

THE FOUNDRY FORECAST

March 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>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"> Emily (by phone or video) 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Kareen 	<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 @ foundrybc.ca/princegeorge</p>		

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

Monday March 17, 2025

Groups:

Dialectical Behaviour Therapy (Registered)

4:00pm to 5:30pm

Contact foundry@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 March 18, 2025

Groups:

Wednesday March 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

Thursday March 20, 2025

Group:

Friday March 21, 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 March 22, 2025

Groups:

Gaming & Pizza (Drop-In)

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 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