

\*Please note that we will be experiencing a shortage of primary care (nurse and physician) from July 15<sup>th</sup> to 29<sup>th</sup>, 2024\*

# THE FOUNDRY FORECAST

July 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> <p><i>No Walk-in Nurse Today</i></p>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <p><i>No Walk-in Nurse Today</i></p>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <p><i>No Walk-in Nurse Today</i></p>	<p><b>Primary Care:</b> 1:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Cianna</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 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>Jane &amp; Emily</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane, Emily &amp; Tiffany</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Tiffany</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Sandy</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Tiffany</li></ul>
		<p>More information about our Groups can be found on the next page and @ <a href="http://foundrybc.ca/princegeorge">foundrybc.ca/princegeorge</a></p>		

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

<p><b>Monday July 15, 2024 Groups:</b></p> <p><b>Dialectical Behavioural Therapy (Drop-In) 4:00pm to 5:30pm</b></p> <p><b>Heartbeat (Registered) 6pm to 8:30pm</b> Contact <a href="mailto:galletti@telus.net">galletti@telus.net</a> for more information</p>	<p><b>Tuesday July 16, 2024 Groups:</b></p> <p><b>8 Step Meditation Group (Drop-in) 4pm-5pm</b></p>	<p><b>Wednesday July 17, 2024 Groups:</b></p> <p><b>The Art of Coping (Drop-in) 1:00pm to 3:00pm</b></p>	<p><b>Thursday July 18, 2024 Groups:</b></p>	<p><b>Friday July 19, 2024 Groups:</b></p>
<p><b>How to access a doctor at Foundry PG:</b></p> <ul style="list-style-type: none"><li>✓ Offered on a first come, first serve basis on the same day of need. No pre-booking.</li><li>✓ 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.</li><li>✓ If you have <u>cold or flu like symptoms</u>, you will be asked to wear a mask or potentially engage by phone or video.</li></ul>			<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 encourage to contact us early in the day.</p>	<p><b>✓ How to access Family / 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></p> <p><b>✓ How to access Youth Peer Support:</b> Call Foundry at 236-423-1571 or come down to Foundry/YAP. <b>Peer Support available Monday to Friday, at YAP &amp; Foundry</b></p> <p><b>✓ How to access Housing Support and Outreach:</b> Call Shane at 250-645-6090 or email <a href="mailto:shaneivy.montadiora@bc.ymca.ca">shaneivy.montadiora@bc.ymca.ca</a></p>