



Resource for Students

# Foundry's Virtual Services

**Foundry now offers virtual services including drop-in counselling sessions, peer support check-ins and group offerings to BC's young people ages 12-24 and their caregivers. No referral or assessment required. Services are free and confidential.**

Visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual) for detailed information.

## Services available include:

- [Drop-in counselling for young people and their caregivers](#)— single session drop-in counselling with a Foundry clinician
- [Peer support for young people](#)— connect one-to-one with a trained Peer Support Worker. Youth Peer Support Workers are young people who identify as having lived/living experience of mental health and/or substance use challenges.
- Groups and workshops [for young people](#) and [for caregivers](#)
- Primary Care and Family Peer Support services coming in the Fall 2020.

Foundry offers young people ages 12-24 health and wellness resources, services and supports— online and through a network of integrated service centres in communities across BC. Visit our website to [find a Foundry centre in your community.](#)

For COVID-19 resources from Foundry visit: [foundrybc.ca/covid19](https://foundrybc.ca/covid19)



[Click here for a downloadable image with information on Foundry's Virtual Services to share with students and families.](#)