

THE FOUNDRY FORECAST

January 16th to 20th, 2023

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

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p>Primary Care: <i>No Nurse Today</i></p> <p>2:30pm to 5:00pm • Dr Kalen</p> <p>Counselling: 12:00pm to 5:00pm • Tiffany & Andrew</p> <p>Parent Peer Support: 12:00pm to 3:30pm • Tammy</p> <p>Group: Dialectic Behaviour Therapy (registered) 4pm to 5:30pm</p> <p>Heartbeat (drop-in) 6pm-8:30pm</p>	<p>Primary Care: <i>No Nurse Today</i></p> <p>2:30pm to 5:00pm • Dr Paul</p> <p>Counselling: 12:00pm to 5:00pm • Andrew & Clint</p> <p>Parent Peer Support: 12:00pm to 2:30pm • Tammy</p> <p>Group: 8 Step recovery (drop-in) 7pm to 8:30pm</p>	<p>Primary Care: <i>No Nurse Today</i></p> <p>2:30pm to 5:00pm <i>No Doctor Today</i></p> <p>Counselling: 12:00pm to 5:00pm • Andrew & Vanessa</p> <p>Parent Peer Support: 12:00pm to 3:30pm • Tammy</p> <p>Group: Bereavement Group (registered) 5:30pm to 7pm</p> <p>**Dawn from Service Canada in house today 11am- 5pm** drop-ins welcome</p>	<p>Primary Care: <i>No Nurse Today</i></p> <p>2:30pm to 5:00pm • Dr Kalen</p> <p>Counselling: 12:00pm to 5:00pm • Brittany, Tiffany & Vanessa</p> <p>Parent Peer Support: <i>No Parent Peer Support</i></p> <p>Group:</p>	<p>Primary Care: <i>No Nurse Today</i></p> <p>2:30pm to 5:00pm <i>No Doctor Today</i></p> <p>Counselling: 12:00pm to 5:00pm • Sandy & Clint</p> <p>Parent Peer Support: 12:00pm to 5:00pm • Kathy</p> <p>Group:</p>

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How to access a doctor at Foundry PG:

- ✓ Offered on a first come, first serve basis.
- ✓ Due to high demand, 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.

Through **Service Canada**, you can access more than 70 services, including:

- *Employment Insurance Program:
- Regular benefits
- Sickness benefits
- Maternity benefits
- Parental benefits
- Compassionate care benefits
- Special benefits for self-employed people
- Family Caregiver benefits
- *Canada Pension Plan:
- Disability benefits
- Survivor's pension
- *Social Insurance Numbers
- *Program Passport Services
- *Canada Summer Jobs
- *Apprenticeship Grants/Loans
- * Job Bank (for job seekers and employers)
- * Record of Employment on the Web (ROE Web)

And more... Come See **Dawn** at Foundry PG on **January 18th**. She's lovely!

✓ How to access Parent/ Caregivers Support:

Contact Foundry Prince George: 236-423-1571 or email kristie.north@bc.ymca.ca tammy.tetreau@familysmart.ca or kathy.buhler@familysmart.ca

✓ How to access Youth Peer Support:

Call YAP 250-645-4010 or come down to Foundry and YAP.

As a health clinic, medical masks are still required at Foundry Prince George when visiting