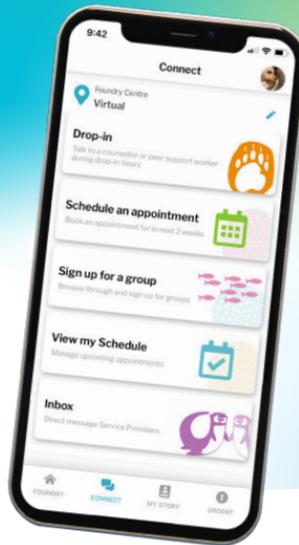


Download the Foundry BC app

Foundry Virtual BC offers free counselling & peer support, substance use services, groups, primary care and employment services to young people ages 12-24 and their caregivers across British Columbia.

Don't have a local Foundry centre in your community? Foundry Virtual BC services do not require a referral, and are **free, safe, and confidential**.

To learn more, please call **1-833-308-6379**, email online@foundrybc.ca or visit www.foundrybc.ca/virtual



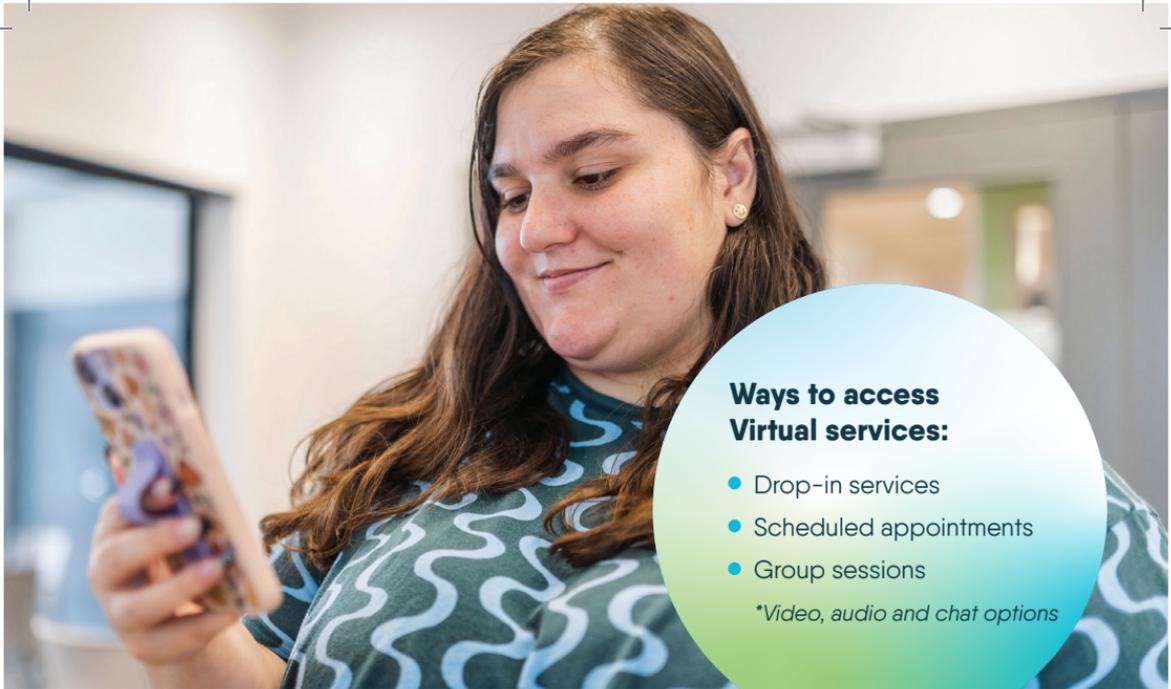
Hours: 7 days/week 1:00pm-9:00pm

Drop-in services: Tuesday-Thursday 2:00pm-6:00pm

Download the app

In a browser





**Ways to access
Virtual services:**

- Drop-in services
- Scheduled appointments
- Group sessions

**Video, audio and chat options*

“Having support from someone who understood me and how hard it was 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

· F O U N D R Y ·