

# THE FOUNDRY FORECAST

April 15<sup>th</sup> to 20<sup>th</sup>, 2024

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

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<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><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><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 &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> 11:00am to 5:00pm</p> <p><i>No Walk-In Parent Peer Support Today</i></p>	<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 April 15, 2024

**Groups:**  
**Dialectical Behaviour  
Therapy  
(Registered)**

**4pm to 5:30pm**

Contact [foundry@bc.ymca.ca](mailto:foundry@bc.ymca.ca) for  
registration or more information

**Heartbeat  
(Registered)**

**6pm to 8:30pm**

Contact [galletti@telus.net](mailto:galletti@telus.net) for  
more information

## 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.

Tuesday April 16, 2024

**Groups:**  
**8 Step Meditation Group  
(Drop-in)**  
**4pm-5pm**

Wednesday April 17, 2024

**Groups:**  
**Bereavement Support for  
Traumatic Loss  
(Registered)**  
**5:30-7:00pm**

Contact  
[pgbereavement@gmail.com](mailto:pgbereavement@gmail.com) for  
registration or more information

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 encourage to contact us early in the day.

Thursday April 18, 2024

**Groups:**  
**Circle of Security  
(Registered)**  
**11:00am- 1:00pm**

Contact [kristie.north@bc.ymca.ca](mailto:kristie.north@bc.ymca.ca)  
for registration or more  
information

Friday April 19, 2024

**Groups:**

*Saturday April 20, 2024*  
**Trans Social Group  
(Drop-in)**  
**1pm-3pm**

✓ **How to access Parent/ Caregiver Support:**  
Contact Foundry Prince George: 236-423-1571 or email  
[kristie.north@bc.ymca.ca](mailto:kristie.north@bc.ymca.ca) , [tammy.tetreau@familysmart.ca](mailto:tammy.tetreau@familysmart.ca) or  
[erin.petrusic@familysmart.ca](mailto:erin.petrusic@familysmart.ca)

✓ **How to access Youth Peer Support:**  
Call Foundry at 236-423-1571 or come down to Foundry/YAP.  
**Peer Support available Monday to Friday, at YAP & Foundry**

✓ **How to access Housing Support and Outreach:**  
Call Jenna King at 250-645-6090 or email  
[jenna.king@bc.ymca.ca](mailto:jenna.king@bc.ymca.ca)

**· F O U N D R Y ·**  
PRINCE GEORGE



**YMCA  
BC**



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[foundry@bc.ymca.ca](mailto:foundry@bc.ymca.ca) 236-423-1571  
[foundrybc.ca/princegeorge/](http://foundrybc.ca/princegeorge/)