

2024-2025 IMPACT REPORT



Health & Wellness | Youth | Kids & Families | Seniors Wellness | Arts & Culture
Santé & bien-être | Jeunesse | Enfants & familles | Bien-être des aînés.es | Arts & culture

Message From the President

Here we are again! Another year is passing us by, and I can see some truth to the expressions about the days may be long, but the years pass by fast! As we close the chapter of our 19th year, I can hardly believe, as I write this message, we are preparing for the 20th anniversary of the 4Korners, but it will be a story for next year's Impact Report. Today's message is about the fantastic year we just went through.

What a year of great success and remarkable achievements, and a testament to the wonderful people who represent the 4Korners every day. We completed our most ambitious year so far, reaching our community at all levels: seniors, families, young children, students, and great lovers of the arts. Our programs help bring people together, virtually or in person, and break isolation as we continue to positively impact on the daily lives of the people we work with in our community.

We remain the go-to organization in the Laurentians; we are the leaders in getting things done and doing them well. We are trusted and respected by our peers, funders, and partners to do what we say we will do.

The staff at 4Korners, under the Executive Director, Hugo Bissonnet, has accomplished more than we had originally dreamed of doing when I started there 15 years ago. I could not be more proud of the work that 4Korners does, but then I hear another story from a person we worked with, and I am yet again blown away and even prouder than I was.

On behalf of the Board of Directors and the members of the 4Korners, THANK YOU so much to all the STAFF. Your hard work and dedication have made the 4Korners what it is today, and for that, I am extremely grateful.

As we welcome FY25-26, I promise you we will have a lot of work to do, but we will also have a lot to celebrate, as it is our 20th anniversary!



Peter Andreozzi

President, 4Korners
Board of Directors

A handwritten signature in black ink, reading "Peter Andreozzi".

Executive Director's Message

This year, 4Korners proudly celebrates its 20th anniversary—a remarkable milestone that speaks to the strength, resilience, and deep sense of community that have defined our organization since the beginning. Though I've only had the privilege of serving as Executive Director for two of those years, I am deeply inspired by the legacy built by those who came before me, and by the passionate team, volunteers, and community members who continue to shape our community.

Twenty years ago, 4Korners began as a small, grassroots initiative, a group of women and mothers coming together in Deux-Montagnes, driven by a shared desire to build connection and support for English-speakers in the region. From those modest beginnings, we've grown into a dynamic, community-centred organization with five offices across the Laurentians, serving thousands of individuals each year through programs, advocacy, and connection.

In 2024, as Québec enters a period of legislative transformation with the implementation of Bill 96, we recognize the growing challenges many English-speakers face in accessing public services and feeling included as Québécois. These moments test our resolve, but they also remind us why our mission matters so deeply.

I firmly believe that, in Québec, our story is not one of two isolated solitudes. It is one of shared influence, mutual shaping, and generations of living side by side. Many of us carry a mixed heritage, through DNA, language, culture, urbanism, etc. that we sometimes don't even know or notice. This quiet blending makes us, in Québec, distinct from the rest of Canada. It gives us a unique character, and while it comes with complexities, it also offers incredible richness.

At 4Korners, we believe in this shared heritage. We believe in a Québec where English-speakers can live well, feel welcome, and contribute fully to the vitality of our regions, not in spite of our linguistic diversity, but because of it.

That's why we encourage every English-speaking resident of the Laurentians to become a member of 4Korners. Whether you need our services today or not. Much of our work happens behind the scenes: advocating for access to health and social services, pushing for equity, and making sure that our community is heard. The more members we represent, the stronger our voice can be when speaking for the needs and rights of English-speakers.

As we look toward the next 20 years, we remain committed to nurturing a region that is bilingual, inclusive, and thriving. What began around a kitchen table in Deux-Montagnes has become a movement—powered by compassion, guided by community, and carried forward by all of us, together.

Thank you for being part of this journey.



Hugo Bissonnet
Executive Director,
4Korners

A handwritten signature in black ink that reads "Hugo Bissonnet". The signature is fluid and cursive, matching the printed name above it.

ABOUT 4KORNERS

4Korners is a registered Canadian charitable community-based organization founded in 2005.

Our goal is to support community vitality in the Laurentians by offering a wide range of programs and activities that will have a collective impact by meeting the needs of the English-speaking population, while emphasizing accessibility to health and social services.

MISSION

In our quest for community vitality of the region, we understand the importance of focusing not only on immediate needs, but also on the long-term growth and development of the social determinants of health: housing, education, employment, a sense of community, and socialization. Whether promoting healthy lifestyles, mental well-being or fostering creativity, we are committed to accompanying young people, families, individuals, seniors and caregivers in different spheres of their lives. Ideally, we work with community partners so that they can offer their services to the English-speaking population. When this isn't possible for various reasons, we set up programs adapted to the community. We also work with our partners on public policy.

4KORNERS' VALUES



INCLUSION

We believe diversity enriches communities. Every voice matters, and every person deserves a seat at the table.



DIGNITY

Respect isn't just given, it's woven into the fabric of how we interact with one another, ensuring every individual feels valued.



EQUITY

Opportunities should be accessible to all, regardless of background, language, or life circumstances.



ACCOUNTABILITY

We hold ourselves to high standards, committed to transparency, integrity, and continuous growth.

These aren't just principles we talk about; they're the foundation of our programs, partnerships, and daily interactions. They guide us as we navigate the ever-changing needs of our community, ensuring that 4Korners remains a place where people come not just for services but to feel seen, supported, and connected.

4KORNERS AT A GLANCE

When we think about impact, numbers often tell part of the story, but it's the lives and faces behind those numbers that truly define our success. Over the past year, 4Korners has grown in reach and in relationships within our community.

In 2024-2025, we had **372 registered members**, and **2867 unique individuals** across the Laurentians participated in activities. This represents thousands of meaningful interactions: parents gaining tools to support their children, seniors breaking isolation, and youth discovering safe spaces where they can express themselves freely.

We offered **475 activities/events** that can be broken down into **1495 into singular activities**. This translated in **8072 attendances**.

We provided **238 one-on-one** support sessions, ensuring that those facing life's challenges weren't navigating them alone.

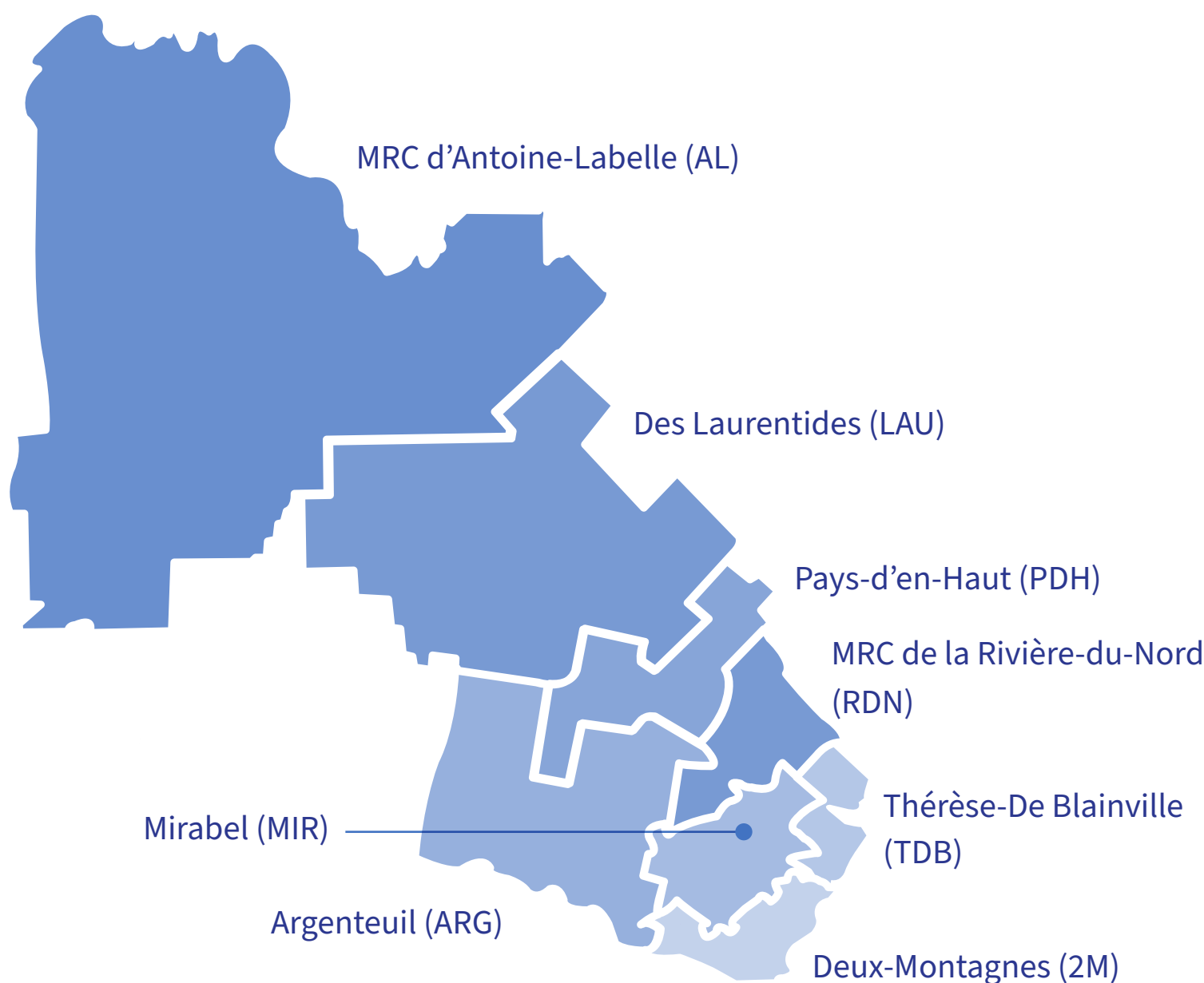
Our 23 dedicated employees, 10 board members, and 71 engaged volunteers offered 888 hours to support the operation and making this possible.

This is what 4Korners at a glance looks like: a mosaic of connections, growth, and community vitality that continues to expand, one story at a time.



4KORNERS AT A GLANCE

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



4Korners provides services in all MRC's

* Census 2021

8072

Total participants in last year's various activities.

We met nearly 4000 people at over 70 information kiosks.

1495 Singular activities took place during the fiscal year.

2867 Total unique persons registered to these activities.

372 Registered members of our programs and services.

888+ hrs

of volunteer hours given.

23 employees, 10 board members, and 71 volunteers offered 888 hours of support.

238

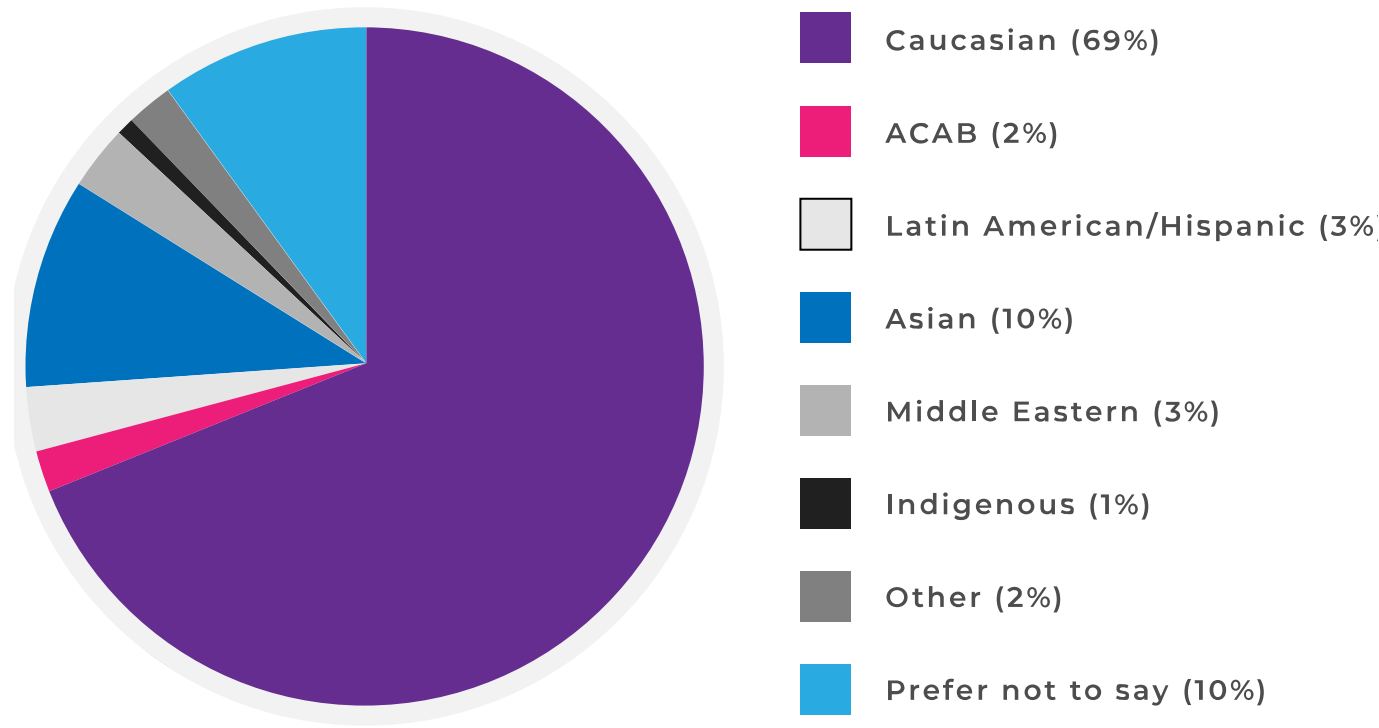
Individual support sessions given to community members.

