

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

THE FOUNDRY FORECAST

December 02nd to 07th, 2024

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

MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06
<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 <i>No Walk-in Doctor Today</i></p>	<p>2:30pm to 5:00pm</p> <ul style="list-style-type: none">Dr Paul	<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">Dr Kalen	<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">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">VanessaEmily (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 December 02, 2024

Groups:
Dialectical Behaviour
Therapy
(Registered)

4:00pm to 5:30pm

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

Tuesday December 03, 2024

Groups:
8 Step Meditation Group
(Drop-in)
4:00pm-5:00pm

Wednesday December 04, 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

Bereavement Support for
Traumatic Loss
(Registered)

6:00pm to 8:00pm

Contact

pgbereavement@gmail.com for
registration and more info

Thursday December 05, 2024

Groups:

Friday December 06, 2024

Groups:

Saturday December 07, 2024

Groups:

Trans Social Group
(Drop-In)

1:00pm-3:00pm

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

✓ 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/