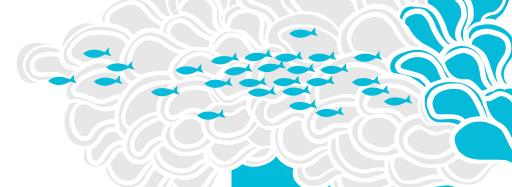


WHERE WELLNESS TAKES SHAPE



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 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



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