

Virtual services

- Drop-in services
- Scheduled appointments
- Group sessions
- Primary care
- Employment services

“Having support from someone who understood me and how hard it can be to manage my mental health was so helpful. I went from feeling alone and hiding to coming out and feeling connected. I am so grateful.”

-Youth Client

• **FOUNDRY.**
WHERE WELLNESS TAKES SHAPE



**Download the
Foundry BC App**



Download the Foundry BC App

Hours: 7 days/week 1:00pm – 9:00pm

Drop-in hours: Tues –Thurs 2:00pm–6:00pm

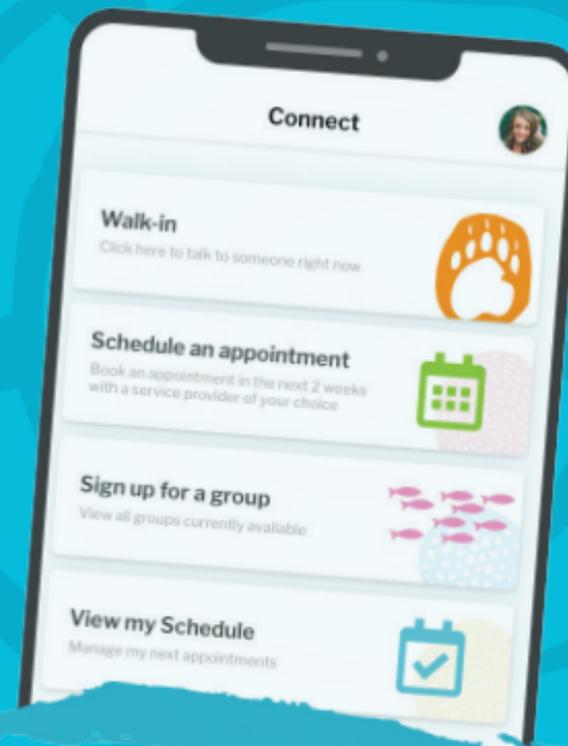
Download the App



In a browser



Foundry Virtual BC offers drop-in and scheduled counselling & peer support, primary care, employment services and groups for young people aged 12-24 in BC.



Don't have a local Foundry Centre or prefer accessing virtual services? Foundry Virtual BC services do not require a referral, and are free, safe, and confidential.

Visit foundrybc.ca/virtual to learn more. If you don't have access to internet, call **1-833-308-6379** or email online@foundrybc.ca