

\*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

October 07<sup>th</sup> to 12<sup>th</sup>, 2024

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

MONDAY 07	TUESDAY 08	WEDNESDAY 09	THURSDAY 10	FRIDAY 11
<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</p> <ul style="list-style-type: none"><li>Jane &amp; Moira</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 &amp; Moira</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 &amp; Kareen</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Moira</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 October 07, 2024**

**Groups:**  
**Dialectical Behaviour  
Therapy  
(Registered)**

**4:00pm to 5:30pm**

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

**Tuesday October 08, 2024**

**Groups:**  
**Smart Recovery  
Family & Friends  
(Drop-In)**

**5:00pm to 6:30pm**

**@ PG Public Library**

**Wednesday October 09, 2024**

**Groups:**  
**The Art of Coping  
(Drop-in)**

**1:00pm to 3:00pm**

**Peer Support Workout Group  
(Registered)**

**1:00pm to 3:00pm**

**@the PG Family YMCA**

Contact [river.harry@bc.ymca.ca](mailto:river.harry@bc.ymca.ca) for  
registration and more information

**Thursday October 10, 2024**

**Groups:**

**Friday October 11, 2024**

**Groups:**

**Saturday October 12, 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)

**• F O U N D R Y •**  
PRINCE GEORGE



**YMCA  
BC**



**1148 7<sup>th</sup> Avenue, Prince George, BC V2L 5G6**

**[foundry@bc.ymca.ca](mailto:foundry@bc.ymca.ca) 236-423-1571**

**[foundrybc.ca/princegeorge/](http://foundrybc.ca/princegeorge/)**