

\*Please note Foundry will not be offering walk-in doctor time on Mondays beginning September 09<sup>th</sup>, until further notice\*

# THE FOUNDRY FORECAST

September 23<sup>rd</sup> to 28<sup>th</sup>, 2024

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

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>	<p><b>Primary Care:</b> 11:00am to 5:00pm</p> <ul style="list-style-type: none"><li>Nurse Lauren</li></ul>
<p>2:30pm to 5:00pm <i>No Walk-in Doctor time on Mondays until further notice. Please see website for more information.</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 <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none"><li>Dr Kalen</li></ul>	<p>2:30pm to 5:00pm <i>No Walk-in Doctor Today</i></p>
<p><b>Counselling:</b> 12:00pm to 5:00pm <i>No Walk-In Counselling Today</i></p>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane</li><li>Emily (virtually or by phone)</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Vanessa</li><li>Emily (virtually or by phone)</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Vanessa</li><li>Emily (virtually or by phone)</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Jane</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>		

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

## Monday September 23, 2024

### Groups:

Dialectical Behaviour  
Therapy  
(Registered)

4pm to 5:30pm

Contact [foundry@bc.ymca.ca](mailto:foundry@bc.ymca.ca) for  
registration or more information

## Tuesday September 24, 2024

### Groups:

Smart Recovery  
Family & Friends  
(Drop-In)

5pm to 6:30pm @ PG Public  
Library

## Wednesday September 25, 2024

### Groups:

The Art of Coping  
(Drop-in)

1pm to 3pm

## Thursday September 26, 2024

### Groups:

## Friday September 27, 2024

### Groups:

## Saturday September 28, 2024

### Group:

Trans Social Group  
(Drop-In)

1:00pm-3:00pm

Archetypical Gaming  
(Registered)

4:00pm-6:00pm

Contact  
[andrew.johnson@bc.ymca.ca](mailto:andrew.johnson@bc.ymca.ca) to  
register

### 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 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](mailto: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 (Lacey) at 250-645-6090 or email [lacey.anderson@bc.ymca.ca](mailto:lacey.anderson@bc.ymca.ca)