* As per direction from the Provincial Health Officer, masks are required at Foundry Centres *

**THE FOUNDRY FORECAST**

November 27th to December 01st, 2023

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

<table>
<thead>
<tr>
<th>MONDAY 27</th>
<th>TUESDAY 28</th>
<th>WEDNESDAY 29</th>
<th>THURSDAY 30</th>
<th>FRIDAY 01</th>
</tr>
</thead>
</table>
| **Primary Care:** 11:00am to 5:00pm  
*Next Walk-In Nurse* Wednesday Dec 06, 11:00am-5:00pm | **Primary Care:** 11:00am to 5:00pm  
*Walk-in Nurse Availability* Dec 11-15, 2023 | **Primary Care:** 11:00am to 5:00pm  
*4:30pm to 8:00pm*  
Virtual Nurse Available Today  
Contact Foundry for booking. | **Primary Care:** 11:00am to 5:00pm  
*Next Walk-In Nurse* Wednesday Dec 06, 11:00am-5:00pm | **Primary Care:** 11:00am to 5:00pm  
*No Walk-in Doctor Today*  
*2:30pm to 5:00pm*  
*Dr Kalen*  
*Counselling:* 12:00pm to 5:00pm  
*Tiffany*  
*Caregiver Support:* 12:00pm to 4:00pm  
*Tammy* |
| 2:30pm to 5:00pm  
*Dr Kalen*  
*Counselling:* 12:00pm to 5:00pm  
*Tiffany*  
*Caregiver Support:* 12:00pm to 4:00pm  
*Tammy* | 2:30pm to 5:00pm  
*Dr Paul*  
*Counselling:* 12:00pm to 5:00pm  
*Tiffany, Jane & Emily*  
*Caregiver Support:* 11:00am to 4:00pm  
*Tammy* | 2:30pm to 5:00pm  
*No Walk-in Doctor Today*  
*Counselling:* 12:00pm to 5:00pm  
*Vanessa, Emily & Carly*  
*Caregiver Support:* 11:00am to 4:30pm  
*Kristie* | 2:30pm to 5:00pm  
*Dr Kalen*  
*Counselling:* 12:00pm to 5:00pm  
*Tiffany, Jane & Carly*  
*Caregiver Support:* 11:00am to 5:00pm  
*No Walk-In Parent Peer Support Today*  
Contact Family Smart at 1-855-887-8004 or info@familysmart.ca for support | 2:30pm to 5:00pm  
*No Walk-in Doctor Today*  
*Counselling:* 12:00pm to 5:00pm  
*Tiffany, Jane & Carly*  
*Caregiver Support:* 11:00am to 5:00pm  
*No Walk-In Parent Peer Support Today*  
Contact Family Smart at 1-855-887-8004 or info@familysmart.ca for support |

See next page for Groups

1148 7th Avenue, Prince George, BC V2L 5G6  
foundry@bc.ymca.ca 236-423-1571  
foundry.bc.ca/princegeorge/
## What’s coming up this week at Foundry Prince George?

<table>
<thead>
<tr>
<th>Monday November 27th</th>
<th>Tuesday November 28th</th>
<th>Wednesday November 29th</th>
<th>Thursday November 30th</th>
<th>Friday December 01st</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Groups:</strong></td>
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<td><strong>Groups:</strong></td>
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</tr>
<tr>
<td>Service Canada Outreach</td>
<td>Smart Recovery Family &amp; Friends (Drop-In)</td>
<td>Bereavement Support for Traumatic Loss (Registered)</td>
<td>Circle of Security (Registered)</td>
<td></td>
</tr>
<tr>
<td>11am-4pm (Drop-In)</td>
<td>5pm-6:30pm @ the PG Public Library</td>
<td></td>
<td>11am-1pm</td>
<td></td>
</tr>
<tr>
<td>Get help with name change, SIN, and more. Bring your ID.</td>
<td></td>
<td></td>
<td>Dialectical Behaviour Therapy (Registered) 4pm to 5:30pm</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

### How to access Parent/ Caregiver Support:
- Contact Foundry Prince George; 236-423-1571 or email kristie.north@bc.ymca.ca or tammy.tetreau@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

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*As per direction from the Provincial Health Officer, masks are required at health care facilities including Foundry Prince George beginning October 3rd, 2023*