

June 03rd to 08th, 2024

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

MONDAY 03	TUESDAY 04	WEDNESDAY 05	THURSDAY 06	FRIDAY 07
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	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 • Dr Kalen	2:30pm to 5:00pm • Dr Paul	2:30pm to 5:00pm <i>No Walk-in Doctor Today</i>	2:30pm to 5:00pm <i>No Walk-in Doctor Today</i>	2:30pm to 5:00pm <i>No Walk-in Doctor Today</i>
Counselling:	Counselling:	Counselling:	Counselling:	Counselling:
12:00pm to 5:00pm • Emily & Jane	12:00pm to 5:00pm • Jane & Tiffany	12:00pm to 5:00pm • Vanessa & Tiffany	12:00pm to 5:00pm • Emily & Vanessa	12:00pm to 5:00pm Emily & Tiffany
Caregiver Support:	Caregiver Support:	Caregiver Support:	Caregiver Support:	Caregiver Support:
12:00pm to 5:00pm Tammy	11:00am to 3:30pm • Tammy	3:00pm to 5:00pm • Tammy	11:00am to 5:00pm • Kristie	11:00am to 5:00pm No Walk-In Parent Peer
		More information about our Groups can be found on the next page and @ foundrybc.ca/princegeorge		Support Today Contact Family Smart at 1-855-887-8004 or info@familysmart.ca for support







1148 7th 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?

Monday June 03, 2024 Groups:

Tuesday June 04, 2024 Groups: Thursday June 06, 2024 Groups:

Friday June 07, 2024 Groups:

Dialectical Behavioural
Therapy
(Drop-In)
4:00pm to 5:30pm

8 Step Meditation Group (Drop-in) 4:00pm to 5:00pm Craft Night for Parent/Caregivers (Drop-in)

Wednesday June 05, 2024

Groups:

6:30pm to 7:30pm @ Van Bien School (311 Wilson Cres), Rm 122 Contact

tammy.tetreau@familysmart.ca for more information

Saturday June 08, 2024
Groups:
Trans Social Group
(Drop-in)
1:00pm to 3:00pm

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 <u>cold or flu like symptoms</u>, 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 encourage to contact us early in the day.

✓ 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





