

\* As per direction from the Provincial Health Officer, masks are required at Foundry Centres\*

# THE FOUNDRY FORECAST

January 22<sup>nd</sup> to 26<sup>th</sup>, 2024

## What's coming up this week at Foundry Prince George?

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurses Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurses Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>
<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"><li>Dr Kalen</li></ul>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"><li>Dr Paul</li></ul>	<p>2:30pm to 5:00pm</p> <p><i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"><li>Dr Kalen</li></ul>	<p>2:30pm to 5:00pm</p> <p><i>No Walk-in Doctor Today</i></p>
<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily, Jane &amp; Carly</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane, Tiffany &amp; Carly</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Vanessa, Carly &amp; Tiffany</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Vanessa, Emily &amp; Sandy</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily &amp; Tiffany</li></ul>
<p><b>Caregiver Support:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 11:00am to 3:30pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 3:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Kristie</li></ul>	<p><b>Caregiver Support:</b> 11:00am to 5:00pm</p> <p><i>No Walk-In Parent Peer Support Today</i></p> <p>Contact Family Smart at 1-855-887-8004 or <a href="mailto:info@familysmart.ca">info@familysmart.ca</a> for support</p>
		<p>More information about our Groups can be found on the next page and <a href="https://foundrybc.ca/princegeorge">@foundrybc.ca/princegeorge</a></p>		

# What's coming up this week at Foundry Prince George?

Monday January 22, 2024	Tuesday January 23, 2024	Wednesday January 24, 2024	Thursday January 25, 2024	Friday January 26, 2024
<p><b>Groups:</b> Dialectical Behaviour Therapy (Registered) 4pm to 5:30pm Contact <a href="mailto:foundry@bc.ymca.ca">foundry@bc.ymca.ca</a> for registration or more information</p>	<p><b>Groups:</b> Smart Recovery Family &amp; Friends (Drop-In) 5pm to 6:30pm @PG Public Library</p>	<p><b>Groups:</b> The Art of Coping (Drop-In) 2:30-3:30pm  Bereavement Support for Traumatic Loss (Registered) 5:30-7pm  Craft Night for Parent/Caregivers (Drop-in) 6:30pm to 7:30pm @ Van Bien School (311 Wilson Cres), Rm 122 Contact <a href="mailto:tammy.tetreau@familysmart.ca">tammy.tetreau@familysmart.ca</a> for more information</p> <p>All counselling and primary care services are offered on a first come first serve basis for both telephone and in-person visits. Demand is high so you are encouraged to contact us early in the day.</p>	<p><b>How to access Parent/ Caregiver Support:</b> Contact Foundry Prince George: 236-423-1571 or email <a href="mailto:kristie.north@bc.ymca.ca">kristie.north@bc.ymca.ca</a> or <a href="mailto:tammy.tetreau@familysmart.ca">tammy.tetreau@familysmart.ca</a></p> <p><b>How to access Youth Peer Support:</b> Call Foundry at 236-423-1571 or come down to Foundry/YAP. Peer Support available Monday to Friday, at YAP &amp; Foundry</p> <p><b>How to access Housing Support and Outreach:</b> Call Jenna King at 250-645-6090 or email <a href="mailto:jenna.king@bc.ymca.ca">jenna.king@bc.ymca.ca</a></p>	<p><i>Saturday January 27, 2024</i> <b>Groups:</b> Trans Social Group (Drop-In) 1:00-3:00pm</p>

## How to access a doctor at Foundry PG:

- ✓ Offered on a first come, first serve basis on the same day of need. No pre-booking.
- ✓ Due to very high demand and a shortage of doctors in our community, walk-in time with Foundry doctors fills up very, very quickly. Please call or visit Foundry at 11am on the day of, to secure one of our limited time slots available.
- ✓ If you have cold or flu like symptoms, you will be asked to wear a mask or potentially engage by phone or video.

**\*As per direction from the Provincial Health Officer, masks are required at health care facilities including Foundry Prince George beginning October 3<sup>rd</sup>, 2023\***