

# THE FOUNDRY FORECAST

July 08<sup>th</sup> to 13<sup>th</sup>, 2024

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

MONDAY 08	TUESDAY 09	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p>Primary Care: 11:00am to 5:00pm</p> <p><i>No Walk-in Nurse Today</i></p>
<p>2:30pm to 5:00pm</p> <p><i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"><li>Dr Paul</li></ul>	<p>2:30pm to 5:00pm</p> <p><i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <p><i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <p><i>No Walk-in Doctor Today</i></p>
<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane</li></ul>	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane &amp; Tiffany</li></ul>	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Vanessa &amp; Tiffany</li></ul>	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily &amp; Vanessa</li></ul>	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Emily &amp; Tiffany</li></ul>
		<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>		

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<p><b>Monday July 08, 2024</b> Groups:</p> <p><b>Foundry Otters Swim Club</b> (Registered) 1:00pm to 3:00pm Information and registration @ <a href="http://foundrybc.ca/princegeorge">foundrybc.ca/princegeorge</a></p> <p><b>Dialectical Behavioural Therapy</b> (Drop-In) 4:00pm to 5:30pm</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> <li>✓ 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.</li> </ul>	<p><b>Tuesday July 09, 2024</b> Groups:</p>	<p><b>Wednesday July 10, 2024</b> Groups:</p> <p><b>The Art of Coping</b> (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><b>Thursday July 11, 2024</b> Groups:</p> <p>✓ <b>How to access Family / 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></p> <p>✓ <b>How to access Youth Peer Support:</b> Call Foundry at 236-423-1571 or come down to Foundry/YAP. <b>Peer Support available Monday to Friday, at YAP &amp; Foundry</b></p> <p>✓ <b>How to access Housing Support and Outreach:</b> Call Shane at 250-645-6090 or email <a href="mailto:shaneivy.montadiora@bc.ymca.ca">shaneivy.montadiora@bc.ymca.ca</a></p>	<p><b>Friday July 12, 2024</b> Groups:</p> <p><b>Saturday June 13, 2024</b> <b>Trans Social Group</b> (Drop-In) 1:00pm-3:00pm</p> <p><b>Foundry Movie Club</b> (Drop-In) 3:30pm-6:30pm</p>
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