

Please note Foundry will not be offering walk-in doctor time on Mondays beginning September 09th, until further notice

THE FOUNDRY FORECAST

October 21st to 26th, 2024

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

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren
<p>2:30pm to 5:00pm No Walk-in Doctor Today</p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">Dr Paul	<p>2:30pm to 5:00pm No Walk-in Doctor Today</p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">Dr Kalen	<p>2:30pm to 5:00pm No Walk-in Doctor Today</p>
<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Jane & Moira	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Jane & Moira	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Vanessa	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Vanessa, Sandy & Kareen	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Moira & Kareen
		<p>More information about our Groups can be found on the next page and @ foundrybc.ca/princegeorge</p>		

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

Monday October 21, 2024

Group:

Dialectical Behaviour
Therapy
(Registered)

4:00pm to 5:30pm

Contact foundation@bc.ymca.ca for
registration or more info

Heartbeat
(Registered)

6:00pm to 8:30pm

Contact pgheartbeat@gmail.com
for registration and more info

Tuesday October 22, 2024

Groups:

Smart Recovery
Family & Friends
(Drop-In)

5:00pm to 6:30pm

@ PG Public Library

Wednesday October 23, 2024

Groups:

Foundry Workout Group
(Registered)

1:00pm to 3:00pm

@the PG Family YMCA

Contact river.harry@bc.ymca.ca for
registration and more info

Groups:

The Art of Coping
(Drop-in)

1:00pm to 3:00pm

Bereavement Support for
Traumatic Loss
(Registered)

6:00pm to 8:00pm

Contact
pgbereavement@gmail.com for
registration and more info

Thursday October 24, 2024

Groups:

Circle of Security
(Registered)

5:00pm-6:30pm

Contact
vanessa.carpenter@bc.ymca.ca
for registration and more info

Friday October 25, 2024

Groups:

Saturday October 26, 2024

Group:

Trans Social Group
(Drop-In)

1:00pm-3:00pm

Archetypal Gaming
(Registered)

4:00pm-6:00pm

Contact
andrew.johnson@bc.ymca.ca for
registration and more info

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.

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 Ren (Lacey) at 250-645-6090 or email
lacey.anderson@bc.ymca.ca

• F O U N D R Y .
PRINCE GEORGE



YMCA
BC



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