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

### MONDAY 06
- **Primary Care:**
  - 11:00am to 5:00pm
  - Nurse Lauren
- 2:30pm to 5:00pm
  - Dr Kalen

- **Counselling:**
  - 12:00pm to 5:00pm
  - *Limited virtual counselling today as we host visiting psychiatry from out of region*

- **Caregiver Support:**
  - 12:00pm to 5:00pm
  - Tammy

### TUESDAY 07
- **Primary Care:**
  - 11:00am to 5:00pm
  - Nurse Lauren
- 2:30pm to 5:00pm
  - Dr Paul

- **Counselling:**
  - 12:00pm to 5:00pm
  - *Limited virtual counselling today as we host visiting psychiatry from out of region*

### WEDNESDAY 08
- **Primary Care:**
  - 11:00am to 5:00pm
  - Nurse Lauren
- 2:30pm to 5:00pm
  - Dr Kalen

- **Counselling:**
  - 12:00pm to 5:00pm
  - *Limited virtual counselling today as we host visiting psychiatry from out of region*

- **Caregiver Support:**
  - 11:00am to 4:30pm
  - Erin

- **Primary Care:**
  - No Walk-in Doctor Today

### THURSDAY 09
- **Primary Care:**
  - 11:00am to 5:00pm
  - Nurse Lauren
- 2:30pm to 5:00pm
  - Dr Kalen

- **Counselling:**
  - 12:00pm to 5:00pm
  - Emily, Vanessa & Sandy

- **Caregiver Support:**
  - 12:00pm to 5:00pm
  - Kristie

### FRIDAY 10
- **Primary Care:**
  - 11:00am to 5:00pm
  - Nurse Lauren
- 2:30pm to 5:00pm
  - No Walk-in Doctor Today

- **Counselling:**
  - 12:00pm to 5:00pm
  - Emily & Tiffany

- **Caregiver Support:**
  - 11:00am to 5:00pm
  - Erin

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*Please note that we will have limited counselling available this week as we host visiting psychiatry from out of region*

More information about our **Groups** can be found on the next page and [foundrybc.ca/princegeorge](http://foundrybc.ca/princegeorge)
<table>
<thead>
<tr>
<th>Monday May 06, 2024</th>
<th>Tuesday May 07, 2024</th>
<th>Wednesday May 08, 2024</th>
<th>Thursday May 09, 2024</th>
<th>Friday May 10, 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groups: Dialectical Behavioural Therapy (Drop-In) Being offered for the summer of 2024. First date <em>May 13, 2024.</em></td>
<td>Groups: Meditation 8 Step Recovery (Drop-In) 4:00pm to 5:00pm</td>
<td>Groups: Bereavement Support for Traumatic Loss (Registered) 5:30pm to 7:00pm Contact <a href="mailto:pgbereavement@gmail.com">pgbereavement@gmail.com</a> for registration or more information</td>
<td>Groups: Circle of Security (Registered) 11:00am to 1:00pm Contact <a href="mailto:kristie.north@bc.ymca.ca">kristie.north@bc.ymca.ca</a> for registration or more information</td>
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</tbody>
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**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.

*Please note that we will have limited counselling available this week as we host visiting psychiatry from out of region*

**How to access Family / Caregiver Support:**
Contact Foundry Prince George: 236-423-1571 or email kristie.north@bc.ymca.ca, tammy.tetreau@familysmart.ca or erin.petrusic@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

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