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

**THE FOUNDRY FORECAST**

April 08th to 13th, 2024

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

<table>
<thead>
<tr>
<th>MONDAY 08</th>
<th>TUESDAY 09</th>
<th>WEDNESDAY 10</th>
<th>THURSDAY 11</th>
<th>FRIDAY 12</th>
</tr>
</thead>
</table>
| **Primary Care:**  
11:00am to 5:00pm  
• Nurses Lauren & Darlene | **Primary Care:**  
11:00am to 5:00pm  
• Nurses Lauren & Darlene | **Primary Care:**  
11:00am to 5:00pm  
• Nurse Lauren | **Primary Care:**  
11:00am to 5:00pm  
• Nurse Lauren | **Primary Care:**  
11:00am to 5:00pm  
• Nurse Lauren |
| 2:30pm to 5:00pm  
• Dr Kalen | 2:30pm to 5:00pm  
• Dr Paul | 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  
• 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  
• Tiffany | **Counselling:**  
12:00pm to 5:00pm  
*No Walk-in Counselling Today* |
| **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 Support Today* | Contact Family Smart at 1-855-887-8004 or info@familysmart.ca for support |

More information about our Groups can be found on the next page and @foundrybc.ca/princegeorge
### What’s coming up this week at Foundry Prince George?

<table>
<thead>
<tr>
<th>Day</th>
<th>April 08, 2024</th>
<th>April 09, 2024</th>
<th>April 10, 2024</th>
<th>April 11, 2024</th>
<th>April 12, 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Groups:</strong> Foundry Otters Swim Club (Registered) 1pm to 3pm Information and registration @ foundrybc.ca/princegeorge</td>
<td><strong>Groups:</strong> Smart Recovery Family &amp; Friends (Drop-in) 5pm to 6:30pm @ PG Public Library</td>
<td><strong>Groups:</strong> The Art of Coping (Drop-in) 1pm to 3pm</td>
<td><strong>Groups:</strong> Circle of Security (Registered) 11:00am- 1:00pm Contact <a href="mailto:kristie.north@bc.ymca.ca">kristie.north@bc.ymca.ca</a> for registration or more information</td>
<td><strong>Groups:</strong> Saturday April 13, 2024 Trans Social Group (Drop-in) 1pm-3pm</td>
</tr>
<tr>
<td></td>
<td>Dialectical Behaviour Therapy (Registered) 4pm to 5:30pm Contact <a href="mailto:foundry@bc.ymca.ca">foundry@bc.ymca.ca</a> for registration or more information</td>
<td>Bereavement Support for Traumatic Loss (Registered) 5:30-7:00pm Contact <a href="mailto:pgbereavement@gmail.com">pgbereavement@gmail.com</a> for registration or more information</td>
<td>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.</td>
<td></td>
<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 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.

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

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1148 7th Avenue, Prince George, BC V2L 5G6

foundry@bc.ymca.ca 236-423-1571

foundrybc.ca/princegeorge/