

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

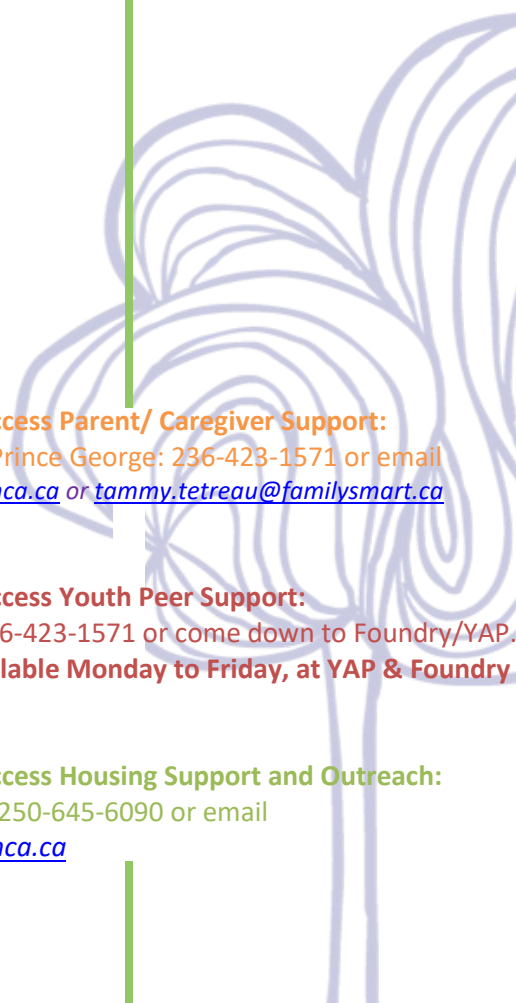
# THE FOUNDRY FORECAST

January 29<sup>th</sup> to February 02<sup>nd</sup>, 2024

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

MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 01	FRIDAY 02
<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <p><i>No Walk-in Nurse Today</i></p>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>
<p><b>2:30pm to 5:00pm</b></p> <ul style="list-style-type: none"><li>Dr Kalen</li></ul>	<p><b>2:30pm to 5:00pm</b></p> <ul style="list-style-type: none"><li>Dr Paul</li></ul>	<p><b>2:30pm to 5:00pm</b></p> <p><i>No Walk-in Doctor Today</i></p>	<p><b>2:30pm to 5:00pm</b></p> <ul style="list-style-type: none"><li>Dr Kalen</li></ul>	<p><b>2:30pm to 5:00pm</b></p> <p><i>No Walk-in Doctor Today</i></p>
<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily, Jane &amp; Carly</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane, Tiffany &amp; Carly</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Carly &amp; Tiffany</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily &amp; Sandy</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily &amp; Tiffany</li></ul>
<p><b>Caregiver Support:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 11:00am to 3:30pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 12:00pm to 4:30pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Kristie</li></ul>	<p><b>Caregiver Support:</b> 11:00am to 5:00pm</p> <p><i>No Walk-In Parent Peer Support Today</i></p> <p>Contact Family Smart at 1-855-887-8004 or <a href="mailto:info@familysmart.ca">info@familysmart.ca</a> for support</p>
		<p>More information about our Groups can be found on the next page and <a href="https://foundrybc.ca/princegeorge">@foundrybc.ca/princegeorge</a></p>	<p>Thursday February 01, 2024</p>	

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

Monday January 29, 2024	Tuesday January 30, 2024	Wednesday January 31, 2024		Friday February 02, 2024
<p><b>Groups:</b> Mario Kart Racing with Peer Support (Drop-In) 1pm to 3pm</p> <p><b>Dialectical Behaviour Therapy (Registered)</b> 4pm to 5:30pm Contact <a href="mailto:foundry@bc.ymca.ca">foundry@bc.ymca.ca</a> for registration or more information</p> <p><b>How to access a doctor at Foundry PG:</b></p> <ul style="list-style-type: none"> <li>✓ Offered on a first come, first serve basis on the same day of need. No pre-booking.</li> <li>✓ 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.</li> <li>✓ If you have <u>cold or flu like symptoms</u>, you will be asked to wear a mask or potentially engage by phone or video.</li> </ul>		<p>All counselling and primary care services are offered on a first come first serve basis for both telephone and in-person visits. Demand is high so you are encourage to contact us early in the day.</p>	<p>✓ <b>How to access Parent/ Caregiver Support:</b> Contact Foundry Prince George: 236-423-1571 or email <a href="mailto:kristie.north@bc.ymca.ca">kristie.north@bc.ymca.ca</a> or <a href="mailto:tammy.tetreau@familysmart.ca">tammy.tetreau@familysmart.ca</a></p> <p>✓ <b>How to access Youth Peer Support:</b> Call Foundry at 236-423-1571 or come down to Foundry/YAP. <b>Peer Support available Monday to Friday, at YAP &amp; Foundry</b></p> <p>✓ <b>How to access Housing Support and Outreach:</b> Call Jenna King at 250-645-6090 or email <a href="mailto:jenna.king@bc.ymca.ca">jenna.king@bc.ymca.ca</a></p>	

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