


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

THE FOUNDRY FORECAST

November 11th to 16th, 2024

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

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<p>Closed for Remembrance Day</p> 	<p>Primary Care: 11:00am to 5:00pm <i>No Walk-in Nurse Today</i></p> <p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">• Dr Paul <p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">• Jane & Moira• Emily (by phone or video)	<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</p> <ul style="list-style-type: none">• Vanessa• Emily (by phone or video) <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 <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</p> <ul style="list-style-type: none">• Vanessa, Sandy & Karen	<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</p> <ul style="list-style-type: none">• Moira & Karen

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

Monday November 11, 2024
Groups:

Tuesday November 12, 2024
Groups:
Smart Recovery
Family & Friends
(Drop-In)
5:00pm to 6:30pm
@ PG Public Library
Contact
tammy.tetreau@bc.ymca.ca for
registration or more info

Wednesday November 13, 2024
Groups:
Foundry Workout Group
(Registered)
1:00pm to 3:00pm
@the PG Family YMCA
Contact river.harry@bc.ymca.ca for
registration and more info

The Art of Coping
(Drop-in)
1:00pm to 3:00pm

Bereavement Support for
Traumatic Loss
(Registered)
6:00pm to 8:00pm
Contact
pgbereavement@gmail.com for
registration and more info

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 encouraged to
contact us early in the day.

Thursday November 14, 2024
Groups:
Circle of Security
(Registered)
5:00pm-6:30pm
Contact
vanessa.carpenter@bc.ymca.ca
for registration and more info

Friday November 15, 2024
Groups:

Saturday November 16, 2024
Groups:
Trans Social Group
(Drop-In)
1:00pm-3:00pm

Archetypal Gaming
(Registered)
4:00pm-6:00pm
Contact
andrew.johnson@bc.ymca.ca for
registration and more info

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.

✓ 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 (Lacey) at 250-645-6090 or email
lacey.anderson@bc.ymca.ca

• F O U N D R Y •
PRINCE GEORGE



YMCA
BC



1148 7th Avenue, Prince George, BC V2L 5G6
foundry@bc.ymca.ca 236-423-1571
foundrybc.ca/princegeorge/