Number of English-speakers per MRC:

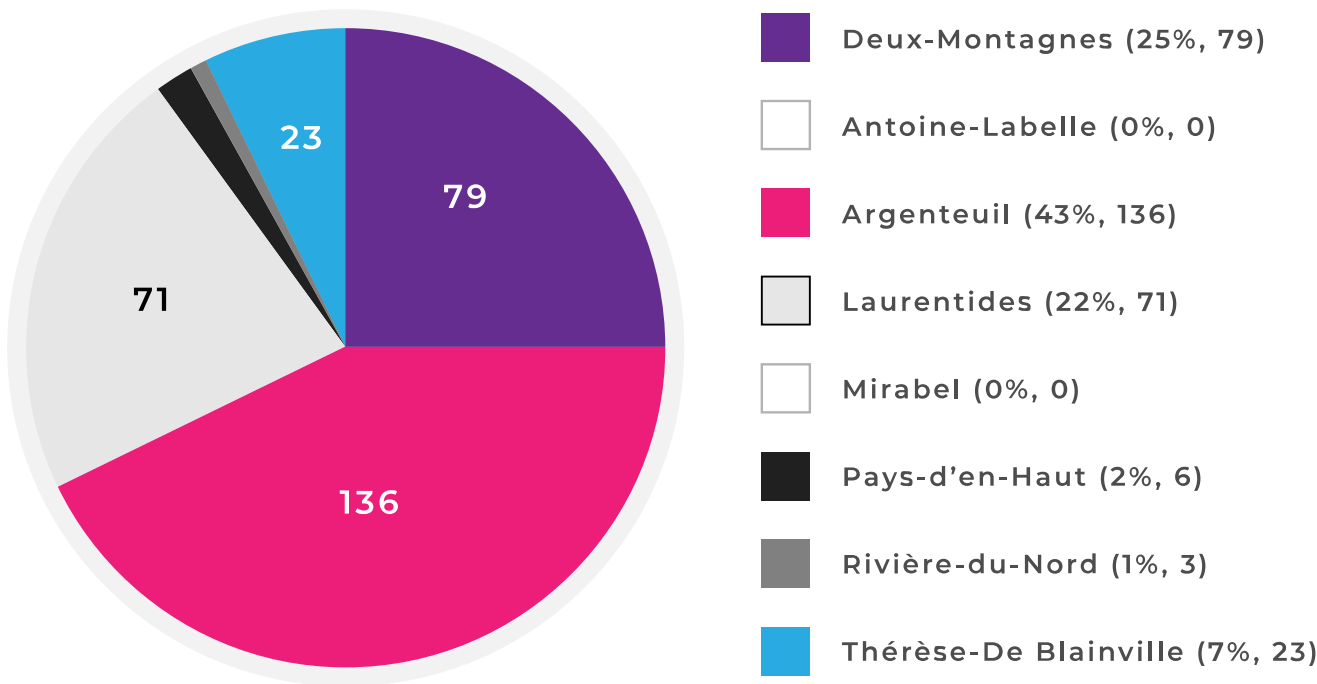
MRC de Deux-Montagnes (2M)	9,310
MRC de Thérèse-De Blainville (TDB)	16,030
MRC de Mirabel (MIR)	2,650
MRC de la Rivière-du-Nord (RDN)	4,290
MRC d'Argenteuil (ARG)	5,800
MRC des Pays-d'en-Haut (PDH)	4,630
MRC des Laurentides (LAU)	3,845
MRC d'Antoine-Labelle (AL)	640
Total Laurentian Region:	47,010

FACTS & FIGURES

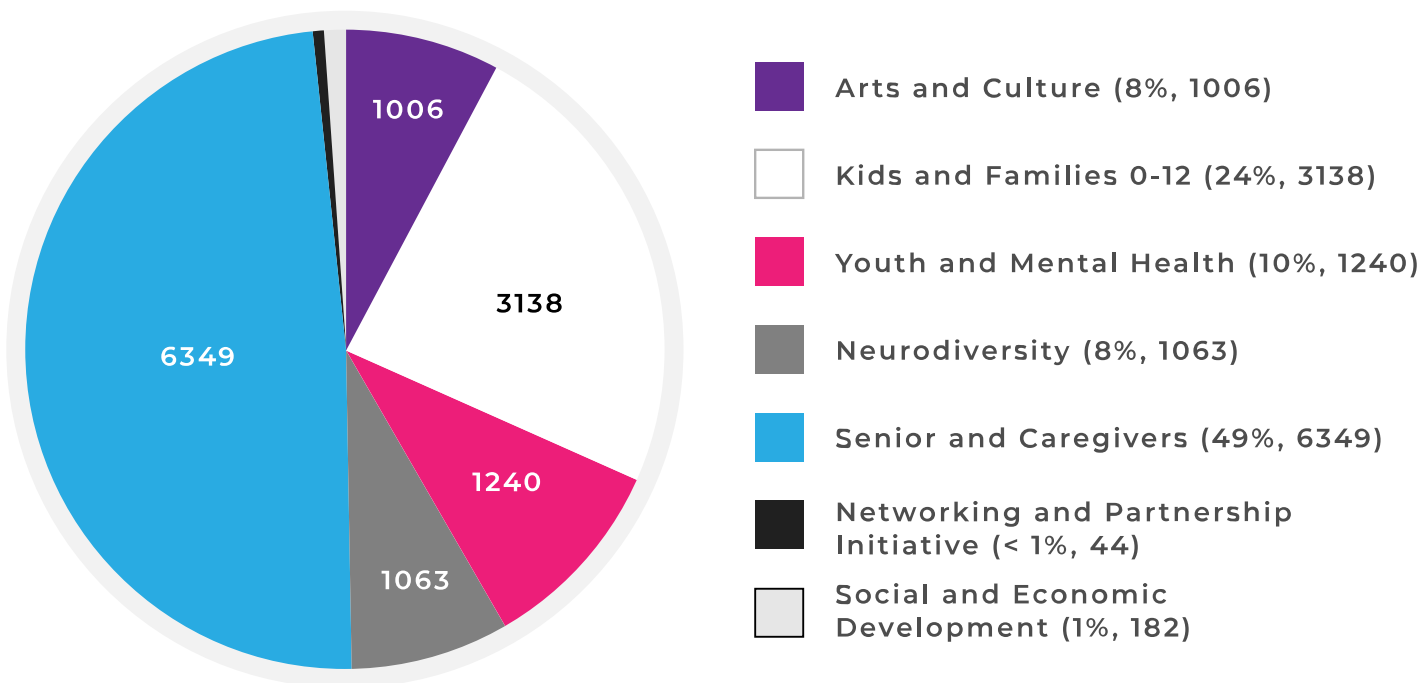
ETHNICITY



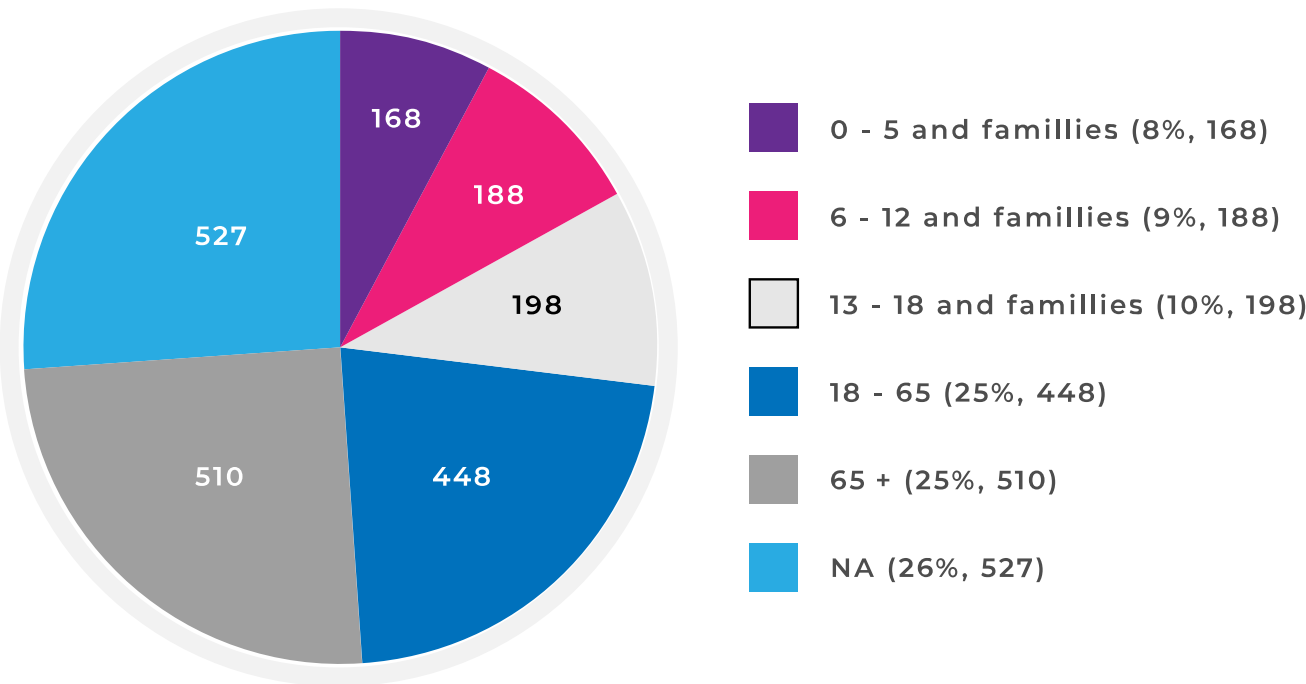
ACTIVITIES BY MRC



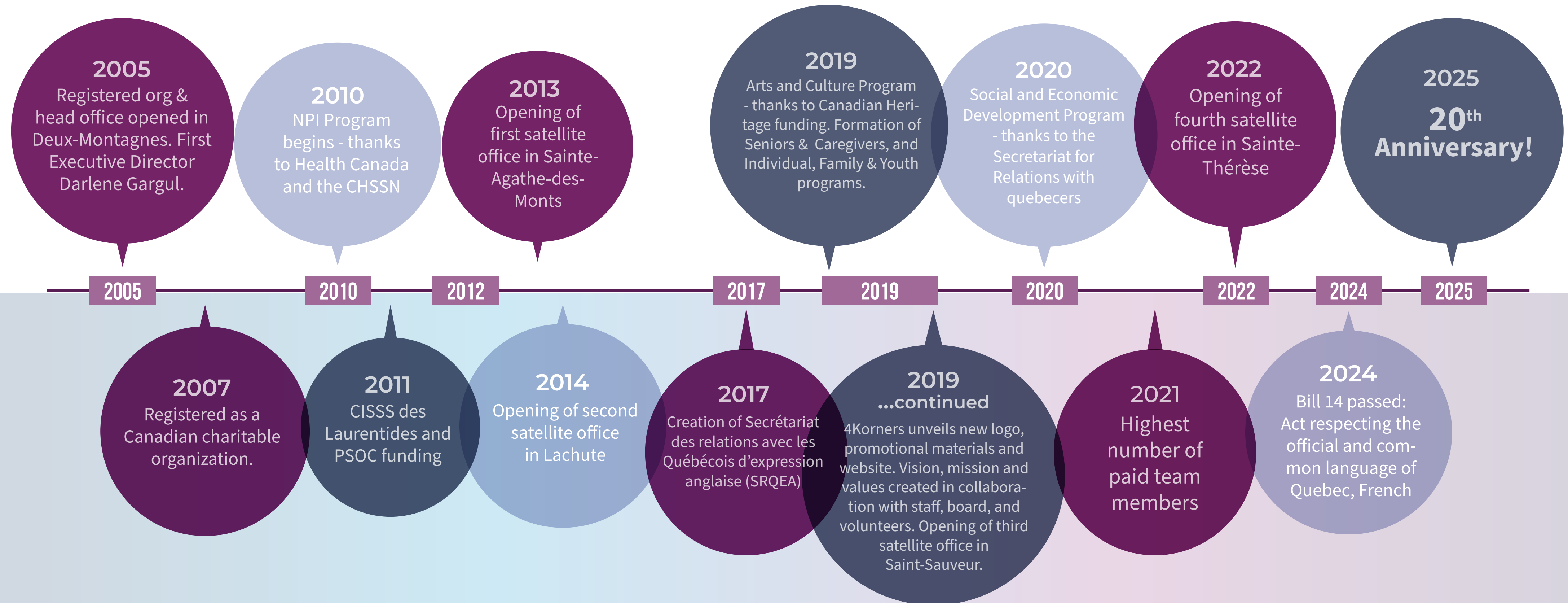
ATTENDANCE PER PROGRAM



AGE BRACKETS



4KORNERS TIMELINE



COMMUNICATIONS & MARKETING

STRENGTHENING COMMUNITY CONNECTIONS

For an organization serving English-speakers in a predominantly French-speaking region, **clear, relatable messaging** is crucial, not only for visibility but also to guarantee that critical information and services remain accessible and factual. Guided by the Canadian Official Languages Act and despite Law 14 (Bill 96), we strive to uphold the rights of linguistic minorities, fostering a sense of belonging and representation across every medium.

