

THE FOUNDRY FORECAST

January 13th to 18th, 2025

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

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
<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 *3:45pm*</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 January 13, 2025

Groups:

**Dialectical Behaviour
Therapy**

starting February 03rd, 2025

(Registered)

4:00pm to 5:30pm

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

Tuesday January 14, 2025

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 January 15, 2025

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

Thursday January 16, 2025

Group:

Friday January 17, 2025

Groups:

**Free Nasal Naloxone Training &
Pizza**

(Drop-In, all ages)

3:45pm-5:00pm

Eligibility:

a history of using substances
&/or are likely to witness/respond
to an overdose

Saturday January 18, 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.

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.

✓ **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