April 2023

·FOUNDRY·
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday
03 Nurse: 11am-5pm Counselling: 12- 5pm Parent Peer Support: 11am-3:30pm* Dr Kalen: 2:30-5pm	04 Nurse: 11am-5pm Counselling: 12- 5pm Parent Peer Support: 11am-5pm **Dr Paul: 11am-2:30pm**	05 Nurse: 11am-5pm Counselling: 12-5pm Parent Peer Support: 11am-5pm *Dr Henry: 1pm-4pm	06 Nurse: 11am-3pm* Counselling: 12- 5pm Parent Peer Support: 11am-5pm Dr Kalen: 2:30-5pm	07 *Closed for Good Friday*
10 *Closed for Easter Monday*	11 Nurse: 11am-5pm Counselling: 12- 5pm *No Parent/Caregiver Support* Dr Paul: 2:30-5pm	12 Nurse: 11am-5pm Counselling: 12-5pm Parent Peer Support: 11am-5pm *Dr Henry: 1pm-4pm	13 Nurse: 11am-3pm* Counselling: 12- 5pm Parent Peer Support: 11am-5pm Dr Kalen: 2:30-5pm	14 *No Nurse Today* Counselling: 12- 5pm Parent Peer Support: 11am-5pm *No Doctor Today*
17 *No Nurse Today* Counselling: 12- 5pm Parent Peer Support: 11am-3:30pm* Dr Kalen: 2:30-5pm	18 *No Nurse Today* Counselling: 12- 5pm Parent Peer Support: 11am-5pm Dr Paul: 2:30-5pm	19 *No Nurse Today* Counselling: 12-5pm Parent Peer Support: 11am-5pm *Dr Henry: 1pm-4pm	20 *No Nurse Today* Counselling: 12- 5pm Parent Peer Support: 11am-5pm Dr Kalen: 2:30-5pm	21 *No Nurse Today* Counselling: 12- 5pm Parent Peer Support: 11am-5pm *No Doctor Today*
24 Nurse: 11am-5pm Counselling: 12- 5pm Parent Peer Support: 11am-3:30pm* Dr Kalen: 2:30-5pm	25 Nurse: 11am-5pm Counselling: 12- 5pm Parent Peer Support: 11am-5pm Dr Paul: 2:30-5pm	26 Nurse: 11am-5pm Counselling: 12-5pm Parent Peer Support: 11am-5pm *Dr Henry: 1pm-4pm	27 Nurse: 11am-3pm* Counselling: 12- 5pm Parent Peer Support: 11am-5pm Dr Kalen: 2:30-5pm	28 Nurse: 11am-5pm Counselling: 12- 5pm Parent Peer Support: 11am-5pm *No Doctor Today*
		Foundry Prince George welcomes Dr Henry Gerelle, to the walk-in primary care team on Wednesdays in *April and May 2023*		

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foundry.bc.ca/princegeorge/

Services and Resources

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Walk-in & Virtual Services

In person:
✓ For anyone who needs to be seen in person by a doctor, nurse, counsellor, family/ caregiver support, or peer support

By telephone or video call: 236-423-1571
✓ For anyone who does not need to be seen in person , or is more comfortable accessing from another space
✓ For anyone with access to a phone/ Zoom/ Microsoft Teams
✓ For anyone who is sick (coughing, sneezing, fever, generally unwell, etc)

For video counselling please download Microsoft Teams on to your device. You do not need an account- just the app!

Please note:** ***Doctors' time is offered on a first-come, first-serve basis, and due to high demand can fill up quickly. Plan to call or attend Foundry at 11:00am in order to secure a timeslot for the day.

Youth Around Prince

YAP drop-in:
✓ Have a shower
✓ Do laundry
✓ Have a snack
✓ Make a phone call
✓ Send an email
✓ Connect with Access workers
✓ Connect with Peer Support
✓ Talk to Housing Outreach

Anyone coming into Foundry are required to wear a medical grade mask and wash their hands thoroughly before receiving services.
Masks are optional at YAP and Quebec St.

→ Need a hot meal? Community Kitchen still happening every Thursday at YAP

Housing, Employment & Edu

Housing

✓ **Need support to acquire or maintain your housing? Feel like you can't tackle it alone?**
Contact Tam through Foundry or YAP, or email *tam.prince@bc.ymca.ca* **for more info.**
Housing support located at YAP

Employment

✓ **Need support to acquire or maintain employment?**
Contact YMCA Youth Works Employment Program & *savannah.ottalagana@bc.ymca.ca* **for more info.**

✓ **Has mental health or substance use been a barrier to reaching your education and employment goals? Need a little extra support due to neurodiversity?**
Contact Foundry Work and Education Program & *melissa.dagostino@bc.ymca.ca* **for more info.**
Employment support located at our Quebec St Annex- 490 Quebec St, suite 100.

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Services and Resources

Groups and Other Services

✓ **Heartbeat -** Peer led support for those impacted by suicide.
When: 3rd Monday of each month. Contact Sandy at *galletti@telus.net* **for more information**

✓ **DBT Group -** For youth 16-24 who are struggling to manage strong emotions, impulsivity, or unstable relationships, and looking to grow distress tolerance, emotional regulation, and more. **Contact** *foundry@bc.ymca.ca* **to arrange to complete an intake prior to your first meeting.**
When: Mondays ongoing, 4:00pm-5:30pm.

✓ **Substance Use and Compulsive Behaviour Support -** *8 Step Recovery* and *SMART Recovery* support for youth looking to address their well-being.
When: Alternating Tuesdays (1st & 3rd- *8 Step recovery*, 7:00-8:30pm), (2nd & 4th- *SMART recovery*, 5:00-6:30pm). Drop-in's welcome.

✓ **SMART Recovery Friends & Family** - support a young person looking to address their problematic substance use, while ensuring your own health and well-being. **Contact Kathy Buhler for more information**- *kathy.buhler@familysmart.ca*
When: 1st and 3rd Tuesdays , 5:00-6:30pm at YMCA Parkhouse (1041 6th Ave, across from Foundry). Drop-in's welcome.

✓ **Help for the Hard Times -** Join Kathy to learn how to support a young person after mental health derived access to the ER or admission to hospital.
When: Tuesday April 18th & Thursday April 20th, 6:00pm- 8:00pm. Contact *kathy.buhler@familysmart.ca* **for questions and registration.**

✓ **Music Collective -** For youth interested in gathering with like-minded others to explore music and lyrics as a tool for health and well-being.
When: Dates to be determined. Call or email Foundry *foundry@bc.ymca.ca* **for interest.**

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