A CULTURE OF AUTHENTICITY

This year, we leaned into **community-led visuals and storytelling**, pivoting away from stock imagery in favour of real local voices and faces. Three promotional videos featuring our staff and community members echoed a unifying message: “We are 4Korners... We support 4Korners.”

These collective statements spotlighted our shared identity and cultivated a stronger sense of ownership among members and partners.



COMMUNICATIONS & MARKETING

EXPANDING DIGITAL REACH & RELEVANCE



376,700 total views
with 49% content organically reached

124,500 in reach
and 1,300 link clicks

301 new followers (+6%),
reflecting growing community interest



70 new followers
(+29%), bringing our total to 308

393 page views
and 199 unique visitors

18,245 impressions & **192** Reactions,
strengthening professional and partner visibility



39,400 total views
18,000 reach
and a notable 1,000 interactions

Engagement increased by 100% compared
to last year. We gained 63 new followers (+17%)
thanks to targeted ads.



1,457 total views
for a total of 71.7 hours of watch time

14 new subscribers (+13%)
with 8 youth-focused podcast episodes and
3 membership-focused videos published

Despite shifting social media norms, 4Korners deliberately expanded its online presence, emphasizing meaningful engagement over raw metrics.



COMMUNICATIONS & MARKETING

MONTHLY NEWSLETTERS & E-BULLETINS



12 Monthly Newsletters
2 E-bulletins



25,454 e-mails
sent to 1,900+ subscribers

43.7% open rate
(vs. avg. industry ~34%)

7.4% click rate
(vs. avg. industry ~2.7%), confirming
newsletters as a key engagement tool

COLLABORATING FOR GREATER IMPACT

In line with our new communications plan, which prioritizes local media support and strategic ad buying, we have bought **18 ads** in media and sponsored **13 events**. 4Korners shared **284 updates** from trusted partners across Meta, LinkedIn, and our newsletters, spotlighting everything from health services and government initiatives to employment and cultural events. We are partnering with the CISSS des Laurentides to relay information to the English-speaking community by providing them with a dedicated section in our newsletter.

We also produced and circulated over **130 unique flyers**, sharing or posting them to ensure critical information reached traditionally underserved areas.

By directing our advertising budget toward regional outlets and promoting events on the ground, we bolstered the visibility of English-language programming while deepening ties with local communities.



COMMUNICATIONS & MARKETING

WE ALSO MAINTAINED STRONG TIES WITH LOCAL ENGLISH-LANGUAGE MEDIA

These partnerships reflect our belief that accessible regional media in one's mother tongue is essential for maintaining a sense of belonging and the vitality of the region. We make a point to support the local English medias.



30 articles or radio interviews in 10 regional or provincial outlets, with a combined potential audience reach of over **456,000**



Increase relationship with **CBC**

11 articles in *Main Street*, which generously provided extra front-page business card ads



Features in *Community Connections*, *Inspirations Montreal*, *The Review*, and some French newsprints, like *Nord Info*, *L'info du Nord Mont-Tremblant & Sainte-Agathe*.

YOUTH KORNER JEUNESSE PODCAST

Supported by **Canadian Heritage**, our youth-led podcast initiative produced **eight episodes** featuring 15 teenagers and young adults across the Laurentians. They have chosen topics ranging from mental health to educational barriers, cultivating peer-led dialogue that enhances confidence, self-expression, and community identity.

Fletcher Gibbons' Story: "I never realized how isolated I felt until we had a platform to talk about it."

Milestones or Highlights

- **Elaborated** a communications and marketing plan
- **Launched** a full-year editorial calendar covering newsletters, social media, and press releases
- **Exceeded** our audience engagement goal by creating platform-specific content that resonates with the Laurentians' diverse English-speaking communities.
- **New partnership** to relay information in English from the CISSS des Laurentides.

Through its actions, 4Korners sees its communications **as social marketing:**

- We need to reach new English-speakers in the region.
- Connect with the community and inform them.
- Gather evidence-based or robust data and information.
- Sensitize the general population to English-speaking needs and challenges.

This allows for better connection, advocacy, and care to ensure we can live well in a bilingual environment in the Laurentians by reducing linguistic barriers. By amplifying authentic stories and providing crucial updates in English, we aim to **close gaps in information access** and bring our community closer together.



Networking and Partnership Initiative and LESAN

Connecting English-speaking Communities to Vital Health & Social Services



Despite being a recognized minority in Québec, the English-speaking minority in the Laurentians often struggles to navigate a health and social services system primarily conducted in French. New legislation, such as *Law 14 (Bill 96)* and Bill 15, adds further complexity by requiring citizens to **request service in English explicitly**. This, combined with multiple gaps of services and losing fundamental rights in Québec, highlights a crucial need for stronger advocacy and collaboration. In Québec, it means supporting the English-speakers as the official linguistic minority.

For our colleagues in the rest of Canada, it's supporting the French-speaking community, the other official linguistic minority. Against this duality, too needlessly put in opposition, 4Korners' Networking and Partnership Initiative (NPI), funded in part by the Community Health and Social Services Network (**CHSSN**) and **Health Canada**, remains a cornerstone in ensuring the region's English-speaking community's right to access health and social services.



Networking and Partnership Initiative and LESAN

A Year of Impact and Growth

Guided by *Autonomous Community Action* principles, our NPI program embodies community-driven priorities and fosters greater ownership of solutions around the social determinants of health. Through targeted outreach with more than **70 kiosks** and **4000 people met**, **representation on 79 tables, committees**, sub-committees, and COP meetings and ongoing skill-building, we empower individuals and organizations alike to address gaps. This represents **908 hours spent on 292 meetings**.

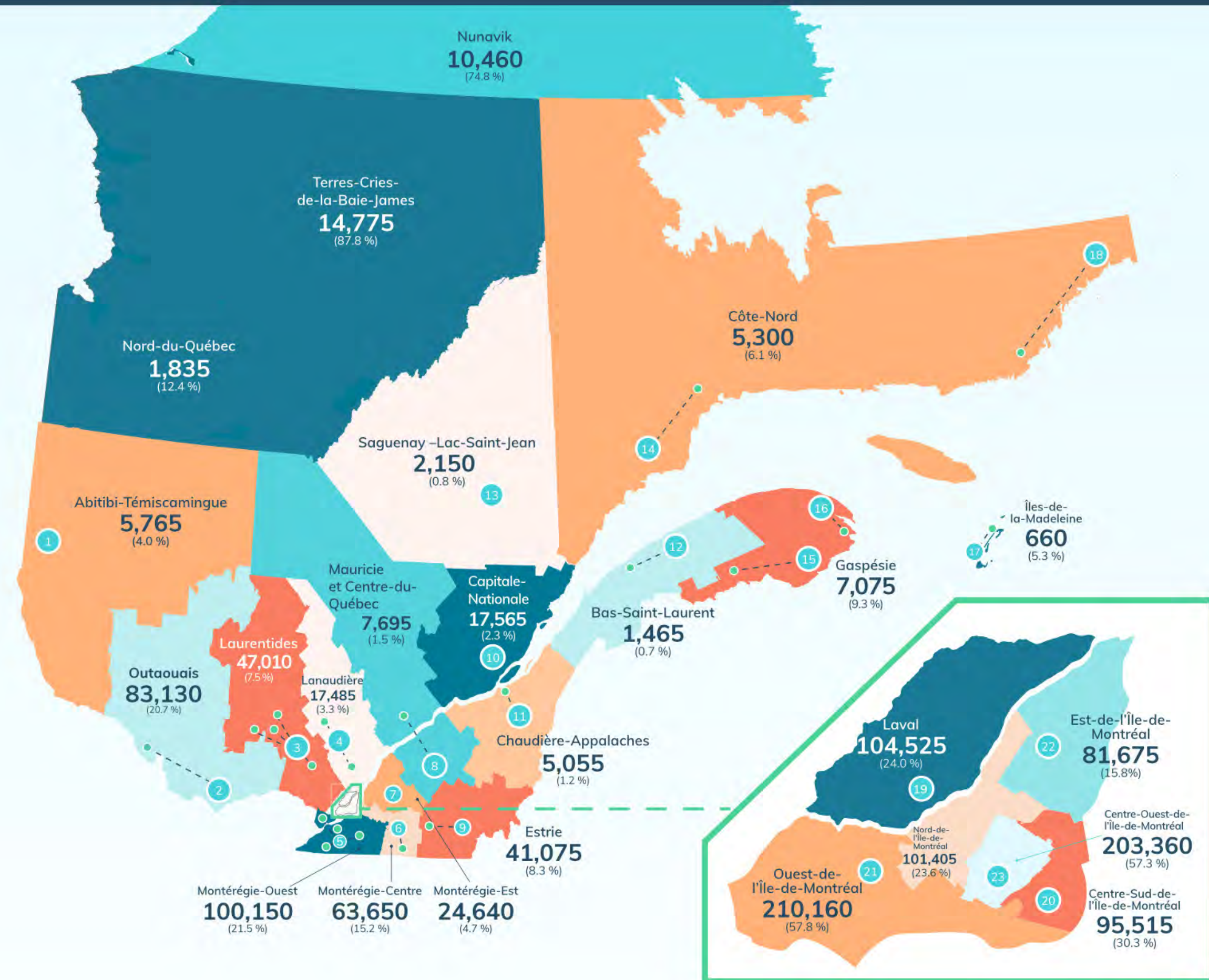
This year, 4Korners expanded its reach forging deeper collaborations between English-speaking residents, French-language services, and public institutions, spreading awareness about linguistic barriers and enabling a more cohesive, equitable response to local health and social needs. We have engaged with **176 different organizations** to refer people, receive referrals or collaborate on one or more of the 5 NPI pillars. It's more than a program; NPI is also an integrated approach using the 5 key pillars across all of 4Korners' programs.



Networking and Partnership Initiative Initiative de réseautage et de partenariat (NPI)

Quebec's English-Speaking Communities Les communautés d'expression anglaise du Québec

English-Speaking
population in Quebec → 1,253,580 → 14.9%
Population d'expression
anglaise du Québec 2021 Census of Canada
Recensement du Canada, 2021



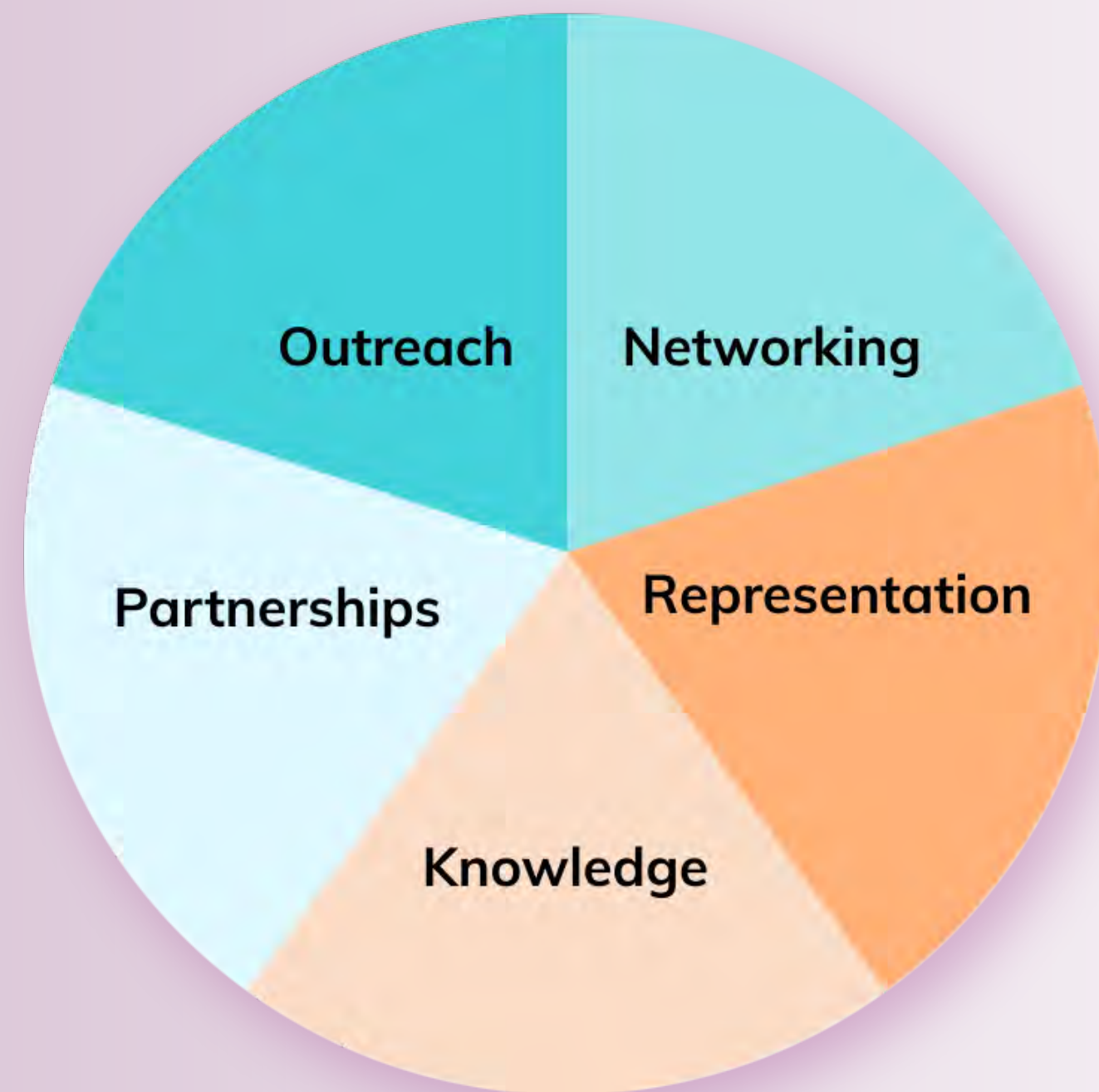
The CHSSN NPI Network Le réseau NPI du CHSSN

