

# THE FOUNDRY FORECAST

May 15<sup>th</sup> to 19<sup>th</sup>, 2023

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

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<b>Primary Care:</b> 11:00am to 5:00pm <ul style="list-style-type: none"> <li>• Cianna</li> </ul> 2:30pm to 5:00pm <ul style="list-style-type: none"> <li>• Dr Kalen</li> </ul> <b>Counselling:</b> 12:00pm to 5:00pm <ul style="list-style-type: none"> <li>• Andrew &amp; Tiffany</li> </ul> <b>Caregiver Support:</b> 11:00am to 3:30pm <ul style="list-style-type: none"> <li>• Tammy</li> </ul> <b>Group:</b> Dialectic Behaviour Therapy (Registered) 4pm to 5:30pm  <b>HEARTBEAT</b> (Registered) 6pm to 8:30pm Contact galletti@telus.net	<b>Primary Care:</b> 11:00am to 5:00pm <ul style="list-style-type: none"> <li>• Cianna</li> </ul> 2:30pm to 5:00pm <ul style="list-style-type: none"> <li>• Dr Paul</li> </ul> <b>Counselling:</b> 12:00pm to 5:00pm <ul style="list-style-type: none"> <li>• Andrew &amp; Sandy</li> </ul> <b>Caregiver Support:</b> 11:00am to 2:30pm <ul style="list-style-type: none"> <li>• Tammy</li> </ul> <b>Group:</b> 8 Step Recovery (Drop-in) 7pm to 8:30pm	<b>Primary Care:</b> 11:00am to 5:00pm <ul style="list-style-type: none"> <li>• Cianna</li> </ul> 2:00pm to 4:00pm <ul style="list-style-type: none"> <li>• Dr Henry</li> </ul> <b>Counselling:</b> 12:00pm to 5:00pm <ul style="list-style-type: none"> <li>• Vanessa &amp; Tiffany</li> </ul> <b>Caregiver Support:</b> 11:00am to 3:30pm <ul style="list-style-type: none"> <li>• Tammy</li> </ul> <b>Group:</b> Bereavement Support for Traumatic Loss (Registered) 5:30pm to 7pm <a href="mailto:pqbereavement@gmail.com">pqbereavement@gmail.com</a> for info or to register for the next cycle	<b>Primary Care:</b> 11:00am to 5:00pm <ul style="list-style-type: none"> <li>• Cianna</li> </ul> 2:30pm to 5:00pm <ul style="list-style-type: none"> <li>• Dr Kalen</li> </ul> <b>Counselling:</b> 12:00pm to 5:00pm <ul style="list-style-type: none"> <li>• Vanessa &amp; Brittany</li> </ul> <b>Caregiver Support:</b> 11:00am to 5:00pm <ul style="list-style-type: none"> <li>• Kristie</li> </ul>	<b>Primary Care:</b> 11:00am to 4:00pm <ul style="list-style-type: none"> <li>• Cianna</li> </ul> 2:30pm to 5:00pm <i>No Walk-in Doctor Today</i> <b>Counselling:</b> 12:00pm to 5:00pm <ul style="list-style-type: none"> <li>• Tiffany &amp; Emily</li> </ul> <b>Caregiver Support:</b> 11:00am to 5:00pm <ul style="list-style-type: none"> <li>• Kathy</li> </ul>

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

## How to access a doctor at Foundry PG:

- ✓ Offered on a first come, first serve basis on the same day of need. No pre-booking.
- ✓ Due to very high demand and a shortage of doctors in our community, 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.

All counselling and primary care services are offered on a first come first serve basis for both telephone and in-person visits. Demand is increasing so you are encouraged to contact us early in the day:

- Nurse - 11am to 5pm
- Counselling - 12pm to 5pm
- Doctors – Mon/Tues/Thurs- 2:30pm to 5pm
- Youth Peer Support- 11am to 5pm
- Parent/Caregiver Support – 11am to 5pm
- Housing Support & Outreach- 9am-4pm

## ✓ How to access Parent/ Caregivers Support:

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

## ✓ How to access Youth Peer Support:

Call YAP 250-645-4010 or come down to Foundry and YAP. Peer Support available Monday to Friday, at YAP & Foundry

## ✓ How to access Housing Support and Outreach:

Call Tam Prince at 250-645-6090 or email her @ [tam.prince@bc.ymca.ca](mailto:tam.prince@bc.ymca.ca)