



Prenatal Classes

Helping You Prepare for Parenthood

Are you an English-speaking parent-to-be in the Laurentians?

Our supportive prenatal program offers clear, practical guidance to help you feel confident and prepared for birth and early parenthood.

Sessions cover childbirth, newborn care, emotional wellness, and more... all in a welcoming space with other local parents.

Enjoy **expert-led** classes that support your well-being and give your baby a healthy start.

118 Rue Principale E Unit 220, Sainte-Agathe-des-Monts

Registration: info@4korners.org | 450-974-3940
or click [HERE](#)

This event is made possible with the financial support of:



With the collaboration of Nourri-Source Laurentides



Post-Natal Respite

Helping New Parents To Take a Break

Are you an English-speaking parent of a newborn (0-1 year) in the Laurentians?

Our flexible, in-home support program offers you practical help tailored to your family's needs. **Qualified caregivers** can assist with rest, meal prep, breastfeeding support, and household tasks: helping reduce stress and fatigue so you can focus on bonding with your baby.

Each family can receive up to **five visits** of **two hours** each, scheduled at your convenience during your baby's first year.

Enjoy compassionate care that supports your well-being and your baby's healthy development.

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