

Please note Foundry will not be offering walk-in doctor time on Mondays beginning September 09th, until further notice

THE FOUNDRY FORECAST

September 16th to 21st, 2024

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

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p>Primary Care: 11:00am to 5:00pm <i>No Walk-in Nurse Today</i></p> <p>2:30pm to 5:00pm <i>No Walk-in Doctor time on Mondays until further notice</i></p> <p>Counselling: 12:00pm to 5:00pm <i>No Walk-In Counselling Today</i></p>	<p>Primary Care: 11:00am to 5:00pm <i>No Walk-in Nurse Today</i></p> <p>2:30pm to 5:00pm • Dr Paul</p> <p>Counselling: 12:00pm to 5:00pm • Emily (virtually or by phone)</p>	<p>Primary Care: 11:00am to 5:00pm <i>No Walk-in Nurse Today</i></p> <p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p> <p>Counselling: 12:00pm to 5:00pm • Vanessa • Emily (virtually or by phone)</p> <p>More information about our Groups can be found on the next page and @ foundrybc.ca/princegeorge</p>	<p>Primary Care: 11:00am to 5:00pm • Nurse Lauren</p> <p>2:30pm to 5:00pm • Dr Kalen</p> <p>Counselling: 12:00pm to 5:00pm • Sandy & Vanessa • Emily (virtually or by phone)</p>	<p>Primary Care: 11:00am to 5:00pm • Nurse Lauren</p> <p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p> <p>Counselling: 12:00pm to 5:00pm <i>No Walk-In Counselling Today</i></p>

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

Monday September 16, 2024

Groups:

**Dialectical Behaviour
Therapy**

(Registered)

4pm to 5:30pm

Contact foundry@bc.ymca.ca for
registration or more information

Heartbeat

(Registered)

6pm to 8:30pm

Contact galletti@telus.net for
more information

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.

Tuesday September 17, 2024

Groups:

8 Step Meditation Group

(Drop-in)

4pm-5pm

Wednesday September 18, 2024

Groups:

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.

Thursday September 19, 2024

Groups:

Friday September 20, 2024

Groups:

**Saturday September 21, 2024
Group:**

✓ 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 Ren at 250-645-6090 or email
lacey.anderson@bc.ymca.ca

· F O U N D R Y ·
PRINCE GEORGE



**YMCA
BC**



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foundrybc.ca/princegeorge/