**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  
• 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  
• Nurse Lauren | Primary Care: 11:00am to 5:00pm  
*No Walk-in Nurse Today* |
| 2:30pm to 5:00pm  
*No Walk-in Doctor Today* | 2:30pm to 5:00pm  
• Dr Paul  
*No Walk-in Doctor Today* | 2:30pm to 5:00pm  
*No Walk-in Doctor Today* | 2:30pm to 5:00pm  
*No Walk-in Doctor Today* |
| Counselling: 12:00pm to 5:00pm  
• Jane | Counselling: 12:00pm to 5:00pm  
• Jane & Tiffany | Counselling: 12:00pm to 5:00pm  
• Vanessa & Tiffany | Counselling: 12:00pm to 5:00pm  
• Emily & Vanessa | Counselling: 12:00pm to 5:00pm  
• Emily & Tiffany |

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>Monday July 08, 2024</th>
<th>Tuesday July 09, 2024</th>
<th>Wednesday July 10, 2024</th>
<th>Thursday July 11, 2024</th>
<th>Friday July 12, 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Groups:</strong></td>
<td></td>
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<td><strong>Groups:</strong></td>
</tr>
</tbody>
</table>
| Foundry Otters Swim Club  
(Registered)  
1:00pm to 3:00pm  
Information and registration @ foundrybc.ca/princegeorge | Dialectical Behavioural Therapy  
(Drop-In)  
4:00pm to 5:30pm | The Art of Coping  
(Drop-in)  
1:00pm to 3:00pm | Trans Social Group  
(Drop-In)  
1:00pm-3:00pm | Foundry Movie Club  
(Drop-In)  
3:30pm-6:30pm |

### 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.

### How to access Family / Caregiver Support:
Contact Foundry Prince George: 236-423-1571 or email kristie.north@bc.ymca.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 Shane at 250-645-6090 or email shaneivy.montadiora@bc.ymca.ca