

Please note Foundry will be closed beginning Wednesday December 25th, 2024, reopening Thursday January 02nd, 2025

THE FOUNDRY FORECAST

December 16th to 21st, 2024

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

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<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 <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">Dr Kalen	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>
<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Jane & MoiraEmily (by phone or video)	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Jane, Emily & Moira	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Emily	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Vanessa & 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 December 16, 2024

Groups:

Dialectical Behaviour
Therapy
(Registered)

4:00pm to 5:30pm

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

Tuesday December 17, 2024

Groups:

Wednesday December 18, 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:

Culture Circle with Vanessa
(Drop-In)

2:00pm to 5:00pm

Thursday December 19, 2024

Groups:

Friday December 20, 2024

Groups:

Saturday December 21, 2024

Groups:

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

foundry@bc.ymca.ca 236-423-1571

foundrybc.ca/princegeorge/

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

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