

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

THE FOUNDRY FORECAST

March 18th to 23rd, 2024

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

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">• Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">• Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">• Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">• Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">• Nurse Lauren
<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">• Dr Kalen	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">• Dr Kalen	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>
<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Emily & Carly	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Tiffany & Carly	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Carly & Tiffany	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Emily & Sandy	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Emily & Tiffany
<p>Caregiver Support: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Tammy	<p>Caregiver Support: 12:00pm to 3:30pm</p> <ul style="list-style-type: none">• Tammy	<p>Caregiver Support: 3:00pm to 5:00pm</p> <ul style="list-style-type: none">• Tammy	<p>Caregiver Support: 11:00am to 5:00pm</p> <ul style="list-style-type: none">• Kristie	<p>Caregiver Support: 11:00am to 5:00pm <i>No Walk-In Parent Peer Support Today</i> Contact Family Smart at 1-855-887-8004 or info@familysmart.ca for support</p>
		<p>More information about our Groups can be found on the next page and @foundrybc.ca/princegeorge</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>Groups: Foundry Otters Swim Club (Registered) 1:00pm to 3:00pm Contact jaspreet.sidhu@bc.ymca.ca for more information</p> <p>Dialectical Behaviour Therapy (Registered) 4pm to 5:30pm Contact foundry@bc.ymca.ca for registration or more information</p> <p>Heartbeat (Registered) 6pm to 8:30pm Contact galletti@telus.net for more information</p> <p>How to access a doctor at Foundry PG:</p> <ul style="list-style-type: none">✓ 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.	<p>Groups: 8 Step Meditation Group (Drop-in) 4pm-5pm</p>	<p>Groups: Paint a Prompt w/ Peer Support (Drop-in) 1:00pm to 3:00pm</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>✓ 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</p> <p>✓ 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</p> <p>✓ How to access Housing Support and Outreach: Call Jenna King at 250-645-6090 or email jenna.king@bc.ymca.ca</p>	<p>Saturday <i>Next Trans Social Group</i> <i>March 30th, 2024, 1pm-3pm</i></p>

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