

# May 26<sup>th</sup> to 31<sup>st</sup>, 2025

## This week at Foundry



· F O U N D R Y ·  
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Walk-in Primary Care:</b> 11:00A.M.-5:00P.M.	<b>Walk-in Primary Care:</b> 11:00A.M.-5:00P.M.	<b>Walk-in Primary Care:</b> 11:00A.M.-5:00P.M.	<b>Walk-in Primary Care:</b> 11:00A.M.-5:00P.M.	<b>Walk-in Primary Care:</b> 11:00A.M.-5:00P.M.	<b>Walk-in Primary Care:</b> <i>No walk-in primary care today</i>
<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Moira</li> <li>• Emily (by phone or video)</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Moira</li> <li>• Emily (by phone or video)</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Vanessa</li> <li>• Emily (by phone or video)</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Vanessa, Kareen &amp; Sandy</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Moira &amp; Kareen</li> </ul>	<b>Walk-in Counselling:</b> <i>No walk-in counselling today</i>
Primary care services at Foundry Prince George include Registered Nurse Sexual Health Prescriber, Nurse Practitioner, and/or Physician time slots.					



### Visit us

1148 7th Avenue, Prince George  
foundrybc.ca/princegeorge/

### Contact Us

foundryprincegeorge@bc.ymca.ca  
236-423-1571

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PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Groups:</b></p> <p>Dialectical Behaviour Therapy (Registered) 4:00P.M.-5:00P.M.</p> <p>Heartbeat (Registered) 6:30P.M.-8:30P.M. Contact <a href="mailto:pgheartbeat@gmail.com">pgheartbeat@gmail.com</a> for more info</p>	<p><b>Groups:</b></p> <p>Smart Recovery Family &amp; Friends (Drop-In) 5:00P.M.-6:30P.M. @the Prince George Public Library</p>	<p><b>Groups:</b></p> <p>Work Out Group with Peer Supporter River (Registered) 1:00P.M.-3:00P.M.</p>	<p><b>Groups:</b></p> <p>Shade Trans Social Group (Drop-In, ages 18+) 7:00P.M.-9:00P.M. Contact <a href="mailto:accessiblecounselling.services@gmail.com">accessiblecounselling.services@gmail.com</a> for more info</p>	<p><b>Groups:</b></p>	<p><b>Groups:</b></p>
<p><b>How to access primary care at Foundry Prince George:</b></p> <ul style="list-style-type: none"> <li>✓ Offered on a first-come, first-serve basis on the same day of need. No pre-booking.</li> <li>✓ Due to high demand and a shortage of providers in the community, walk-in services at Foundry PG fills up very quickly. Those who present in person at 11:00am will be booked prior to taking phone calls.</li> <li>✓ If you have a cold or flu-like symptoms, you will be asked to wear a mask or potentially engage by phone or video</li> </ul>			<p><b>How to access Family/Caregiver Support:</b></p> <ul style="list-style-type: none"> <li>✓ Contact Foundry Prince George: 236-423-1571 or email <a href="mailto:kristie.north@bc.ymca.ca">kristie.north@bc.ymca.ca</a></li> </ul> <p><b>How to access Youth Peer Support:</b></p> <ul style="list-style-type: none"> <li>✓ Contact Foundry or come down to Foundry or YAP Monday-Friday</li> </ul> <p><b>How to access Housing Support:</b></p> <ul style="list-style-type: none"> <li>✓ Contact Ren (Lacey): 250-645-6090 or email <a href="mailto:lacey.anderson@bc.ymca.ca">lacey.anderson@bc.ymca.ca</a></li> </ul>		

