THE FOUNDRY FORECAST ☀

December 23rd, 2024 to January 4th, 2025

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

MONDAY DECEMBER 23, 2024	TUESDAY DECEMBER 24, 2024		THURSDAY JANUARY 02, 2025	FRIDAY JANUARY 03, 2025
Primary Care: **11:00am to 5:00pm** • Nurse Lauren			**Primary Care:** **11:00am to 5:00pm** • Nurse Lauren	**Primary Care:** **11:00am to 5:00pm** • Nurse Lauren
2:30pm to 5:00pm *No Walk-in Doctor Today*	**Foundry Prince Geroge will be closed Tuesday December 24th and reopening with limited services for the remainder of that week on Thursday January 02nd, 2025.**	**Merry Christmas and Happy New Year**	**2:30pm to 5:00pm** *No Walk-in Doctor Today*	**2:30pm to 5:00pm** *No Walk-in Doctor Today*
Counselling: **12:00pm to 5:00pm** • Moira			Counselling: **12:00pm to 5:00pm** • Kareen	Counselling: **12:00pm to 5:00pm** • Moira & Kareen

FOUNDRY PRINCE GEORGE

YMCA BC

yap

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

Monday December 23, 2024 Groups:	Tuesday December 24, 2024 Groups:		Thursday January 02, 2025 Groups:	Friday January 03, 2025 Groups:
Dialectical Behaviour Therapy (Registered) 4:00pm to 5:30pm Contact foundry@bc.ymca.ca for registration or more info	*Closed until January 02, 2025* **Happy Holidays**	**Happy New Year!**		*Saturday January 04, 2025* **Groups:**

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*