

Ways to access virtual services:

- Drop-in services
- Scheduled appointments
- Group sessions

*Join through video, audio and chat options

“Having support from someone who understood me and how hard it can be to manage my mental health was so helpful. I went from feeling alone and hiding to coming out and feeling connected. I am so grateful.”

–Youth Client

• F O U N D R Y •



**Download the
Foundry BC app**



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Hours:

Mon-Fri, 10am-9pm | Sat/Sun 10am-6pm

Download the app

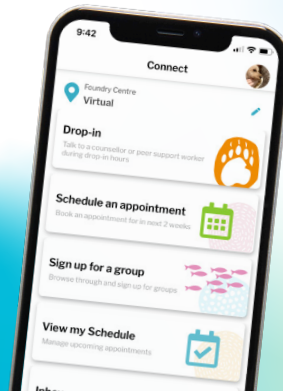


In a browser



Virtual services for youth ages 12-24 include:

- Counselling & peer support
- Substance use services
- Groups
- Primary care
- Employment services



All services are free, safe, and confidential and no referrals are needed. We offer video, audio and chat options.

To learn more:

call **1-833-308-6379**, email **online@foundrybc.ca**
or visit **www.foundrybc.ca/virtual**