

July 22nd to 27th, 2024

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

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today
2:30pm to 5:00pm • Dr Kalen	2:30pm to 5:00pm • Dr Paul	2:30pm to 5:00pm No Walk-in Doctor Today	2:30pm to 5:00pm No Walk-in Doctor Today	2:30pm to 5:00pm No Walk-in Doctor Today
Counselling:	Counselling:	Counselling:	Counselling:	Counselling:
12:00pm to 5:00pm • Jane	12:00pm to 5:00pm • Jane & Tiffany	12:00pm to 5:00pm No Walk-in Counselling Today	12:00pm to 5:00pm <i>No Walk-in Counselling</i> <i>Today</i>	12:00pm to 5:00pm No Walk-in Counselling Today
			Please note we are not offering walk-in care from Wednesday July 24 th	
		More information about our	through Friday July 26 th as we support <i>Engaging Spirit</i> <i>Camp</i> with community	
		Groups can be found on the next page and @ foundrybc.ca/princegeorge	partners. Walk-in counselling returns Monday July 29 th .	







1148 7th Avenue, Prince George, BC V2L 5G6 foundry@bc.ymca.ca 236-423-1571 foundrybc.ca/princegeorge/

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

Monday July 22, 2024 Groups:

Foundry Otters Swim Club (Registered) 1:00pm to 3:00pm Information and registration @ foundrybc.ca/princegeorge

Dialectical Behavioural
Therapy
(Drop-In)
4:00pm to 5:30pm

Tuesday July 23, 2024 Groups: Wednesday July 24, 2024 Groups:

The Art of Coping (Drop-in) 1:00pm to 3:00pm Thursday July 25, 2024 Groups:

Friday July 26, 2024 Groups:

Saturday June 27, 2024 Trans Social Group (Drop-In) 1:00pm-3:00pm

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.

✓ How to access Family / Caregiver Support: Contact Foundry Prince George: 236-423-1571 or email kristie.north@bc.ymca.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 Shane at 250-645-6090 or email shaneivy.montadiora@bc.ymca.ca

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 <u>cold or flu-like symptoms</u>, you will be asked to wear a mask or potentially engage by
- ✓ phone or video.





