

\*Please note- our walk-in nurse will be available Tuesdays/ Wednesdays/ Thursdays, 11am to 5pm, through September and October

# THE FOUNDRY FORECAST

October 2<sup>nd</sup> to 6<sup>th</sup>, 2023

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

| MONDAY 02  | TUESDAY 03  | WEDNESDAY 04   | THURSDAY 05   | FRIDAY 06  |
|--|---|--|---|--|
| <p>Foundry Closed in honour of National Day for Truth and Reconciliation</p> <p>*As per direction from the Provincial Health Officer, masks will be required to be worn by health care staff beginning October 3<sup>rd</sup>, 2023*</p> | <p><b>Primary Care:</b><br/>11:00am to 5:00pm</p> <ul style="list-style-type: none"> <li>Nurse Lisa</li> </ul> <p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Dr Paul</li> </ul> <p><b>Counselling:</b><br/>12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Tiffany &amp; Emily</li> </ul> <p><b>Caregiver Support:</b><br/>11:00am to 3:30pm</p> <ul style="list-style-type: none"> <li>Tammy</li> </ul> <p><b>Groups:</b><br/>EFFT Caregiver Workshop (Registered)<br/>October 3 &amp; 4<br/>9am-4pm</p> <p>8 Step Recovery (Drop-in)<br/>5pm-6:15pm</p> | <p><b>Primary Care:</b><br/>11:00am to 5:00pm</p> <ul style="list-style-type: none"> <li>Nurse Lisa</li> </ul> <p>2:30pm to 5:00pm</p> <p>No Walk-in Doctor Today</p> <p><b>Counselling:</b><br/>12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Emily &amp; Jane</li> </ul> <p><b>Caregiver Support:</b><br/>11:00am to 3:30pm</p> <ul style="list-style-type: none"> <li>Tammy</li> </ul> <p><b>Group:</b><br/>EFFT Caregiver Workshop (Registered)<br/>October 3 &amp; 4<br/>9am-4pm</p> | <p><b>Primary Care:</b><br/>11:00am to 5:00pm</p> <p>No Walk-in Nurse Today</p> <p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Dr Kalen</li> </ul> <p><b>Counselling:</b><br/>12:00pm to 5:00pm</p> <ul style="list-style-type: none"> <li>Emily &amp; Jane</li> </ul> <p><b>Caregiver Support:</b><br/>11:00am to 5:00pm</p> <ul style="list-style-type: none"> <li>Kristie</li> </ul> <p><b>Groups:</b><br/>Dialectical Behaviour Therapy (Registered)<br/>4pm to 5:30pm</p> <p>Contact <a href="mailto:foundry@bc.ymca.ca">foundry@bc.ymca.ca</a> for registration or more information</p> | <p><b>Primary Care:</b><br/>11:00am to 5:00pm</p> <p>No Walk-in Nurse Today</p> <p>2:30pm to 5:00pm</p> <p>No Walk-in Doctor Today</p> <p><b>Counselling:</b><br/>12:00pm to 5:00pm</p> <p>No Walk-in Counselling Today</p> <p><b>Caregiver Support:</b><br/>11:00am to 5:00pm</p> <ul style="list-style-type: none"> <li>Kathy</li> </ul> <p>*As per direction from the Provincial Health Officer, masks will be required to be worn by health care staff beginning October 3<sup>rd</sup>, 2023*</p> |

# 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.
- ✓ If you have cold or flu like symptoms, you will be asked to wear a mask or potentially engage by phone or video.

All counselling and primary care services are offered on a first come first serve basis for both telephone and in-person visits:

- Nurse - 11am to 5pm, Tues/Weds/Thurs (September & October 2023)
- Counselling - 12pm to 5pm
- Doctors – Mon/Tues/Thurs- 2:30pm to 5pm
- Youth Peer Support- 11am to 5pm
- Parent/Caregiver Support – 11am to 5 pm
- Housing Support & Outreach- 9am-4:30pm

## ✓ How to access Parent/ Caregiver 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 Foundry at 236-423-1571 or come down to Foundry/YAP. Peer Support available Monday to Friday, at YAP & Foundry

## ✓ How to access Housing Support and Outreach:

Call Jenna King at 250-645-6090 or email [jenna.king@bc.ymca.ca](mailto:jenna.king@bc.ymca.ca)

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**Service recipients who present with new or worsening cold or flu like symptoms will be required to engage by phone, video or to don a mask while on site\***