

THE FOUNDRY FORECAST

January 20th to 25th, 2025

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

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<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 *3:45pm*</p> <ul style="list-style-type: none"> Nurse Lauren <p>Free Nasal Naloxone training beginning at 3:45pm</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 Paul 	<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 & Moira Emily (by phone or video) 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Jane & Moira Emily (by phone or video) 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Vanessa Emily (by phone or video) 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Vanessa, Sandy & Kareen 	<p>Counselling: 12:00pm to 5:00pm <i>No Walk-in Counselling Today</i></p>
		<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 January 20, 2025

Groups:

**Heartbeat
(Registered)**

6:00pm to 8:30pm

Contact pgheartbeat@gmail.com
for registration and more info

Tuesday January 21, 2025

Groups:

**8 Step Meditation Recovery
Group**

(Drop-in)

4:00pm-5:00pm

Wednesday January 22, 2025

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

Thursday January 23, 2025

Group:

Friday January 24, 2025

Groups:

**Free Nasal Naloxone Training
(Drop-In, all ages)**

3:45pm-5:00pm

Eligibility:

a history of using substances
&/or are likely to witness/respond
to an overdose

Saturday January 25, 2025

Groups:

**Trans Social Group
(Drop-In)**

1:00pm-3:00pm

**Pizza & Gaming Group
(Drop-In)**

4:00pm-6:00pm

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 encouraged 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
foundryprincegeorge@bc.ymca.ca 236-423-1571
foundrybc.ca/princegeorge/