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

## 

## March 11<sup>th</sup> to 16<sup>th</sup>, 2024

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

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today Back Monday March 18th	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm No Walk-in Nurse Today	Primary Care: 11:00am to 5:00pm <i>No Walk-in Nurse Today</i>
2:30pm to 5:00pm <i>No Walk-in Doctor Today</i>	2:30pm to 5:00pm No Walk-in Doctor Today	2:30pm to 5:00pm No Walk-in Doctor Today	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: 1:00pm to 4:30pm • Tammy	Caregiver Support: 12:00pm to 4:30pm • Tammy	Caregiver Support: 11:00am to 5:00pm • Kristie	Caregiver Support: 11:00am to 5:00pm No Walk-In Parent Peer
		More information about our Groups can be found on the next page and @foundrybc.ca/princegeorge		Support Today Contact Family Smart at 1-855-887-8004 or info@familysmart.ca support

• F O U N D R Y • PRINCE GEORGE





1148 7<sup>th</sup> Avenue, Prince George, BC V2L 5G6 <u>foundry@bc.ymca.ca</u> 236-423-1571 foundrybc.ca/princegeorge/

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

Monday March 11, 2024	Tuesday March 12, 2024	Wednesday March 13, 2024	Thursday March 14, 2024	Friday March 15, 2024
Groups: Dialectical Behaviour Therapy (Registered) 4pm to 5:30pm Contact <u>foundry@bc.ymca.ca</u> for registration or more information	Groups: Service Canada Outreach (name changes, birth certificates, El and more) (Drop-In) 11am to 2pm	Groups: The Art of Coping (Drop-in) 1pm to 3pm		Saturday March 16, 2024 Trans Social Group (Drop-in) 1pm-3pm
	Smart Recovery Family & Friends (Drop-In) 5pm to 6:30pm @ PG Public Library	All counselling and primary care services are offered on a first come first serve basis for both	✓ <b>How to access Paren</b> Contact Foundry Prince Geor <u>kristie.north@bc.ymca.ca</u> or <u>tar</u>	t/ Caregiver Support: ge: 236-423-1571 or email
<ul> <li>How to access a doctor at Foundry PG:</li> <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</li> </ul>		telephone and in-person visits. Demand is high so you are encourage to contact us early in the day.	<ul> <li>How to access Youth Peer Support: Call Foundry at 236-423-1571 or come down to Foundry/YAF Peer Support available Monday to Friday, at YAP &amp; Foundry</li> <li>How to access Housing Support and Outreach: Call Jenna King at 250-645-6090 or email Jenna.king@bc.ymca.ca</li> </ul>	
<ul> <li>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> <li>*As per direction from the Provincial Health Officer, m</li> </ul>				

October 3<sup>rd</sup>, 2023\*



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