

\*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

December 09<sup>th</sup> to 14<sup>th</sup>, 2024

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

MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<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 Today</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 (by phone or video)</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 (by phone or video)</li></ul>	<p><b>Counselling:</b> 12:00pm to 5:00pm</p> <ul style="list-style-type: none"><li>Vanessa</li><li>Emily (by phone or video)</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 &amp; Kareen</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 December 09, 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 info

**Heartbeat**

**(Registered)**

**6:30pm to 8:30pm**

Contact [pgheartbeat@gmail.com](mailto:pgheartbeat@gmail.com)  
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.

**Tuesday December 10, 2024**

**Groups:**

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

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

**@ PG Public Library**

**Contact**

[tammy.tetreau@bc.ymca.ca](mailto:tammy.tetreau@bc.ymca.ca) for  
registration or more info

**Wednesday December 11, 2024**

**Groups:**

**Foundry 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 info

**Groups:**

**The Art of Coping  
(Drop-In)**

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

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 December 12, 2024**

**Groups:**

**Friday December 13, 2024**

**Groups:**

**Saturday December 14, 2024**

**Groups:**

**Archetypical Gaming  
(Registered)**

**4:00pm-6:00pm**

**Contact**

[andrew.johnson@bc.ymca.ca](mailto:andrew.johnson@bc.ymca.ca) for  
registration and more info

## ✓ 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/)