

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

# THE FOUNDRY FORECAST

March 18<sup>th</sup> to 23<sup>rd</sup>, 2024

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

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<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> <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>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> <i>No Walk-in Doctor Today</i></p>	<p><b>2:30pm to 5:00pm</b> <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> <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 &amp; Carly</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>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> 12:00pm to 3:30pm</p> <ul style="list-style-type: none"><li>Tammy</li></ul>	<p><b>Caregiver Support:</b> 3:00pm to 5:00pm</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 <i>No Walk-In Parent Peer Support Today</i> 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>		

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

Monday March 18, 2024	Tuesday March 19, 2024	Wednesday March 20, 2024	Thursday March 21, 2024	Friday March 22, 2024
<p><b>Groups:</b>  <b>Foundry Otters Swim Club</b>  <b>(Registered)</b>  <b>1:00pm to 3:00pm</b>  <b>Contact</b>  <a href="mailto:jaspreet.sidhu@bc.ymca.ca">jaspreet.sidhu@bc.ymca.ca</a>  <b>for more information</b></p> <p><b>Dialectical Behaviour</b>  <b>Therapy</b>  <b>(Registered)</b>  <b>4pm to 5:30pm</b>  <b>Contact</b> <a href="mailto:foundry@bc.ymca.ca">foundry@bc.ymca.ca</a> <b>for</b>  <b>registration or more information</b></p> <p><b>Heartbeat</b>  <b>(Registered)</b>  <b>6pm to 8:30pm</b>  <b>Contact</b> <a href="mailto:galletti@telus.net">galletti@telus.net</a> <b>for</b>  <b>more information</b></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> </ul>	<p><b>Groups:</b>  <b>8 Step Meditation Group</b>  <b>(Drop-in)</b>  <b>4pm-5pm</b></p>	<p><b>Groups:</b>  <b>Paint a Prompt w/ Peer</b>  <b>Support</b>  <b>(Drop-in)</b>  <b>1:00pm to 3:00pm</b></p> <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. Peer Support available Monday to Friday, at YAP &amp; Foundry</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>	<p><b>Saturday</b>  <b>Next Trans Social Group</b>  <b>March 30<sup>th</sup>, 2024, 1pm-3pm</b></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\***

**· F O U N D R Y ·**  
PRINCE GEORGE



**YMCA**  
**BC**



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[foundrybc.ca/princegeorge/](http://foundrybc.ca/princegeorge/)