- 1 Abitibi-Témiscamingue**
Neighbours Regional Association
- 2 Outaouais**
Connexions Resource Centre
- 3 Laurentides**
4Korners
- 4 Lanaudière**
English Community Organization of Lanaudière (ECOL)
- 5 Montérégie-Ouest**
Montérégie West Community Network (MWCN)
- 6 Montérégie-Centre**
Assistance and Referral Centre (ARC)
- 7 Montérégie-Est**
Monteregie East Partnership for the English-Speaking Community (MEPEC)
- 8 Mauricie et Centre-du-Québec**
Centre for Access to Services in English (CASE)
- 9 Estrie**
Townshippers' Association
- 10 Capitale-Nationale**
Jeffery Hale Community Partners (JH Partners)
- 11 Chaudière-Appalaches**
Megantic English-speaking Community Development Corp. (MDCD)
- 12 Bas-Saint-Laurent**
Heritage Lower Saint Lawrence
- 13 Saguenay-Lac-Saint-Jean**
English Community Organization of Saguenay – Lac-Saint-Jean (ECO-02)
- 14 Côte-Nord**
North Shore Community Association (NSCA)
- 15 Gaspésie**
Committee for Anglophone Social Action (CASA)
- 16 Gaspésie**
Vision Gaspé-Percé Now (VGPN)
- 17 Îles-de-la-Madeleine**
Council for Anglophone Magdalen Islanders (CAMI)
- 18 Côte-Nord**
Coasters Association
- 19 Laval**
AGAPE – The Youth & Parents AGAPE Association Inc.
- 20 Centre-Sud-de-l'Île-de-Montréal**
BGC Dawson - Anglo Family Council (AFC)
- 21 Ouest-de-l'Île-de-Montréal**
African Canadian Development & Prevention Network (ACDPN)
- 22 Est-de-l'Île-de-Montréal**
East Island Network for English-Language Services (REISA)
- 23 Centre-Ouest-de-l'Île-de-Montréal**
Eva Marsden Centre for Social Justice and Aging

Financial contribution from / Avec le financement de
Santé Canada / Health Canada



NPI and LESAN



*This year, we met with our **Société Santé en français collègues francophones** from all other provinces and territories. It was eye-opening. We realized that, despite the languages, our communities have very similar struggles and challenges. We would benefit from working together as one voice to advocate for health and social services in both official languages across Canada.*

- Hugo Bissonnet, Executive Director at 4Korners

The NPI initiative is also a network of 22 sister organizations that serve the English communities in all regions of Québec. As NPI organizations, we maintain networks, exchanges, and shared knowledge and best practices. Through CHSSN, we have met provincially 16 times in the last year.

1. Networking

Building a network table and creating opportunities to share information, identify issues, challenges and solutions, such as service improvements.

2. Representation

Participating in advisory and decision-making tables and representing the needs and challenges of the English-speaking community.

3. Knowledge Development

Developing and disseminating evidence-based research, such as statistics and priorities, and sharing best practices.

4. Partnerships

Creating projects in collaboration with health and social service partners, such as a demonstration or pilot project.

5. Outreach

Reaching vulnerable and isolated English-speakers and supporting them in accessing health and social services in English.

LESAN: A Collective Voice

Being on tables and committees is fine, but having our own table is even better. 4Korners also coordinates the Laurentian English Services Advisory Network (LESAN), uniting citizens, community groups, and public institutions in championing better access to health and social services in English. Two full-day regional meetings provided vital forums for dialogue about issues and challenges faced by the English-speaking community. Two meetings in Morin-Heights and St-Eustache gathered 57 participants, ranging from social workers to city officials, reinforcing each other's capacity to respond to English-speaking clients, illustrating the synergy that arises when diverse stakeholders converge around a common goal.

Multiple presentations were offered: Educaloï on Law 14 (Bill 96) for Community Organizations, CISSS des Laurentides - Aire Ouverte & Service Quality and Complaints Commissioner, Provincial Employment Roundtable (PERT)'s English-speakers Employment profile in the Laurentians.

“As a representative of CASE, I was inspired by attending the 4Korners LESAN meeting in 2024. It played a key role in shaping our own partnership forum, aimed at connecting French- and English-speaking community groups. I was proud to invite 4Korners to showcase our to mobilize leadership in collaboration.”



Upholding Autonomous Community Action



On top of the 5 NPI Pillars, 4Korners is guided by the **8 principles of autonomous community action**, reinforcing grassroots organizations’ critical role in shaping inclusive health and social policies. By attending multiple regional gatherings, co-sponsoring awareness campaigns, and engaging in policy consultations, 4Korners ensured that English-speakers’ voices were recognized within broader provincial dialogues on community-driven development. The organization attended multiple regional meetings and mobilizations, led by *Le Regroupement des Organismes Communautaires des Laurentides*.

Looking Ahead

As Law 14 and Bill 15 promise to reshape Québec’s healthcare structure, the NPI and LESAN will be more critical than ever. In the coming year, we will:

- Continue representation on key decision-making tables, amplifying the voice of English-speakers in crucial reforms.
- Promote bilingual training for front-line workers so more service providers can confidently offer care in English upon request.
- Strengthen outreach to connect with the most vulnerable.
- Increase our relationship with key service providers.

By reinforcing our five NPI pillars, 4Korners remains devoted to empowering official language minorities in the Laurentians, proving that, with the right partnerships and advocacy, we can improve access for the English-Speaking community. Through LESAN, we will continue gathering diverse partners to overcome systemic barriers, celebrate shared successes, and build a healthier region together.

Early Childhood and Family

Empowering English-speaking Children for a Bright Start

Recent findings from the *Enquête québécoise sur le développement des enfants à la maternelle (EQDEM 2022)* reveal a pressing reality: **37%** of English-speaking children entering kindergarten are vulnerable in at least one domain, compared to **27%** among francophones, and **20%** are vulnerable in at least two domains. These gaps manifest in areas like communication skills, social competence, and overall development, underlining the necessity for targeted preschool interventions in the Laurentians.

A Year of Impact and Growth

4Korners' community-based approach is to refer people to our partners or to close service gaps and reduce isolation by implementing missing services. Responding to these disparities, 4Korners offers the **Early Childhood & Family initiative**, an inclusive suite of programs, workshops, and support services aimed at reducing isolation and equipping families with the knowledge and resources they need. Over the past year, we have offered over 30 activities and engaged **220 participants**, ranging from expectant parents, families and kids 0 to 12. The objective: ensure that every English-speaking child in the region has the best possible start in life, regardless of language barriers or socioeconomic challenges.



Early Childhood and Family

What areas of development are being studied?



General physical development, motor skills, cleanliness, feeding, punctuality, clothing and alertness.



Social skills, self-confidence, a sense of responsibility, respect for peers, adults, rules and routines, independence and curiosity.



The child's behaviour towards others, expression of emotions, ability to help others, aggressive behaviour, hyperactivity and inattention, as well as fear and anxiety.



Interest and skills in reading, writing and mathematics, as well as the ability to use language appropriately.



The ability to communicate in a way that can be readily understood, clear articulation, the ability to understand others and general knowledge.

5 highly interrelated areas

While the EQDEM looks at the five areas separately, it is essential to remember that they are strongly interconnected. In this sense, actions focusing on the child's overall development are the most effective.

Laying the Foundation: Five Key Domains

Grounded in the five domains of the EQDEM, our approach weaves together playful learning, parental guidance, and community collaboration:

1. Physical Health & Well-Being

Through baby sensory activities, weekly play sessions, and family-friendly outings, we boost children's motor skills and encourage healthy lifestyles right from infancy.

2. Social Competence

Parenting circles, playgroups, and interactive games create an environment of trust, where kids learn cooperation, conflict resolution, and empathy for building strong peer relationships.

3. Emotional Maturity

Workshops on self-expression and emotional regulation help children recognize and manage feelings in a safe, supportive space, bolstering resilience and self-confidence.

4. Cognitive & Language Development

Fun, curiosity-driven sessions like Tiny Tots and early literacy projects foster critical thinking, nurture creativity, and strengthen bilingual language skills in both English and French.

5. Communication Skills

Group storytelling, art projects, and introductory presentation exercises encourage kids to voice ideas and engage with others, laying the groundwork for academic success.

Early Childhood and Family

Programs & Collaborations

1. Supporting Parents and Guardians

We recognize that well-supported parents create the strongest foundation for a child’s growth. By bringing people together through accessible services in their mother tongue, we aim to foster both skill building, knowledge of existing resources and a sense of community.

- Prenatal and Postnatal Support**

Our courses and home visits ensure new parents feel guided, informed, and at ease by offering crucial respite, mental health check-ins, and community referrals.

- Early Years Workshops (Ages 0–5)**

Ranging from Play to Learn to Parenting Circles, these hands-on sessions spark children’s natural curiosity while introducing foundational motor and social skills.

- Dad’s Activities**

By adapting a father-focused curriculum (Dad 4 Kids) in partnership with *La Table de Paternité Laurentides*, we empower fathers to form stronger bonds with their children, enrich parenting skills, and reduce isolation.

EARLY CHILDHOOD ACTIVITIES	MRC	AVG. ATTENDANCE	UNIQUE PARTICIPANTS	NO. OF EVENTS
0 TO 6 AND FAMILIES				
Prenatal classes	2M, TDB	5	21	27
Post-natal support	2M, RDN, PDH	10	10	30
Tiny Tots	TDB, 2M	5	51	88
Baby Sensory 1 & 2	TDB	5	27	16
Parenting Circle	2M	8	41	24
Play to Learn	TDB	8	40	24
Mornings in the Parks	TDB, 2M	14	19	3
Summer Kids Club	TDB, 2M	7	30	11
ACTIVITIES 7-12				
SEL	TDB, 2M	5	3	80
SEL for Parents	Online	—	17	—
After-School online drawing	Online	9	4	23
Dads’ Activities (4x)	PDH, RDN	18	16	4
Community Kitchen	TDB	3	14	10
EDUCATIVE				
Homework support	2M	4	3	41
Mission Esclalade	Regional	6	17	1
Mountainview Lions’ Lunches	2M	70	4	1

Early Childhood and Family

Programs & Collaborations

2. Enriching Children's Lives, From Infancy to teenage years

Because children's needs evolve quickly, we tailor our programming by age group to address developmental milestones and cultivate social, emotional, and learning capacities.

Infancy & Early Childhood

- **Baby Sensory 1 & 2 (0–1):**
These hands-on activities boost infants' coordination and motor skills.
- **Tiny Tots (2–4):**
Where children explore creativity, language, and motor development.
"My child looks forward to Tiny Tots every week," a parent shared.

Early School Age

- **After-School Online Drawing (7–12):**
Activity that encourages the exploration of artistic expression and improves hand-eye coordination. The majority were aged 9–10 and benefited from a supportive virtual environment.
- **Social-Emotional Learning (SEL) (9–11):**
This activity guides kids through emotional regulation, resilience building, and teamwork activities *"My son finally feels like he belongs,"* noted one parent.

Active & Social Experiences

- **Mornings in the Park and the 4K Summer Kids Club...**
... offered leadership, sports, and adventure activities to reinforce the learning achieved throughout the year, encourage children to stay active, and combat summer isolation.
- **Mission Escalade:**
This activity involved hiking up a Mountain in Oka. It offered children a stimulating outdoor experience that promoted endurance, perseverance, and teamwork. Reaching the summit together gave participants a strong sense of accomplishment while helping them build self-confidence and strengthen social bonds in an inspiring natural setting.



Early Childhood and Family

Programs & Collaborations

Active & Social Experiences *(cont'd)*

- **Lunch Club**
This is a relaxed and welcoming space where children participate in guided conversations and motor activities. This activity fosters peer connection, respectful communication, and a sense of belonging—especially valuable for children experiencing isolation during the school day.
- **Community Kitchen (all ages)**
Offered an intergenerational platform where children and adults cooked together, reinforcing family bonds and celebrating cultural diversity.

Impact Stories

A Life Changed Through SEL Workshops

“Oh my God, I did the SEL workshops when I was a kid, and they saved my life.”

A high school student’s unforgettable reaction to meeting one of our 4Korners team members underscores the long-term impact of early interventions. When children internalize social-emotional learning skills at a young age, they carry them forward into adolescence, often emerging more confident and capable.

