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

**THE FOUNDRY FORECAST**

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

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

<table>
<thead>
<tr>
<th>MONDAY 11</th>
<th>TUESDAY 12</th>
<th>WEDNESDAY 13</th>
<th>THURSDAY 14</th>
<th>FRIDAY 15</th>
</tr>
</thead>
</table>
| **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  
*No Walk-in Nurse Today* |
| 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  
*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:**  
11:00am to 5:00pm  
• Tammy | **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 | **Caregiver Support:**  
11:00am to 5:00pm  
• Kristie |

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

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

<table>
<thead>
<tr>
<th>Monday March 11, 2024</th>
<th>Tuesday March 12, 2024</th>
<th>Wednesday March 13, 2024</th>
<th>Thursday March 14, 2024</th>
<th>Friday March 15, 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Groups:</strong></td>
<td><strong>Groups:</strong></td>
<td><strong>Groups:</strong></td>
<td><strong>Groups:</strong></td>
<td><strong>Saturday March 16, 2024</strong></td>
</tr>
<tr>
<td>Dialectical Behaviour</td>
<td>Service Canada Outreach</td>
<td>The Art of Coping</td>
<td>SMART Recovery</td>
<td>Trans Social Group</td>
</tr>
<tr>
<td>Therapy (Registered)</td>
<td>(name changes, birth certificates, EI and more) (Drop-in)</td>
<td>(Drop-in) 1pm to 3pm</td>
<td>Family &amp; Friends (Drop-in) 5pm to 6:30pm @ PG Public Library</td>
<td>(Drop-in) 11am to 2pm</td>
</tr>
<tr>
<td>4pm to 5:30pm</td>
<td>11am to 2pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contact <a href="mailto:foundry@bc.ymca.ca">foundry@bc.ymca.ca</a> for registration or more information</td>
<td></td>
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<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.

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 encouraged to contact us early in the day.

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*