

Foundry Virtual BC

Support for your youth **and for you**

We offer free same day and scheduled counselling & peer support, substance use services, groups, primary care and employment services for young people ages 12-24 across British Columbia.

In addition to support for young people, caregivers of young people can also access:

- **Counselling**
- **Family peer support**
- **Groups & workshops**

**All services offered are free and confidential.
No referrals are required.**

”Supporting a loved one can be challenging– you don’t have to go through it alone”

– Foundry Family Peer Supporter


To register and make an appointment, download the Foundry BC app.

Visit foundrybc.ca/virtual to learn more. If you don't have internet access you can contact us at [1-833-308-6379](tel:1-833-308-6379) or email online@foundrybc.ca

Hours:

Mon–Fri, 10am–9pm
Sat/Sun 10am–6pm



A photograph of two women in a bright, modern office environment. The woman on the left has long brown hair, wears glasses, a black lace top, and a light-colored blazer. She is smiling and looking towards the woman on the right. The woman on the right has long dark hair and is wearing a dark green top with a white wavy pattern. She is also smiling and looking back at the first woman. The background shows a blue door, a window with blinds, and some potted plants on a shelf.

“I finally feel like I’m not alone. I feel heard, and supported when I speak with a family peer supporter because they “get it” and I don’t have to feel ashamed or alone in my struggles with my child. It is so freeing to speak with someone here. Thank you.”

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