

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

THE FOUNDRY FORECAST

November 25th to 30th, 2024

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

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren	<p>Primary Care: 11:00am to 5:00pm</p> <ul style="list-style-type: none">Nurse Lauren
<p>2:30pm to 5:00pm No Walk-in Doctor Today</p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">Dr Paul	<p>2:30pm to 5:00pm No Walk-in Doctor Today</p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">Dr Kalen	<p>2:30pm to 5:00pm No Walk-in Doctor Today</p>
<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Jane & MoiraEmily (by phone or video)	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Jane & MoiraEmily (by phone or video)	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Emily (by phone or video)	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Vanessa, Sandy & Kareen	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none">Moira & Kareen
		<p>More information about our Groups can be found on the next page and @ foundrybc.ca/princegeorge</p>		

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

Monday November 25, 2024

Groups:
Dialectical Behaviour
Therapy
(Registered)
4:00pm to 5:30pm
Contact foundry@bc.ymca.ca for
registration or more info

Tuesday November 26, 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 27, 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

Cultural Circle
(Drop-In)
2:00pm to 5:00pm

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 encourage to
contact us early in the day.

Thursday November 28, 2024

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

Friday November 29, 2024

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

Saturday November 30, 2024

Groups:
Archetypical 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/