

THE FOUNDRY FORECAST

February 17th to 22nd, 2025

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

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
<p>Closed for Family Day</p>	<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> <p><i>No Walk-In Nurse Today</i></p>	<p>Primary Care: 11:00am to 5:00pm</p> <p><i>No Walk-In Nurse Today</i></p>	<p>Primary Care: 11:00am to *3:45pm*</p> <p><i>No Walk-In Nurse Today</i></p>
	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"> Dr Paul 	<p>2:30pm to 5:00pm</p> <p><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</p> <p><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"> Emily (by phone or video) 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Vanessa, Sandy & Karen 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Kareen & Moira
		<p>More information about our Groups can be found on the next page and at foundrybc.ca/princegeorge</p>		

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

Monday February 17, 2025

Groups:

Closed for Family Day

Tuesday February 18, 2025

Groups:

Wednesday February 19, 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

**Cultural Circle- beading
lanyards
(Drop-In)**

2:00pm to 5:00pm

Thursday February 20, 2025

Group:

**Cultural Circle- beading
lanyards
(Drop-In)**

2:00pm to 5:00pm

Friday February 21, 2025

Groups:

Saturday February 22, 2025

Groups:

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

1:00pm-3:00pm

Contact

accessiblecounsellingservices@gmail.com

for more information

**Gaming & Pizza
(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/

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