

Upcoming Conferences

Tired of Being Tired: Fatigue Management

*November 16, 2016
1:30p.m.-3:00p.m.*

Healthy Aging, Healthy Brain: Memory Fitness for Everyone

*November 30, 2016
1:30p.m.-3:00p.m.*

Stressing Out about Stress

*December 14, 2016
1:30p.m.-3:00p.m.*

Space is limited. Call to register.

SPECIAL EVENT

Join us during
caregivers recognition
week with Dayna
Morrow! November 9,
2016, from 9:30a.m. -
12:00p.m. at
Veteran's Hall in
Deux-Montagnes.



Upcoming workshop start dates:

Tuesday, November 1, 2016 from
1:30p.m.-3:30p.m. in Rosemère

Thursday, November 3, 2016
from 1:30p.m. - 3:30p.m. in Deux-
Montagnes

Monday, November 7, 2016 from
5:30p.m. - 7:30p.m. in Deux-Montagnes

For more information or to
register contact 4 Korner's at
450-974-3940 or email
info@4kornerscenter.org.

Financed by:

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Who cares for the Caregiver?



Are you a Caregiver?

- Do you feel tired?
- Not enough hours in a day?
- Do you feel alone?
- Do you find yourself making too many decisions or questioning your decisions?
- Are you afraid to hurt someone if you say what you really think?
- Do you find it hard to say 'No'?
- Are you finding it hard to make time for yourself?



If you answered YES to any of the questions, 4 Korner's can help!

Services Available for Caregivers

An informal or natural caregiver is any person involved with the care of a loved one whom requires extra support, is ill, losing their independence, or has functional limitations whether emotional, psychological, or physical. Informal caregivers may be any age, but all caregivers need support!



Individual Support

Contact 4 Korner's to speak with someone today.

Making yourself a priority is essential to being able to take care of someone else.

Caregivers Workshop

A special 6 week workshop has been designed for caregivers to provide tools and strategies to ensure that the caregiver does not become worn-out.

The benefits of participation in the workshop:

- Identifying resources that are available to you and your loved one
- Prevent exhaustion
- Network with other caregivers
- Identify successful strategies for yourself and your loved one

Monthly Support Group

The first Wednesday of every month from 1:30p.m.-2:30p.m.

(Ideally participants will have completed the Caregivers Workshop prior to attending the support group).