

THE FOUNDRY FORECAST

February 03rd to 08th, 2025

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

| MONDAY 03 | TUESDAY 04 | WEDNESDAY 05 | THURSDAY 06 | FRIDAY 07 |
|--|--|--|--|--|
| <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> <p><i>No Walk-In Nurse Today</i></p> | <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>Free Nasal Naloxone training beginning at 3:45pm</p> |
| <p>2:30pm to 5:00pm</p> <p><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</p> <p><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</p> <p><i>No Walk-in Doctor Today</i></p> |
| <p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Jane & Moira Emily (by phone or video) | <p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Jane & Moira Emily (by phone or video) | <p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Vanessa 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"> Kareen & Moira |
| | | <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 February 03, 2025

Groups:

**Dialectical Behaviour
Therapy
(Registered)**

4:00pm to 5:30pm

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

Tuesday February 04, 2025

Groups:

Wednesday February 05, 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 February 06, 2025

Group:

Friday February 07, 2025

Groups:

**Free Nasal Naloxone Training
(Drop-In, all ages)**

3:45pm-5:00pm

Eligibility:

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

Saturday February 08, 2025

Groups:

**Trans Social Group
(Drop-In)**

1:00pm-3:00pm

Contact

accessiblecounsellingservices@gmail.com

for more info

**Gaming & Pizza
(Drop-In)**

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.

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

• F O U N D R Y •
PRINCE GEORGE



**YMCA
BC**



1148 7th Avenue, Prince George, BC V2L 5G6
foundryprincegeorge@bc.ymca.ca 236-423-1571
foundrybc.ca/princegeorge/

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