

## When navigating life's challenges, large and small – Foundry offers connection, resources and support.



Foundry empowers young people ages 12-24 to lead healthy lives by providing easy access to tools and strategies for wellness. Foundry is working to transform access to care through a province-wide network of centres and online resources. Co-created with and for young people, everyone is welcome at Foundry.

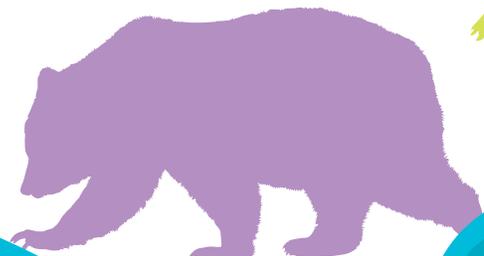
Foundry centres and [foundrybc.ca](https://foundrybc.ca) bring together a variety of resources in one place to help BC's young people and families find the support they need, when and where they need it.

At [foundrybc.ca](https://foundrybc.ca) young people can:

- complete self-checks
- hear from others who have been there
- learn about health and wellness strategies
- discover apps and online tools
- connect to services online and in the community
- find a Foundry centre
- get information to support a friend or family member

Foundry provides province-wide support through [foundrybc.ca](https://foundrybc.ca) and has established local, integrated wellness centres across the province. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. The centres are a safe space where young people can get support without judgment. The services provided at Foundry are free and confidential. Foundry centres are open across BC, with new locations being announced. Visit [foundrybc.ca](https://foundrybc.ca) to find a centre near you.

Online or in the community, Foundry makes it easy for young people to find the tools, resources and skills they need to form a plan for wellness... and work towards their goals for mental, emotional, physical and social well-being.



[foundrybc.ca](https://foundrybc.ca)

### Who is Foundry?

Foundry involves over 100 partnerships across the province of BC. The Foundry central office, hosted by Providence Health Care, leads the provincial initiative and supports the development of local centres. Each Foundry centre is operated by a lead agency that brings together local partners, service providers, young people and caregivers. Foundry's online platform, [foundrybc.ca](https://foundrybc.ca), is powered by BC Children's Hospital.