From Isolation to Connection

A mother who started attending 4Korners programs with her first child shared how our community lifted her out of depression and helped her forge essential support networks. Years later—and now a parent of three, she remains actively involved and often guides other newcomers toward our services.

A Heartfelt Message from a Parent

“I can’t say it enough: he loves being there, and we, as parents, appreciate your effort and involvement. It makes a huge difference in his life.”



Looking Ahead...

By focusing on bridging early developmental gaps, 4Korners aims to reduce vulnerabilities among English-speaking children in the Laurentians. Our next steps include expanding our outreach to families in underrepresented MRCs, enhancing bilingual resources, and forging deeper partnerships with schools, healthcare providers, and local government bodies. With greater **mission-based funding** and additional staff, we could personalize support for even more families, ensuring children walk into kindergarten feeling confident, capable, and ready to flourish.

Youth and Mental Health

Empowering Young Minds Through Connection and Community

Thanks to the financial support of *Secrétariat à la Jeunesse*, 4Korners continues to address the urgent mental health needs of English-speaking youth in the Laurentians. According to the Sir Wilfrid Laurier School Board (SWLSB), only **42%** of secondary students feel safe at school, well below the **Canadian norm of 64%**, and **31%** of elementary students and **32%** of secondary students report moderate-to-high anxiety. Coupled with high dropout rates (12.8% at SWLSB) and lingering effects from the pandemic, these challenges underscore the critical importance of providing youth with **safer, preferred language spaces** where they can receive support, build resilience, and develop a lasting sense of belonging.

With a permanent presence in **3 out of 4 high schools** in the region, we engaged **1694 youth** in our Youth & Mental Health initiatives. By weaving programs into schools, community events, tailored workshops and kiosks, 4Korners helps English-speaking youth overcome isolation, stress, and other obstacles to their personal and academic success.

POSITIVE MENTAL HEALTH, AN ALLY FOR LIFE

Mental Health: A Resource to Preserve

In recent years, the fear of being infected by the COVID-19 virus, the spread of daily health concerns about length and experience, drastic change, and challenges in social life are among the factors that increase psychological distress within the population, particularly among young people. In fact, nearly a quarter of high school students perceive their mental health as fair or poor. Additionally, the presence of symptoms of anxiety and depression tends to increase from the age of 15, reaching peak in late adolescence by the age of 18 and stabilizing around 20 years old. Finally, the rise in hospitalizations for suicidal thoughts among adolescents underscores the state of suffering in which some young people find themselves. This increase in self-evaluated mental health is evident across all age groups of the population. These warning signs indicate that investing in promoting positive mental health and thereby preventing the onset of psychological disorders is all the more urgent today.

What is positive mental health?

Good psychological health is not limited to the absence of mental health disorders. Indeed, positive mental health is defined as a state of well-being that allows us to live, think, and act in a way that enhances our ability to enjoy life and meet the challenges we face. Thus, this concept looks at emotional well-being and our ability to thrive in society.

As a result, a person affected by a mental health disorder may still experience moments of happiness and have flourishing mental health. Conversely, the opposite is also true: an individual without a diagnosed mental health disorder may have difficulty representing life or managing certain challenges due to longstanding mental health issues.

THE DUAL CONTINUUM OF MENTAL HEALTH*

MENTAL HEALTH: FROM LOW TO HIGH

MENTAL HEALTH: FROM LOW TO HIGH

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MENTAL HEALTH: FROM LOW TO HIGH

DIMENSIONS AND DETERMINANTS OF POSITIVE MENTAL HEALTH

Happiness

Self-evaluated mental health

Psychological well-being

Life satisfaction

Social well-being

Individual

- Resilience
- Control
- Adaptation
- Violence
- Spirituality
- Health status
- Physical activity
- Positive childhood experience
- Substance use

Family

- Family relationships
- Parenting style
- Health status
- Household composition
- Income
- Substance use

Community

- Community involvement
- Social network
- School environment
- Work environment
- Social and built environment of the neighborhood

Society

- Inequality
- Political participation
- Discrimination and stigma

Life trajectory

The portrait of young Quebecers in terms of positive mental health

Recent data indicates that only 47% of Quebec high school adolescents exhibit a flourishing level of mental health compared to 73% in the general Canadian population. These figures are concerning. The absence of flourishing mental health is a risk factor for psychological disorders and physical health problems.

Environments supportive of positive mental health

A mental health is a state of positive well-being that can be achieved by the entire life, provided that living environments (family, school, community, work, etc.) facilitate flourishing mental health. Thus, the promotion of positive mental health can be accomplished by various stakeholders from a variety of environments. Here, it is important to work upstream on various determinants, at the individual, family, community, and societal levels, to create a supportive environment for mental health. This involves working on various determinants, at the individual, family, community, and societal levels, to create a supportive environment for mental health. This involves working on various determinants, at the individual, family, community, and societal levels, to create a supportive environment for mental health.

POSITIVE RAIN OR SHINE

POSITIVE RAIN OR SHINE is a directory of simple and varied tools specially designed to support the development of youth's social and personal competences and the creation of favorable environments for their mental health.

In partnership with Québec

positivementalhealth.ca

ASPO ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC

Youth and Mental Health

Building Trust In Schools

Girl Talk (Lake of Two Mountains High School)

Weekly lunchtime sessions for Secondary 1&2 girls foster open conversations on self-esteem, body image, and family relationships. Participants reported feeling more understood and less isolated.

“It feels good to be here with people who understand you.”

Art & Wellness Club

At Lake of Two Mountains High School, teens used art as a therapeutic outlet. They discovered effective coping strategies through painting, colouring, and mindfulness and built stronger peer connections.

“Creating my art calms me down.”

Dependency Prevention Program

In collaboration with the *CISSS des Laurentides* and *SWLSB*, 4Korners delivered **36 workshops** to **505 students** aged 12–17. The workshops covered substance awareness, screen-use balance, and emotional regulation. This program aligns with the *SWLSB*’s goal of reducing dropout rates by fortifying students’ self-confidence and sense of belonging.

ACTIVITIES	MRC	AVG. ATTENDANCE	UNIQUE PARTICIPANTS	NO. OF EVENTS
EDUCATION				
Dependency classes	2M, TDB	—	505	36
Toucher le Sommet	2M, RDN, PDH	10	10	30
Girl Talk	2M	8	31	13
PREL Hooked on School	2M	8	8	1
MerryFest Kiosk	TDB	28	28	1
Cure Mercure Mental Health kiosk	AL	52	52	1
Rescience Conference	RDN	50	50	1
Salon Jeunesse	2M	544	544	1
Mental Health Week kiosk	TDB	105	105	1
WOTP Mindfulness workshop	2M	7	14	2
WOTP Work-oriented workshop	2M	5	5	1
AFTER-SCHOOL				
4K Summer space	TDB, 2M	5	33	80
After-School Art & Wellness	2M	8	31	22
Film-making workshop	TDB	5	8	4
Here 4You	2M, TDB, Online	2	7	5
Journaling workshop	TDB	50	50	1
Mental Health 2SLGBTQ workshop	TDB	60	60	1
Open Night	2M	8	8	1
Relaxation through art	TDB	—	25	2
COMMUNITY WORK				
Youth in Action	TDB, 2M	2	3	2
Nuit des Sansabri	2M	9	9	1
Santa Claus Parade	2M, PDH	2	2	1
Tablée des Jeunes	2M	5	5	1
World Women’s Day skating activity	Argenteuil	14	14	1

Youth and Mental Health

Building Trust In Schools

Connecting Beyond the Classroom

Beyond the classroom, 4Korners' impact resonates throughout the community. **The Summer Kick-Off BBQ drew 130 attendees**, including 10 local youth musical performers to foster intergenerational connections that deepened community belonging.

Meanwhile, the **Salon Jeunesse** (MRC Deux-Montagnes) welcomed **544 students from six local high schools**, promoting the different resources available to English-speaking youth in MRC LDDM. In partnership with the SWLSB, we collaborated on a **Field Trip** that offered 34 2SLGBTQ+ youth a safe, fun day out, which led to a new Discord group being created and fostering its own community with youth from throughout the region.

Through **Toucher le Sommet** (*Persévérons Ensemble*), two teens conquered Mont-Tremblant alongside mentors and peers, demonstrating the transformative power of challenging oneself in a supportive environment. Finally, at the **Table des Jeunes** fundraiser, four youth musicians (the "Arresting Mermaids") helped raise **\$27,000** for school perseverance initiatives. Our activity at **MerryFest** (held at Rosemere High School) **28 students** participated in neuro-friendly holiday crafts, reinforcing an inclusive, uplifting school climate that directly counters feelings of unsafety and anxiety.



Youth and Mental Health

Building Trust In Schools

Connecting Beyond the Classroom

The Projet Épanouir aims to implement positive mental health promotion initiatives in schools, with priority given to secondary school students and taking into account social inequalities in health. It is being rolled out across the province. For the Laurentians region, 4Korners has been mandated by the CISSS des Laurentides to bring the project up to date in English-speaking schools. The Projet Épanouir is based on two key concepts: the creation of environments conducive to positive mental health and the development of personal and social skills. Both of these concepts are mentioned in the *Guide sur la santé mentale en contexte scolaire* and the **ÉKIP referent**.

Impact: Fostering Belonging and Resilience

By embedding mental health promotion and education into school settings and community forums, 4Korners addresses core issues like anxiety, feelings of isolation, and social vulnerability. This aligns with SWLSB's priorities of **reducing dropout rates, promoting a favourable school climate, and encouraging students to remain in education**. Whether through lunchtime clubs, summer events, or art-based workshops, each initiative emphasizes safety, empathy, and empowerment. With these programs, youth gain confidence, forge stronger relationships, and acquire life skills that support both **well-being and academic perseverance**.

“Thank you for making this group so inclusive and fun. I had a great time.”
– Art & Wellness Participant

Moving Forward

Our goal for next year is to expand outreach to underserved sectors, ensuring that every English-speaking young person in the Laurentians has access to mental health resources and community support in their mother tongue. Through strong local partnerships and a steadfast commitment to inclusivity, we will continue helping youth thrive—one conversation, one workshop, and one heartfelt connection at a time.



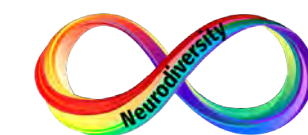
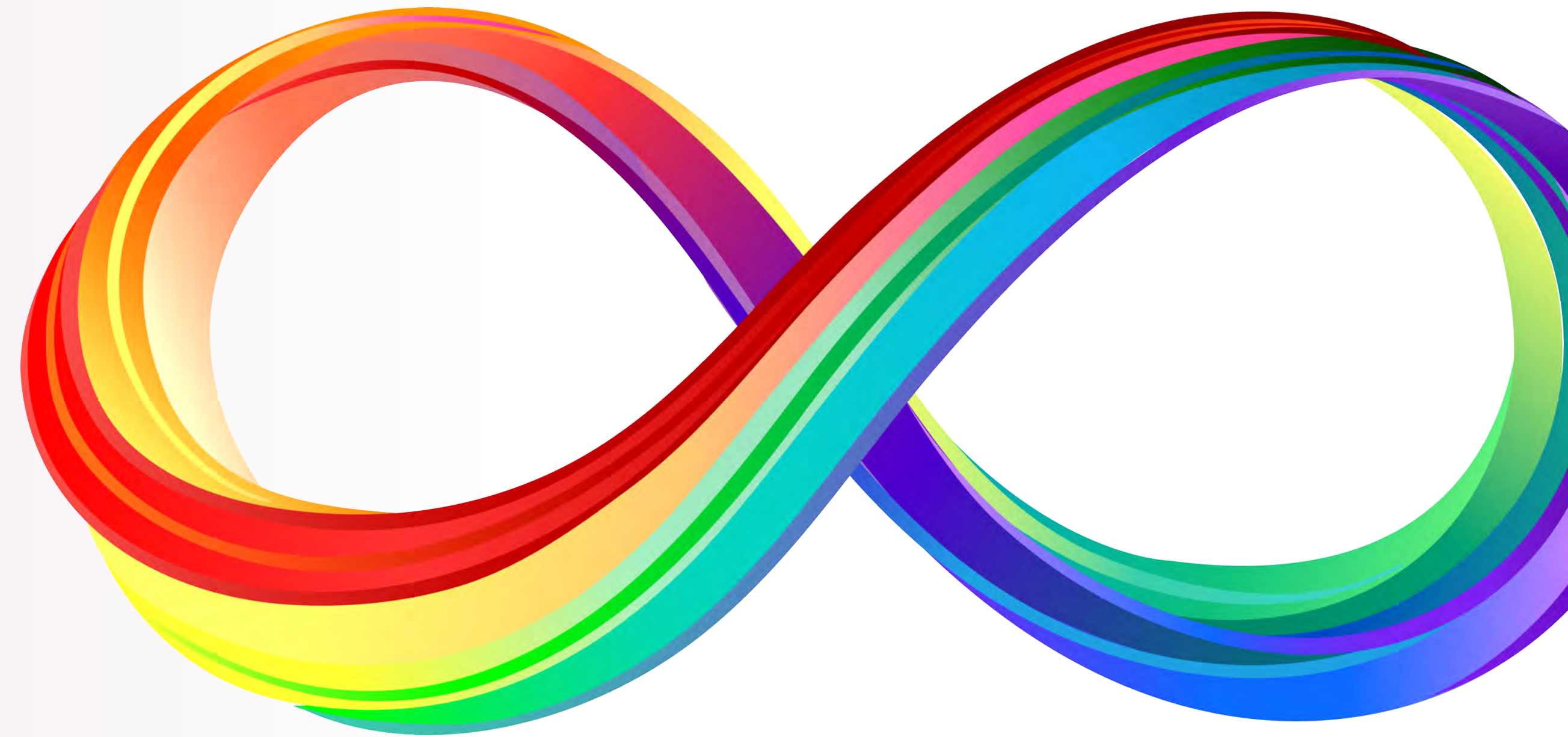
Neurodiversity Program

Celebrating Differences, Fostering Belonging

Neurodiversity is woven into the fabric of 4Korners' core values of **inclusion, respect, and empowerment**. The Laurentians remain one of Québec's **highest-prevalence regions** for autism (5.7 per 1,000 children aged 1–17). Compounding this, **85%** of those diagnosed also face an additional mental health challenge, leaving many families feeling isolated and overwhelmed. Public services and funding for specialized neurodivergent programming are scarce, and English-language services are even harder to come by, heightening barriers to early intervention and community support.

