

# THE FOUNDRY FORECAST

January 27<sup>th</sup> to February 01<sup>st</sup>, 2025

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

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
<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> <ul style="list-style-type: none"> <li>Nurse Lauren</li> </ul>	<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> <ul style="list-style-type: none"> <li>Nurse Lauren</li> </ul>	<p><b>Primary Care:</b> 11:00am to *3:45pm*</p> <ul style="list-style-type: none"> <li>Nurse Lauren</li> </ul> <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"> <li>Dr Paul</li> </ul>	<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"> <li>Dr Kalen</li> </ul>	<p>2:30pm to 5:00pm <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; Moira</li> <li>Emily (by phone or video)</li> </ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Jane &amp; Moira</li> <li>Emily (by phone or video)</li> </ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Vanessa</li> <li>Emily (by phone or video)</li> </ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Vanessa, Sandy &amp; Kareen</li> </ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Kareen &amp; Moira</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?

Monday January 27, 2025

Groups:

Tuesday January 28, 2025

Groups:

Smart Recovery  
Family & Friends  
(Drop-In)

5:00pm to 6:30pm

@ PG Public Library

Contact

[tammy.tetreau@bc.ymca.ca](mailto:tammy.tetreau@bc.ymca.ca) for  
registration or more info

Wednesday January 29, 2025

Groups:

Foundry Workout Group  
(Registered)

1:00pm to 3:00pm

@the PG Family YMCA

Contact [river.harry@bc.ymca.ca](mailto:river.harry@bc.ymca.ca) for  
registration and more info

Thursday January 30, 2025

Group:

Friday January 31, 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 February 01, 2025*

Groups:

Archetypical Gaming  
(Registered)

4:00pm-6:00pm

Contact

[andrew.johnson@bc.ymca.ca](mailto: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 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](mailto: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](mailto:lacey.anderson@bc.ymca.ca)

• F O U N D R Y .  
PRINCE GEORGE



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[foundryprincegeorge@bc.ymca.ca](mailto:foundryprincegeorge@bc.ymca.ca) 236-423-1571  
[foundrybc.ca/princegeorge/](http://foundrybc.ca/princegeorge/)