

THE FOUNDRY FORECAST

February 24th to March 01st, 2025

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

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Primary Care: 11:00am to 5:00pm <ul style="list-style-type: none"> Nurse Lauren 	Primary Care: 11:00am to 5:00pm <ul style="list-style-type: none"> Nurse Lauren 	Primary Care: 11:00am to 5:00pm <ul style="list-style-type: none"> Nurse Lauren 	Primary Care: 11:00am to 5:00pm <ul style="list-style-type: none"> Nurse Lauren 	Primary Care: 11:00am to *3:45pm* <ul style="list-style-type: none"> Nurse Lauren Free Nasal Naloxone training beginning at 3:45pm
2:30pm to 5:00pm No Walk-in Doctor Today	2:30pm to 5:00pm <ul style="list-style-type: none"> Dr Paul 	2:30pm to 5:00pm No Walk-in Doctor Today	2:30pm to 5:00pm <ul style="list-style-type: none"> Dr Kalen 	2:30pm to 5:00pm No Walk-in Doctor Today
Counselling: 12:00pm to 5:00pm <ul style="list-style-type: none"> Jane & Moira Emily (by phone or video) 	Counselling: 12:00pm to 5:00pm <ul style="list-style-type: none"> Jane & Moira Emily (by phone or video) 	Counselling: 12:00pm to 5:00pm <ul style="list-style-type: none"> Vanessa Emily (by phone or video) 	Counselling: 12:00pm to 5:00pm <ul style="list-style-type: none"> Vanessa & Kareen 	Counselling: 12:00pm to 5:00pm <ul style="list-style-type: none"> Kareen & Moira
		More information about our Groups can be found on the next page and @ foundrybc.ca/princegeorge		

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

Monday February 24, 2025

Groups:

**Dialectical Behaviour Therapy
(Registered)**

4:00pm to 5:30pm

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

Tuesday February 25, 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 February 26, 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 27, 2025

Group:

Friday February 28, 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 March 01, 2025

Groups:

**Archtypical 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/