A Year of Impact and Growth

Over the last year, **284 participants** engaged with our Neurodiversity Program across a spectrum of arts-based activities, life-skills workshops, caregiver support, and community events. Designed to reduce isolation and promote independence, each initiative hinges on **safer, welcoming spaces** where neurodivergent youth, young adults, and their families can learn, express themselves, and forge meaningful connections. Programs like **Autism and Arts in the Laurentians (AAL)**, **Summer of Empowerment**, **Convos & Crafts**, and the **Imagine Festival** highlight the transformative impact of the arts, skill building, and peer support, even as we rely mainly on private donations and foundation grants.



Neurodiversity Program

A Year of Impact and Growth

1. Summer of Empowerment Jr & Sr

- Seasonal workshops offering day trips (including public transport navigation) and practical certifications like First Aid. Participants consistently report renewed confidence and autonomy.

2. Convos & Crafts

- A creative space where teens, young adults, and caregivers bond over hands-on projects and share coping strategies. The result: deeper peer connections and a support network that extends beyond the sessions.

3. Imagine Festival & Craft Fairs

- Drawing 300 attendees**, the Imagine Festival celebrated neurodiversity and different artists on the spectrum with interactive art stations. The craft fairs provided opportunities for artists to help participants hone organizational skills, manage finances, and engage positively with the broader community. **8 young artists** in the spectrum were showcased and **27 students from 7 different schools** participated to our drawing contest.
- AAL (Autism and Arts in the Laurentians) is a school program** held weekly at Laurentian Regional High School, Sainte-Agathe Academy, and Laurentian Elementary (AAL Jr). By blending art, socialization, and life-skill development, participants gain self-esteem, discover new talents, and experience a sense of belonging.



ACTIVITIES	MRC	AVG. ATTENDANCE	UNIQUE PARTICIPANTS	NO. OF EVENTS
IN-SCHOOL				
AAL @ LRHS	Argenteuil	20	46	38
AAL @ SAA	LAU	7	9	6
AAL Jr @ Laurentian Elementary	Argenteuil	9	10	2
AAL Jr @ SAA	LAU	11	12	3
Convos & Crafts	2M	7	14	10
AFTER-SCHOOL				
Summer of Empowerment Sr	Regional	6	18	9
Summer of Empowerment Jr	Regional	7	7	5
First Aid training	2M	7	7	1
Regulation technique	Regional	5	5	2
Imagine Festival	Argenteuil	300	300	1
Parent Support Group	Regional online	5	18	10



Neurodiversity Program

Ismael's Journey: From Isolation to Confidence

One story that exemplifies our program's impact is that of **Ismael**, a 24-year-old from Saint-Hippolyte who had “aged out” of school support and slipped into solitude. With minimal public resources for young adults and limited English-language services, Ismael found himself at home, disengaged from both social circles and the art he once loved.

Stepping Into AAL

- Ismael began attending Autism and Arts in the Laurentians sessions, initially reserved and barely speaking to others. Over time, he embraced group projects and even led an origami workshop—memorizing steps, guiding his peers, and offering words of encouragement.

Finding Purpose at Community Events:

- Encouraged by 4Korners, Ismael showcased and sold his artwork at the Imagine Festival and local craft fairs. Interacting with customers and discussing his creative process boosted his self-esteem and social skills.

Gaining Life Skills and Hope:

- An employability clinic introduced Ismael to future work possibilities, further building his sense of autonomy.

“I truly believe that AAL activities have saved his life,” shares a family member, noting how he now looks forward to outings, meets up with new friends, and embraces each challenge with confidence.



Neurodiversity Program

Fostering Independence and Belonging

By centring art, creativity, and peer support, we help neurodivergent individuals develop the skills and friendships they need to navigate everyday life independently and confidently. Whether it's a child in their first art workshop, a teen learning to travel by bus, or a young adult preparing for employment, each participant's growth is a testament to the program's **human-centred, community-driven approach.**

Looking Ahead

Building on successes like Ismael's, 4Korners aims to expand **AAL into additional schools, deepen arts-based learning** for neurodivergent youth, and **offer more caregiver support groups and one-on-one support.** While we continue to operate primarily on private donations and foundation grants, our commitment to **inclusion, empowerment, and the celebration of differences** remains unwavering. By bridging gaps in public funding and championing neurodiversity in English-language services, we're forging a region where every individual's gifts are recognized, and where no one walks alone.



Caregivers of Neurodiverse Kids and of Seniors

Many family caregivers, themselves often English-speaking, face deep challenges navigating psychosocial and medical services that predominantly operate in French. This can lead to miscommunication, isolation, and burnout. Fortunately, continued funding from **L’Appui pour les proches aidants** and the **CISSS des Laurentides** (via Measure 38) has expanded our capacity to fill the gaps in caregiver support. Partnering with groups like *Ami-Québec*, *L’Antr’Aidant*, and *Prévoyance envers les aînés des Laurentides* enables us to extend tailored services and tools, further reinforcing the support caregivers need to maintain both their own well-being and that of their loved ones.

Caregivers are indispensable in the health and social services sector, especially for linguistic minorities. By investing in their resilience and enhancing their ability to access key services, we not only uphold individual rights to care in one’s mother tongue, but also foster more inclusive, sustainable communities.



CAREGIVERS	MRC	No. OF UNIQUE CAREGIVERS
Caregivers for Seniors	All	118
Caregiver Parents (Neurodiversity)	All	24
TOTAL		142
INDIVIDUAL SUPPORT RECEIVED	MRC	No. OF UNIQUE CAREGIVE RS
Individual support - Seniors	All	67
Individual support - Parents (Neurodiversity)	—	24
TOTAL INDIVIDUAL HRS RECEIVED (all ages)	All	172 hrs
GROUP SUPPORT	MRC	No. OF UNIQUE CAREGIVE RS
Seniors	All	6
Parents (Neurodiversity)	All	21
GROUP LEARNING IN FOSESSIONS	MRC	63 INFO SESSIONS
Seniors	All	72 Caregivers
Parents (Neurodiversity) 10 sessions	All	10 Caregivers
Artistic workshops - respite 10 session (all a ges)	Online	69 Caregivers
Online yoga (10 sessions)	Online	62 Caregivers

Caregivers of Neurodiverse Kids and of Seniors

1. Bridging Language and Cultural Gaps

The Laurentian region has a significant French-speaking majority, making access to health and social services challenging for English-speaking residents. Health professionals who are bilingual or culturally sensitive help bridge this gap, ensuring that patients and seniors can communicate their needs effectively and receive appropriate care.

2. Ensuring Access to Services

Many English-speaking individuals face barriers when navigating the healthcare system due to limited availability of English-language resources and limited capacity. Caregivers assist in coordinating appointments, translating medical information, and advocating for their closed ones' needs within the system.

3. Supporting Aging Populations and people with disabilities

The English-speaking community in the Laurentians includes a growing number of seniors who require assistance with daily activities and medical care. Caregivers provide essential support, allowing seniors to age with dignity while remaining in their homes or receiving proper institutional care.

4. Enhancing Mental and Emotional Well-being

Social isolation is a significant concern for English-speaking minorities, particularly for elderly individuals who may feel disconnected from the predominantly French-speaking community. Caregivers provide companionship and emotional support, reducing loneliness and improving overall well-being.

5. Reducing Pressure on the Healthcare System

By offering home care and personal support, caregivers help prevent unnecessary hospitalizations and long-term institutionalization, easing the strain on local healthcare facilities. This is particularly important in rural and semi-urban areas of the Laurentians, where access to specialized services may be limited.

6. Advocating for Better Services

Caregivers often act as intermediaries between patients and healthcare providers, advocating for better access to English language services and ensuring that healthcare professionals understand the unique needs of the English-speaking community.



Caregivers of Neurodiverse Kids and of Seniors

What We Achieved

Over the past year, 4Korners provided **individual support**—via calls, emails, and in-person consultations—to **118 caregivers for seniors and 48 caregivers for neurodivergent children**. We also held **105 information sessions** on topics such as disease management, self-care, and coping strategies. Individual support is also a key service often more needed because it’s more tailored to the person’s needs and challenges. **67 one-on-one sessions were offered to caregivers of seniors for a total number of 172 hours, and 30 one-on-one sessions for caregivers of neurodivergent children for a total number of 28 hours.**

Collaborations with local, regional and provincial partners gave caregivers a chance to learn best practices, share experiences, and gain clarity in their own language. Additionally, our **Caregiver Support Group** for seniors in Deux-Montagnes offered in-person gatherings; attendance has been modest but meaningful, as many caregivers find it challenging to free up time and travel.

Testimonial

“This information was very helpful. Caregiving has been a huge part of my life for many years. Grief is not linear, and I was happy they reiterated that in the presentation. Thank you for the opportunity to share my story.”

Despite limited time and resources, caregivers reported feeling **less isolated and more knowledgeable** about local services, coping strategies, and peer support networks. These outcomes align with 4Korners’ values of **inclusion, dignity, equity and accountability**—a testament to how crucial it is for English-speaking caregivers to express themselves and access help in their mother tongue.

Looking Ahead

Moving forward, we plan to extend our Caregiver Support Group across the region and strengthen our partnerships with the *CISSS des Laurentides*. Our ultimate goal is to **increase participation** in support circles and ensure more awareness of the resources available to caregivers but for that we need to make sure people caring for others can identify themselves as caregivers. By continuing to share resources, offer workshops and provide individualized listening support in English, we aim to **bridge the linguistic gap** and enable caregivers to provide the best possible care for their loved ones—without sacrificing their own well-being. We want to keep updated and promote our new tool kits with subsidized services, tax credits and legal information for parents/caregivers.



Seniors Program

Fostering Wellness, Reducing Isolation

With the Laurentians' aging population on the rise for over a decade, **16,055 English speakers aged 55+** now call this region home, yet only one local community organization (4Korners) consistently addresses their language needs. Across the Laurentians, an expanding number of English-speaking seniors struggle with limited French skills, making it difficult to access public services, healthcare, and community programs. Recognizing this, the **Secrétariat aux Relations avec les Québécois d'Expression Anglaise (SRQEA)** has been instrumental in funding senior-focused initiatives and **Senior Wellness Centres** that serve as a lifeline for those who otherwise might remain isolated.

A Year of Impact and Growth

Over the past year, **411 seniors engaged** in 4Korners' wide-ranging programs. From local gatherings in community halls to online art classes, each activity aims to enhance health, autonomy, and social engagement, while **honouring the unique identity** of English-speaking seniors in the region. Below is a closer look at how these initiatives have touched lives across multiple locations.



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Seniors Program

ROUGE VALLEY DAYS (Argenteuil, Harrington)

Events Held: 31 days of programming (weekly in spring, fall, and winter).

Participants: 48 seniors

Activities: Exercise, information sessions, lunches, and crafts.

Benefits: Participants report improved mobility from light workouts, better social bonds through communal meals, and enhanced health knowledge via specialized talks (e.g., chronic disease prevention).

OPEN CIRCLE (Argenteuil, Brownsburg-Chatham/Lachute)

Events Held: 36 days of programming, shifting to 25 by December 31, 2024.

Participants: 37 seniors.

Activities: Exercise, information sessions, lunches, games, and crafts.

Unique Twist: During winter, meetings move from Brownsburg-Chatham to Lachute, ensuring year-round access.

Benefits: Seniors highlight reduced isolation, thanks to rotating community hubs; the variety of activities fosters mental stimulation, physical well-being, and a strong sense of belonging.

MILLE ISLES/GORE (Argenteuil)

Events Held: 7 in Gore; 16 in Mille Isles

Participants: Ranging from new retirees to those needing more regular social contact.

Activities: Information sessions, crafts, exercise, and cultural presentations.

Benefits: Hands-on workshops help seniors keep fine motor skills sharp, while cultural presentations spark creativity and reduce monotony for those in rural settings.

