors working on our programs:

Laury Peroff
Emma Toth
Carol Lyng
Conrad Popko
Karl Gariépy
Francine Leblanc
Omaima Salem Al Azhar
Sheila Eskenazi
Susan Anber
Steve Ménard - Design DXM

Our Offices

Deux-Montagnes Head Office and Activity Centre

1650 Chem. d'Oka, Deux-Montagnes, Qc. J7R 1M9

Phone: (450) 974-3940

Lachute Office

508 rue Principale, Lachute, Qc. J8H 1Y3

Phone: (450) 974-3940

Sainte-Agathe Office

31 rue Principale, Sainte-Agathe-des-Monts, Qc. J8C 2J4

Phone: (450) 974-3940

Saint-Sauveur Office

19-D Av. de la Gare, Saint-Sauveur, Qc. J0R 1R0

Phone: (450) 974-3940

Sainte-Thérèse

2 rue du Ravin (located in Église chrétienne de Sainte-Thérèse),
Sainte-Thérèse, Qc. J7E 2T2

Phone: (450) 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.

