

## July 10<sup>th</sup> to 14<sup>th</sup>, 2023

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

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Primary Care: 11:00am to 5:00pm • Cianna	Primary Care: 11:00am to 5:00pm No Nurse Today	Primary Care: 11:00am to 5:00pm • Cianna	Primary Care: 11:00am to 5:00pm • Cianna	Primary Care: 11:00am to 5:00pm • Cianna
2:30pm to 5:00pm  • Dr Kalen	2:30pm to 5:00pm  • Dr Paul	2:30pm to 5:00pm No Walk-in Doctor Today	2:30pm to 5:00pm  • Dr Kalen	2:30pm to 5:00pm No Walk-in Doctor Today
Counselling:	Counselling:	Counselling:	Counselling:	Counselling:
12:00pm to 5:00pm  • Tiffany & Emily	No Walk-in Counselling Today	12:00pm to 5:00pm  • Tiffany & Emily	12:00pm to 5:00pm • Emily & Brittany	12:00pm to 5:00pm • Andrew & Tiffany
Caregiver Support:	Caregiver Support:	Caregiver Support:	Caregiver Support:	
11:00am to 3:30pm	11:00am to 2:30pm	11:00am to 3:30pm	11:00am to 5:00pm	Caregiver Support: 11:00am to 5:00pm
• Tammy	• Tammy	• Tammy	Kristie	• Kathy
Group: Summer DBT Skills Group (Drop-in for those 16+) 4pm-5:30pm	Group: Smart Recovery (Drop-in) 5pm-6:30pm Smart Recovery Family & Friends			
	(Drop-in) 5pm-6:30pm (@Prince George Public Library)			







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## 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 encourage 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 to5pm
- 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
  <a href="mailto:kristie.north@bc.ymca.ca">kristie.north@bc.ymca.ca</a> tammy.tetreau@familysmart.ca or
  <a href="mailto:kathy.buhler@familysmart.ca">kathy.buhler@familysmart.ca</a>
- ✓ 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