SENIOR ACTIVITIES	MRC	AVG. ATTENDANCE	UNIQUE PARTICIPANTS	NO. OF EVENTS
PHYSICAL/MOBILITY				
Exercise classes	Argenteuil	4	3	2
Exercise Class - RVDs	Argenteuil	7	12	5
Facial and Self-Massage	Argenteuil	7	7	1
Fall Prevention Program - lunch & learn	LAU	1	9	9
Getting a good sleep with TCM	LAU	14	14	1
Laughter Yoga with Joyful Connections	LAU, Argenteuil	20	20	1
Promoting Hydration presentation	Argenteuil	14	14	1
Vie Active	Argenteuil	12	59	22
Yoga; 14 different yoga activities	Argenteuil, LAU, Online	21	174	100
COGNITIVE				
Applying: The Positive Intelligence Approach	Argenteuil	3	3	1
Games Gamble minds	Argenteuil	5	17	9
Hope for Dementia & mother's day craft	Argenteuil	4	4	1
Positive Intelligence approach to caregiving	Argenteuil	16	16	1
Winter memories - Flashback to childhood	Argenteuil	14	14	1



Seniors Program

SAINTE-AGATHE (Laurentides)

Events Held: 33 days of programming (weekly in spring, summer, fall, and winter).

Participants: A dedicated group spanning various neighbouring towns.

Activities: Information sessions, exercise, lunch gatherings, crafts, and excursions.

Benefits: Combining physical activity (light aerobics, walks) with social meals has led to stronger peer connections. Seniors report greater motivation to remain independent and better awareness of local services in English.

DEUX-MONTAGNES (DM)

Events Held: Over 80 days of programming throughout the year (spring, summer, fall, winter).

Activities: Regular sessions like “Nel’s Yoga,” scrapbooking, health information sessions, community walks, and “Yoga in the Park” during warmer months.

Benefits: This longstanding program serves as a cornerstone for many in Deux-Montagnes, providing continuity, consistent peer support, and opportunities for personal growth through creative hobbies and gentle exercise.

SENIOR ACTIVITIES	MRC	AVG. ATTENDANCE	UNIQUE PARTICIPANTS	NO. OF EVENTS
LEARNING				
Emergency Preparedness	Argenteuil	1	9	9
Fraud prevention	LAU, Argenteuil, PDH	9	39	3
French Conversation - Seniors (advanced)	Online	8	5	4
811, How to navigate the health care system	Argenteuil	1	14	14
Immune system support with Chinese medicine	LAU	16	16	1
Learn: Arthritis Society of Canada	Argenteuil, LAU, Hybird	1	15	15
MAID: Medical Assistance in Dying with Pallia-Vie	LAU	16	16	1
Pharmacist Antoine Karam, Proxim Brownsburg	Argenteuil	7	7	1
Rituals around death and dying with Pastor Ben Stuchbery	LAU	16	16	1
Settling your final affairs: what you need to have in place, understanding funeral options	Argenteuil	17	17	1
Seniors needs in Harrington - Group discussion	Argenteuil	15	15	1
SHARP heath learning series (16X)	Regional online	44	44	16
The Neurological Impact of Learning New Languages	LAU	10	10	1
The Process of Grieving with Pallia-Vie	Argenteuil	6	6	1
Ticks & Lyme disease With Pharmacist A. Karam	Argenteuil	9	9	1
CRA taxes and incomes	Regional online	8	23	3
ART, CULTURE AND SOCIAL				
Apples, Apples & Apples	Argenteuil	20	20	1
Online Drawing	Regional	24	60	32
Online Painting	Regional	40	79	32
Life on the Rock: Growing up in Newfoundland	LAU, Argenteuil, Online	22	22	1
Weekly lunches	LAU	18	44	32
Photography workshop with Tanis Saucy	Argenteuil, LAU	19	19	1
Preserving Democracy	LAU	6	6	1
Scrapbooking	2M	6	10	30
Other 1-time activities	2M, LAU, Argenteuil, Online	11	11	36

Seniors Program

Embracing the Digital Frontier: Online Offerings

To accommodate seniors with mobility issues, or caregiving duties or those living in more remote areas, 4Korners has continued to offer online activities, reducing barriers like transportation and inclement weather.

1. Online Yoga for Balance

- a. **Events Held:** 32 weekly classes across spring, fall, and winter.
- b. **Participants:** Avg. 57 registrants per session.
- c. **Outcome:** Participants report improved flexibility, relaxation, and stress management. This accessible format enables homebound seniors to stay physically active and socially engaged.

2. Online Drawing

- a. **Events Held:** 32 weekly classes (spring, fall, winter).
- b. **Participants:** Avg. 55 registrants per session.
- c. **Outcome:** Through guided exercises, seniors hone fine motor skills, reduce anxiety, and share creative output in a safe, encouraging environment.

3. Online Painting

- a. **Events Held:** 32 weekly classes (spring, fall, winter).
- b. **Participants:** Avg. 63 registrants per session.
- c. **Outcome:** Many participants describe a renewed sense of purpose, as painting fosters mindfulness and offers a positive outlet for self-expression.



Seniors Program

Participation Reflection

“I am a cancer survivor and taking care of my mom, who is a stage 4 cancer patient. Life is too tough, and I get stressed out easily. But I feel very relaxed during the class following Carol’s instructions. I really appreciate you and this program. It helps me a lot.”

Online Painting Participant

Advancing Health, Autonomy, and Inclusion

From rural community halls in Harrington to online platforms reaching seniors province-wide, every branch of our Senior Wellness Initiative is about **reducing isolation and maintaining independence**. By offering crucial information in English—covering topics like chronic disease management, exercise routines, and psychosocial support—we ensure that language is never a barrier to health and social engagement.

Looking Ahead

As the Laurentians’ senior population grows, so does the demand for accessible, **English-language services**. Supported by the SRQEA and local partners, our future plans include expanding to underserved MRC like Thérèse-De Blainville, enhancing our online offerings, and drawing in more men who are often underrepresented.

However, emerging legislations, **Bill 96**, and longstanding language policies (e.g., Bill 101) present ongoing challenges and triggers for seniors. Many English-speaking seniors fear stigma or confusion about requesting help in English, sometimes delaying care or avoiding public services entirely. At 4Korners, we remain committed to **counteracting these barriers** by providing safe, welcoming environments that reflect our mission: empowering seniors to **live fully, remain informed, and find connection**—all in their mother tongue.



Social & Economic Development

Empowering English-speaking Communities Through Opportunity and Collaboration

English-speakers in the Laurentians are uniquely positioned within a thriving yet challenging regional economy. Recent data shows that they represent **7.3% of the local labour force**, but with an **unemployment rate of 10.5%**, notably higher than the **6.8%** among French-speakers (*Employment Profile of English-Speakers in the Laurentides, Provincial Employment Roundtable*). On average, they also **earn \$5,000 less in median income**, underscoring persistent gaps in access to jobs, training, and public services in English. For many, the path to full social and economic participation is further complicated by Quebec's evolving language, education, and healthcare legislation. The result is a tangible sense of exclusion from opportunities that support personal growth, family stability, and community well-being. To help bridge these gaps, 4Korners' Social and Economic Development (SED) team focuses on social determinants of health and the regional priorities for the vitality and occupation of the territory.



4Korners Social Development & Economic Department

Mandate: Vitality and Territorial Occupation of English-speaking Communities in the Laurentides

The Social Development and Economic Department is pivotal in reinforcing the vitality and presence of English-speaking communities across the Laurentians. Its mandate is grounded in promoting official languages, equitable access to education, employment opportunities, and civic participation, contributing to the community’s broader goals in regional development. Its approach centres on community **Representation, Networking, Partnership development, Knowledge/Data and Outreach**, ensuring programs are responsive to the evolving needs of minority language populations.

With support from funders such as the *Secrétariat aux relations avec les Québécois d’expression anglaise (SRQEA)*, *Patrimoine Canada Héritage (PCH)*, *Éducaloi*, *Dialogue McGill*, *Health Canada*, and the *CISSS des Laurentides*, the department has led and implemented a wide range of impactful initiatives.

ACTIVITY	PARTICIPANTS	UNIQUE PEOPLE	AVG PARTICIPANTS	FREQUENCY	MRC
Tax Clinic	No Info To Date	—	—	—	—
Employability Clinic	64		64	1	All
PERT Events	137	137	137	1	All
MRC PERT Employability Launch	37	37	37	1	All
Workshops Prevention Of Mental Health	12		10	12	2M
CISSS English Class	42		42	8-Week Sessions x 6	Hybrid
PSOC Community English Class	8	7	7	12	All

LAUNCH EVENT

Employment Profile of English Speakers in the Laurentides

5 PM - 7PM

October 3, 2024

Maison du citoyen de Saint-Eustache

184 Rue Saint-Eustache, Saint-Eustache, QC J7R 2L7

PERT

PROVINCIAL EMPLOYMENT ROUNDTABLE

Presented in collaboration with:

4korners

4Korners Social Development & Economic Department

Working at the intersection of official language, education, employment, and healthcare access, the department aligns its efforts with the provincial government's priorities for the *Vitality and Occupation plan 2019–2024* and the five key regional priorities for the Laurentians:

1. Ensure the Economic Competitiveness of the Laurentians

4Korners promotes employability and entrepreneurship through job-readiness programs, small business support, and workforce development clinics for English-speaking youth.

2. Celebrate the Distinct Identity of the Region to Boost Attractiveness and Civic Pride

By supporting or highlighting the English-speaking community's footprint and bilingual cultural programming and initiatives, 4Korners helps strengthen the visibility and pride of the English-speaking population within the region's broader identity. This is done through the presentation of our speaker series and our support to **Kerr Farm's new activities in Gore** providing more access to community activities.



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3. Provide All Citizens with Equitable Access to Public and Community Services

As **chair of the Regional Access Committee CISSS des Laurentides**, 4Korners plays a central role in ensuring equitable access to healthcare and social services for the English-speaking population. Despite significant changes introduced by **Bill 15, the Regional Access Committee for services in English will remain in place**, as its role has been protected under the new legislation. We are encouraged by the **leadership shown by the CISSS des Laurentides**, which has demonstrated a strong commitment to improving services for the English-speaking community. This ongoing partnership not only protects the rights of linguistic minorities but also fosters trust and collaboration as we navigate a transforming provincial health system.

4. Encourage Dynamic Land Occupation and Balanced Regional Development

Through its outreach in remote and rural communities, 4Korners contributes to population retention and revitalization, helping make the region a viable home for English-speaking families of all generations. We have also collaborated with municipalities on cultural events to help connect established residents with newcomers.



4Korners Social Development & Economic Department

5. Optimize the Mobility of People and Goods

This is not a priority for 4Korners, as we have neither expertise nor capacity, but we are recognizing how transportation and digital connectivity affect service access. 4Korners supports regional mobility through virtual service delivery, digital literacy training, and strategic partnerships to reduce isolation.

OFFICIAL LANGUAGES—

Connecting people with different cultural backgrounds to health and social services: 4Korners acts as a bridge, helping English-speaking residents navigate Quebec's French-dominant service landscape by offering referrals and low-threshold entry to health and social services. Supported by the **CISSS des Laurentides with the Ethnocultural agreement**, we facilitate access to people using English as their first official language. This represents about **630 unique individuals in 24-25** identifying as non-Caucasian, non-Francophone. We've also attended CDC table and immigration committees. This led to collaborating with municipalities on **3 community lunches** promoting different countries and connecting people through food and cultural activities.



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Dialogue McGill English session for professionals:

With the support of McGill University and Health Canada and in collaboration with the CISSS des Laurentides, we offer English training to Health and social professionals. This translates into 8 weeks and 12 hours of English conversation skill-building sessions. **42 CISSS des Laurentides professional workers** have attended 1 of the 4 sessions during the year. This objective is to make professionals more comfortable and confident when engaging with English-speaking patients. (ALL MRC'S).

Dialogue McGill Bursary:

Another segment of this agreement is the Bursary application. This allows students pursuing education in the health and social services sector to get access to a bursary if they choose an English program at the vocational, college, or university level. This year, one student applied for the Dialogue McGill bursary program for Health and Social Sciences. The objective is to bring bilingual workers back to the region once they graduate. Bursaries range from \$2,000 to \$10,000. We are proud to have supported Lynn Lacelle for a \$2,000 bursary for Health, Assistance and Nursing studies.

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Dialogue McGill Health Caravan

4 Health caravans are bringing health professionals and organizations together to provide services to isolated seniors and community members aged 50 and students in 2 high schools (Argenteuil, LAU). We've engaged with **492 community members**. This is a long-standing partnership with John Abbott College, bringing interns from the Health and social services sector to provide information and tests to the community. This year we have included **12 organizations and the CISSS des Laurentides** to provide even more services.

FRASLA (Fond Régional Accès aux Services de Langue Anglaise)

Based on the Dialogue McGill model, this is an inspired training for community organization workers wanting to improve their English and capacity to serve their members. This pilot was funded by PSOC with the FRASLA fund. It allowed **8 PSOC community organizations** to have free access to 12-week sessions of 1-hour lessons in English training related to health and social services. (ALL MRC)

CISSS des Laurentides COP English meeting

4Korners is participating at lunches in English organized by youth social workers from the CISSS des Laurentides who are meeting to practice and improve their English conversation skills. We attended 2 lunches one with 10 and another with 6 professionals.

