

THE FOUNDRY FORECAST

March 10th to 15th, 2025

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

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<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>Free Nasal Naloxone training beginning at 3:45pm</p>
<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 & Moira Emily (by phone or video) 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Jane & Moira 	<p>Counselling: 12:00pm to 5:00pm</p> <ul style="list-style-type: none"> Vanessa 	<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 March 10, 2025

Groups:

Dialectical Behaviour Therapy

(Registered)

4:00pm to 5:30pm

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

Queer Swim Event

(Registered)

6:00pm to 7:00pm

@Canfor Pool

Contact

jaspreet.singh@bc.ymca.ca for registration or more info
In partnership with Mycelium

Tuesday March 11, 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 March 12, 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 March 13, 2025

Group:

Friday March 14, 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 15, 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
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foundrybc.ca/princegeorge/