

# Foundry Virtual BC

Support for your youth **and for you**

We offer free drop-in and scheduled counselling & peer support, substance use services, groups, primary care and employment services for young people ages 12-24 across British Columbia.

**In addition to support for young people, caregivers of young people can also access:**

- **Counselling**
- **Family peer support**
- **Groups**

**All services offered are free and confidential.  
No referrals are required.**

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**"Supporting a loved one can be challenging– you don't have to go through it alone"**


– Foundry Family Peer Supporter

**To register and make an appointment, download the Foundry BC app.**

Visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual) to learn more. If you don't have internet access you can contact us at 1-833-308-6379 or email [online@foundrybc.ca](mailto:online@foundrybc.ca)

**Hours: 7 days/week**  
1:00pm–9:00pm



A photograph of two women in a bright, modern office environment. The woman on the left has long brown hair, wears glasses, a black lace top, and a light beige blazer. She is smiling and looking towards the other woman. The woman on the right has long brown hair and is wearing a dark green t-shirt with a white wavy pattern. She is also smiling and looking towards the first woman. In the background, there are potted plants on a shelf and a blue door.

**“I finally feel like I’m not alone.  
I feel heard, and supported  
when I speak with a family peer  
supporter because they “get it”  
and I don’t have to feel ashamed  
or alone in my struggles with my  
child. It is so freeing to speak  
with someone here. Thank you.”**

**· F O U N D R Y ·**