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

<table>
<thead>
<tr>
<th>Monday 21</th>
<th>Tuesday 22</th>
<th>Wednesday 23</th>
<th>Thursday 24</th>
<th>Friday 25</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Care:</strong>&lt;br&gt; 11:00am to 5:00pm&lt;br&gt; <em>No Nurse Today</em></td>
<td><strong>Primary Care:</strong>&lt;br&gt; 11:00am to 5:00pm&lt;br&gt; • Cianna</td>
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<tr>
<td>2:30pm to 5:00pm&lt;br&gt; <em>No Walk-in Doctor Today</em></td>
<td>2:30pm to 5:00pm&lt;br&gt; • Dr Paul</td>
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<td><strong>Counselling:</strong>&lt;br&gt; 12:00pm to 5:00pm&lt;br&gt; • Emily</td>
<td><strong>Counselling:</strong>&lt;br&gt; 12:00pm to 5:00pm&lt;br&gt; <em>No Walk-In Counselling Today</em></td>
<td><strong>Counselling:</strong>&lt;br&gt; 12:00pm to 5:00pm&lt;br&gt; • Tiffany &amp; Emily</td>
<td><strong>Counselling:</strong>&lt;br&gt; 12:00pm to 5:00pm&lt;br&gt; • Vanessa &amp; Emily</td>
<td><strong>Counselling:</strong>&lt;br&gt; 12:00pm to 5:00pm&lt;br&gt; • Tiffany &amp; Sandy</td>
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<tr>
<td><strong>Caregiver Support:</strong>&lt;br&gt; <em>No Walk-In Parent Peer Support Today</em></td>
<td><strong>Caregiver Support:</strong>&lt;br&gt; 11:00am to 3:30pm&lt;br&gt; • Tammy</td>
<td><strong>Caregiver Support:</strong>&lt;br&gt; 11:00am to 5:00pm&lt;br&gt; • Kristie</td>
<td><strong>Caregiver Support:</strong>&lt;br&gt; 11:00am to 5:00pm&lt;br&gt; • Kathy</td>
<td><strong>Caregiver Support:</strong>&lt;br&gt; 11:00am to 5:00pm&lt;br&gt; • Kristie</td>
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<tr>
<td><strong>Group:</strong>&lt;br&gt; Dialectical Behaviour Therapy&lt;br&gt; (Drop-in for those 16+)&lt;br&gt; 4pm-5:30pm</td>
<td></td>
<td><strong>Group:</strong>&lt;br&gt; Popsocket Beading with Vanessa&lt;br&gt; (Drop-in)&lt;br&gt; 1pm-4pm</td>
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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 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 tammy.tetreau@familysmart.ca or 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