4Korners Social Development & Economic Department

Employability

In October 2024, 4Korners launched **PERT's** Employment profile of English-Speakers in the Laurentides with **37 attendees**, including people from the SWLSB and Services Québec. The profile revealed that English-speakers in the Laurentides faced higher unemployment rates and lower incomes despite having higher education levels. The Social Development & Economic team continued to share the data with 8 presentations in 4 MRCs: (LAU, Argenteuil, TDB, Pays-D'en-Haut), working with local city counsellors, mayors and social economic development teams to bring awareness to the differences in unemployment rates between English and French community members.

Project Circonflexe

PERT (Provincial Employment Round Table) launched a new linguistic mentorship platform for professionals called Circonflexe. We contributed to the launch of the platform by programming **4 networking events with 137 attendees**. This provided an opportunity for linguistic exchange and knowledge sharing from community members who had done Francization Québec training but still did not feel strong enough to find work in French. Most were unanimous: Circonflexe fills a gap in French training for English workers. Events were held in Blainville, Morin-Heights, Ste-Agathe and Lachute in collaboration with La Chambre de Commerce de Ste-Agathe et Micro-Entreprendre Basses-Laurentides.



4Korners Social Development & Economic Department

RDN Employability Program

Through a two-year agreement with RDN and funded by the Ministère de l'Emploi et de la Solidarité Sociale, the objective is to help English-speaking job seekers find work in various ways, including enhancing the existing resources by other organizations.

We have organized **6 Employment clinics**, which were held in four MRCS: ARG, TDB, and DM. These sessions provided resume writing, interview prep skills, platform surfing, and an understanding of bilingual linguistic opportunities in the workforce. **64 individuals** attended these sessions. **2 presentations were given to 20 Entrepreneurs** in the Morin-Heights and Ste-Agathe to discuss the PERT employability launch and employability clinics and strengthen community connections with local entrepreneurs.

LAW AND LEGISLATION

Legal Info:

Through this agreement with Éducaloi, we are also providing English-speakers with basic language legal information. **6 workshops were delivered to 104 people** on various topics (elder abuse, 2 x fraud prevention, **Bill 96 / Law 14**, medical aid in dying, tax credit for disabilities) in all MRCs.

Additionally, legal workshops in partnership with Éducaloi helped demystify some regulations and policies like **Bill 96**, allowing citizens to exercise their rights and responsibilities more confidently. Beyond legislation, many newcomers found themselves juggling French classes, job searches, and family obligations. Their struggles mirror common themes across Québec: confusion about **Francization Québec**, apprehension about speaking French in public, and eligibility hurdles.



4Korners Social Development & Economic Department

Tax Clinics

Supported by the Canadian Revenue Agency (CRA) and Revenu Québec, 4Korners and its volunteers offered 6 free tax clinics for low-income individuals in the Laurentians. This is part of the Income Tax Assistance—Volunteer Program with the Canada Revenue Agency. 72 individuals' taxes were done in the Laurentians (2M, PDH, LAU, Argenteuil). Special mention to our tax clinic volunteer, M. Mickeal Scott, who won senior volunteer of the year at the regional level.

Living Without Violence

Fostering Respect and Responsibility Among Men Who Have Used Violence

Conjugal violence remains a pressing concern in the Laurentians, with 360 police-reported crimes per 100,000 residents, outpacing Quebec's provincial average of 306 per 100,000 and placing the region among the highest in the province (*Guide d'intervention et des ressources en violence conjugale et familiale, 2020*). While harmful behaviours often go unchecked due to stigma and limited English-language services, many men who do acknowledge the need to change find themselves unsure where to turn.

Living Without Violence (LWV) bridges this gap for English-speaking men in the Laurentians who seek to end violent or abusive patterns. Funded by the CISSS des Laurentides, in collaboration with PAIX and ACCROC, Life Without Violence gathered **26 participants aged 18+ over** the past fiscal year. In **45 small-group sessions**, attendees explored the roots of anger, the emotional undercurrents that fuel aggression, and the strategies needed to build healthier, more respectful relationships.



Testimonial

"I feel part of a group that understands me and is living in the same situations. Discussing uncomfortable aspects of my life that I cannot do with others helps me see my behaviours objectively, allowing for corrections. If we want to ensure that women in our society remain safe, these programs are vital to allow men an outlet other than building up frustrations and eventually using violence."

— Living Without Violence Participant

4Korners Social Development & Economic Department

Social, economic and cultural initiatives

With the support of Heritage Canada and SRQEA, we were able to support Kerr Farm, a historical landmark in the middle of the township of Gore. As the new owner, Steve Vachon wanted to bring life back into the farm and provide a community outlet and space for gatherings for both the French and English-speakers. In collaboration with the municipality we contributed to the success of this idea of social and economic development. 4Korners sponsored **six comedy shows in 2024 in English**, reaching **384 people** and supported the Curiosity Markets (10 kiosks and about 100 people weekly) helping bring additional English services, information and activities to the general public. (*MRC Argenteuil*)



4Korners Social Development & Economic Department

4K Speaker Series

Supported by Heritage Canada, 4Korners offered the 4K Speaker Series. Ten events were held through the Laurentian to increase access to artistic, cultural, and heritage programming and services offered in English. We featured speakers ranging from authors to travellers to people with life stories, local historians and more. **206 people were able to enjoy the 10 presentations.**

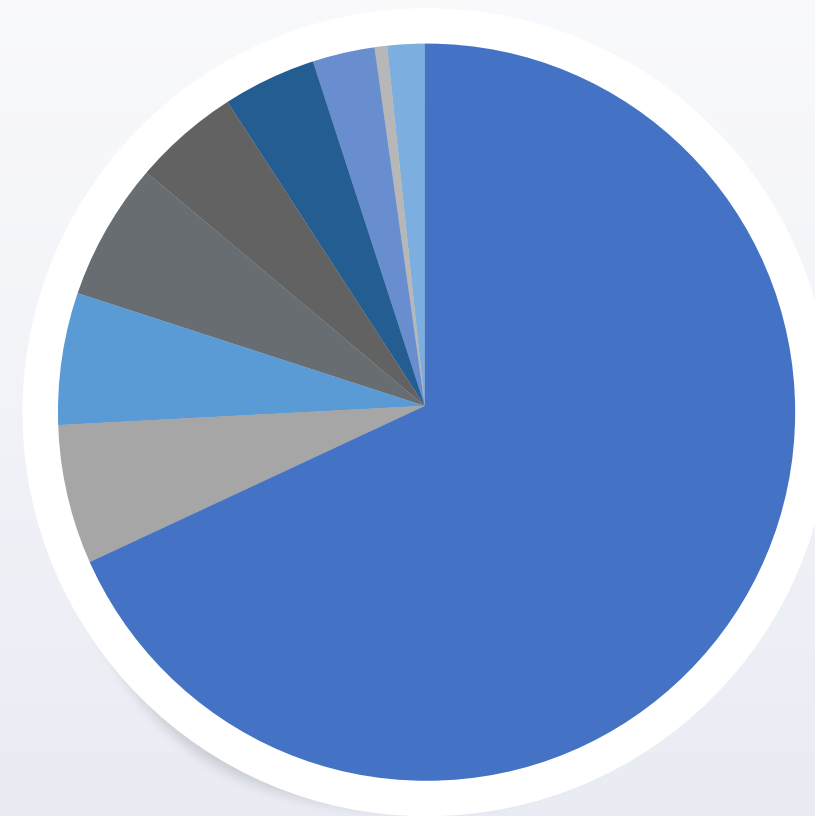


Networking Events

4Korners participated in **16 tables and committees** and many other events, like public consultations, conferences, discussions, kiosks and community events, to bring the human side of networking alive to create action plans to enhance the overall quality of life of anglophones in the Laurentians. Networking allows 4Korners to create robust networking collaboration ecosystems where French and English partners can work together more effectively, share knowledge, leverage resources, and advocate for policies that enhance cohesion and provide equitable access to education, employment and health services. The team also met with 11 elected officials presenting data and concerns of the English-speaking community.

Financial Highlights

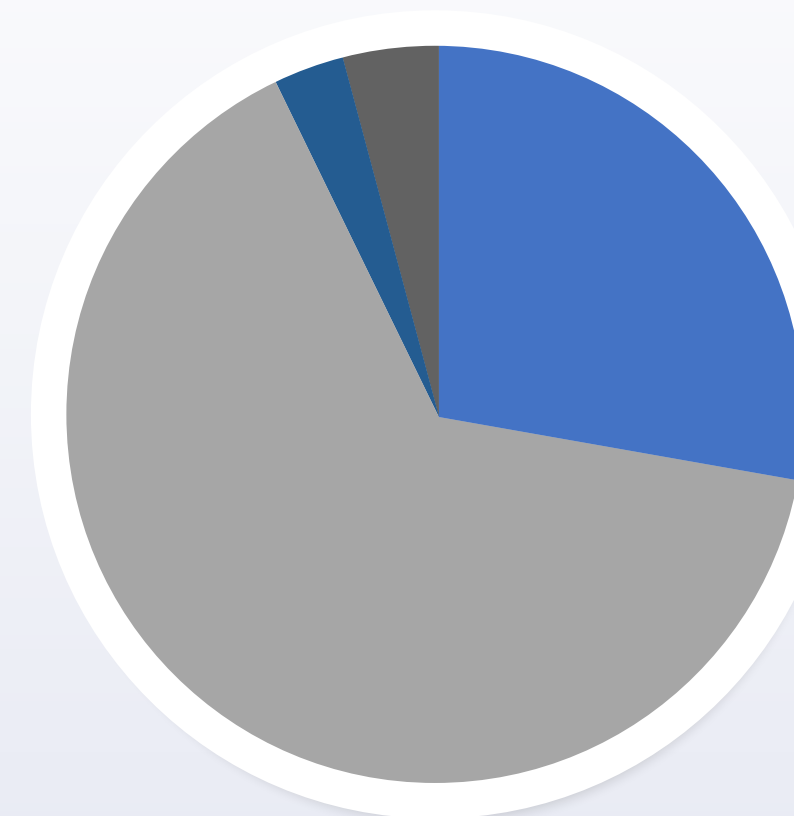
Total Expenses



Salaries & Benefits	69%	\$1,112,037
Contract Personnel	6%	\$100,860
Office	6%	\$81,866
Rent, Taxes, Utilities, Telecommunications	6%	\$92,853
Programs, Food, Materials	5%	\$66,735
Amortization	4%	\$61,271
Travel	3%	\$40,675
Staff Development	0.5%	\$1,603
Professional Fees	1.5%	\$37,800

Total Expenses **\$1,595,700**

Total Revenue



Federal	27%	\$444,042
Provincial	63%	\$1,037,853
Foundation	3%	\$44,560
Other	7%	\$78,717

Total Revenue **\$1,605,172**

Our Funders



Health
Canada

Santé
Canada



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



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
- **Michelle Della Corte** – Community member

All 10 seats on the board of directors are filled. This year, the board has met 9 times, and 4Korners held the annual meeting on June 12th in Lachute and online with 74 members and 22 community guests.

Team

Hugo Bissonnet - Executive Director
Luz Garcia - Director of Operations
Melanie Wilson - Program Manager, Seniors & Caregivers
Betty Millien - Program Manager, Early Childhood & Families
Josephine Piazza - Socio-economic Development Project Coordinator
Chloée Alary - Community Relations Manager/Program Manager, Networking Partnership Initiative
Jaime Bisailon - Program Manager, Neurodiversity
Rebecca Boudreau - Accounting Technician
Kennedy Fraser - Youth & Mental Health Project Lead
Katie Burke - Program Manager, Socio-economic Development
Melissa Schoenthaler - Activity Coordinator, Early Childhood & Families
Alex Hare - Employability and Youth Mental Health Coordinator
Sonia Pietravalle - Youth Mental Health Coordinator
Kathleen Séguin Gagné - Administrative Assistant
Luisa Gonzalez - Administrative and IT Coordinator
Gaëlle Giraudeau - Communications Coordinator
Kelli Hanrahan - Activity Coordinator, Seniors & Caregivers
Maxime Turcotte - Regional Activity Coordinator
Emma Foreman - Community Development Coordinator
Vinay Dave - Financial Controller

INTERNS

Maxime Turcotte – Intern
Fahima Mohammad Hashim – Intern

PREVIOUS EMPLOYEES

Sophie Maranda – Community Development Coordinator
Simon Deschamps – Activity Coordinator, Seniors & Caregivers
Jessica Parr – Canada Summer Job Participant

Sub-contractors working on our programs:

Caitlin Sigouin
Carol Lyng
Carrina Mullan
Christine Laurent-Dawn of Imagination
Conrad Popko
Danica Hébert-Laurin
Emma Toth
Erica Jacobs-Perkins
Fiona Wilkinson
Francine Leblanc
Guillaume Jabbour
John Leslie
Josephine Piazza
Jude Hussain
Karl Gariépy
Katelyn Tsalikis
Laurie Mitchell - Uni-Diversity
Laury Peroff
Michelle Della Corte
Mirianna Sicilia
Omaira Salem Al Azhar
Pierre de Montalte
Ricardo Santacruz
Robert Simard
Sara Ogilve
Sheila Eskenazi
Steve Ménard – Design DXM
Susan Anber
Tanis Saucier
Vanessa Bello
Vincent Yergeau
William Laurin

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

118 Rue Principale E Unit 220, Sainte-Agathe-des-Monts, Qc. J8C 1K1

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.



4korners

Réseau communautaire
anglais des Laurentides

Laurentian's English
Community Network

www.4korners.org