# THE FOUNDRY FORECAST

**January 22nd to 26th, 2024**

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

<table>
<thead>
<tr>
<th>MONDAY 22</th>
<th>TUESDAY 23</th>
<th>WEDNESDAY 24</th>
<th>THURSDAY 25</th>
<th>FRIDAY 26</th>
</tr>
</thead>
</table>
| Primary Care: 11:00am to 5:00pm  
- Nurse Lauren | Primary Care: 11:00am to 5:00pm  
- Nurses Lauren | Primary Care: 11:00am to 5:00pm  
- Nurse Lauren | Primary Care: 11:00am to 5:00pm  
- Nurse Lauren | Primary Care: 11:00am to 5:00pm  
- Nurse Lauren |
| 2:30pm to 5:00pm  
- Dr Kalen | 2:30pm to 5:00pm  
- Dr Paul | 2:30pm to 5:00pm  
**No Walk-in Doctor Today**  
*Emily, Jane & Carly* | 2:30pm to 5:00pm  
- Dr Kalen | 2:30pm to 5:00pm  
**No Walk-in Doctor Today** |
| Counselling: 12:00pm to 5:00pm  
- Emily, Jane & Carly | Counselling: 12:00pm to 5:00pm  
- Jane, Tiffany & Carly | Counselling: 12:00pm to 5:00pm  
- Vanessa, Carly & Tiffany | Counselling: 12:00pm to 5:00pm  
- Vanessa, Emily & Sandy | Counselling: 12:00pm to 5:00pm  
- Emily & Tiffany |
| Caregiver Support: 12:00pm to 5:00pm  
- Tammy | Caregiver Support: 11:00am to 3:30pm  
- Tammy | Caregiver Support: 11:00am to 5:00pm  
- Tammy | Caregiver Support: 11:00am to 5:00pm  
- Kristie | 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 |

More information about our Groups can be found on the next page and @foundrybc.ca/princegeorge

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* As per direction from the Provincial Health Officer, masks are required at Foundry Centres*
What’s coming up this week at Foundry Prince George?

Monday January 22, 2024
Groups:
Dialectical Behaviour Therapy
(Registered)
4pm to 5:30pm
Contact foundry@bc.ymca.ca for registration or more information

Tuesday January 23, 2024
Groups:
Smart Recovery Family & Friends
(Drop-In)
5pm to 6:30pm
@PG Public Library

Wednesday January 24, 2024
Groups:
The Art of Coping
(Drop-In)
2:30-3:30pm
Bereavement Support for Traumatic Loss
(Registered)
5:30-7pm
Craft Night for Parent/Caregivers
(Drop-in)
6:30pm to 7:30pm @ Van Bien School (311 Wilson Cres), Rm 122
Contact tammy.tetreau@familysmart.ca for more information

Thursday January 25, 2024

Friday January 26, 2024

Saturday January 27, 2024
Groups:
Trans Social Group
(Drop-In)
1:00-3:00pm

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

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