



Foundry offers health and wellness resources, services and supports—online and through centres across BC.

Foundry is removing barriers and increasing access to health and wellness services for young people ages 12–24 and their caregivers across British Columbia. At Foundry, young people can easily access our integrated services by walking into a local Foundry centre, exploring our online tools and resources at foundrybc.ca, or connecting virtually through our new Foundry BC app. Referrals are not required to visit a centre or to receive online support, and all services are free and confidential.

Foundry Centres

Foundry offers mental health and substance use services, physical and sexual health care, youth and family peer support and social services in welcoming, youth-friendly spaces. Our network of centres—co-created with and for young people—can be found in 11 BC communities, with another eight centres in development.

“Having a space in which I don’t have to keep my guard up all the time is liberating... [Foundry is] helping youth find independence and empowerment in their community.”

Tooth, Provincial Youth Advisory Member, Foundry North Shore



**11 centres open in BC
8 more coming soon**

More Supports and Services Coming Soon

Foundry empowers young people to determine which services best help them live a good life, whether that be online or in-person. We continue to increase access and transform existing supports: our new Foundry BC app (see next page for details) will soon include features like wellness goal setting and medication tracking, and a Circle of Care program where youth can allow service providers and their caregivers to collaborate online. For in-person services, another eight centres are in development across BC and set to open by 2022.

With Foundry in more communities and with unlimited access to Foundry’s virtual services, young people and their caregivers no longer have to ask, “Where can we go for help?”

Online and in communities across BC, Foundry offers young people and their caregivers the connection, resources, services and support they need when they need it.

Visit foundrybc.ca to learn more.



New! Foundry BC App

Co-created with and for youth, Foundry's provincial virtual service includes our new Foundry BC app and offers drop-in and scheduled counselling, peer support, groups and other services as well as tools and resources.

App features:

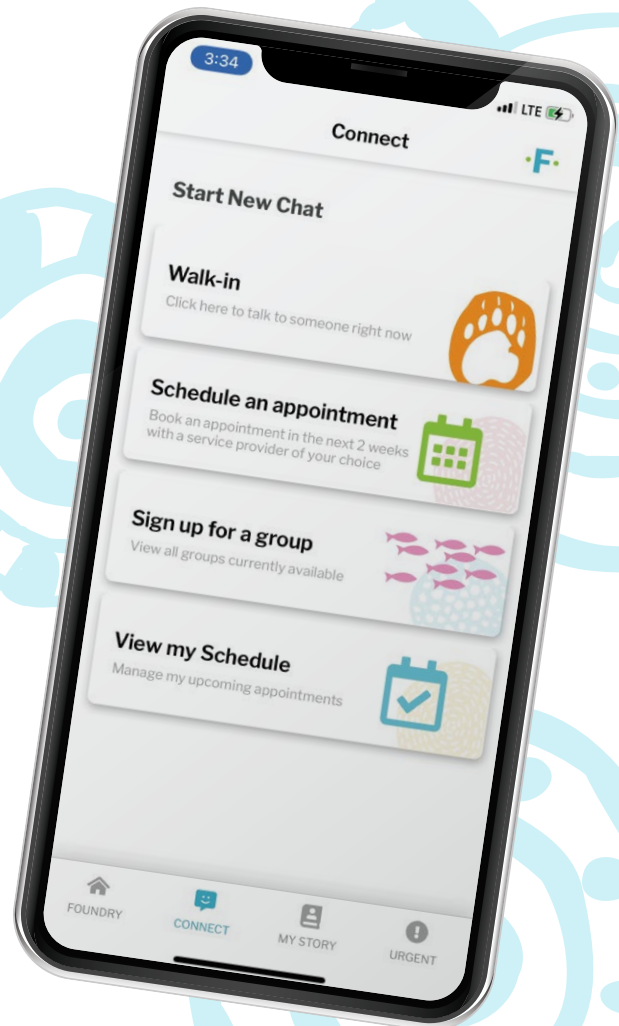
- **Scheduled virtual appointments:** book in advance, at a time that works best for you
- **Drop-in virtual appointments:** access same-day support via messaging, audio or video sessions
- **Group sessions:** connect with peers, learn coping strategies and life skills
- **My Story:** share your story once, in your own words
- **Full access to Foundry's online tools and resources:** information & tips, personal stories, and strategies to deal with difficult life experiences.

*"I love the app.
Can't wait to explore
the counseling session
as I'm in a remote
community."*

*TonyLevi13, Foundry BC app
user review, Apple Store*

*"... I love that a user
can save their story so
they don't have to tell it
over and over again."*

*OnTheSchneid, Foundry BC app
user review, Apple Store*



Download the Foundry BC app through the [Apple Store](#) and [Google Play](#) stores or access the [web portal](#).

And, if internet access is a barrier, we are able to provide support by phone at 1-833-FOUNDRY (1-833-308-6379).

Visit foundrybc.ca/virtual to learn more.

