

# July 07<sup>th</sup> to 12<sup>th</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>• Kat &amp; 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>• Sandy, Moira &amp; Kareen</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Kat, Moira &amp; Kareen</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <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/](https://foundrybc.ca/princegeorge/)

### Contact Us

[foundryprincegeorge@bc.ymca.ca](mailto:foundryprincegeorge@bc.ymca.ca)  
236-423-1571

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Groups:</b> Dialectical Behaviour Therapy (Drop-In, ages 16+) 4:00P.M.-5:00P.M.	<b>Groups:</b> Smart Recovery Family & Friends (Drop-In) 5:00P.M.-6:30P.M. @the Prince George Public Library  Mindfulness Art with Peer Supporters Eli & Sarah (Drop-In, ages 12-18) 2:00P.M.-4:30P.M.	<b>Groups:</b> Work Out Group with Peer Supporter River (Registered) 1:00P.M.-3:00P.M.	<b>Groups:</b> Dialectical Behaviour Therapy for Caregivers (Drop-In) 5:00P.M.-6:00P.M. See website for more info	<b>Groups:</b> Movie Club with Peer Supporter Lake (Drop-In, ages 18+) 5:00P.M.-8:00P.M.  Youth Pride Party @the Connaught Youth Centre (Drop-In, Grades 7-12) 6:00P.M.-9:00P.M.	<b>Groups:</b> Shade Trans Social Group (Drop-In, all ages) 4:00P.M.-6:00P.M. Contact <a href="mailto:accessiblecounselling.services@gmail.com">accessiblecounselling.services@gmail.com</a> for more info

### How to access primary care at Foundry Prince George:

- ✓ Offered on a first-come, first-serve basis on the same day of need. No pre-booking.
- ✓ 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.
- ✓ If you have a cold or flu-like symptoms, you will be asked to wear a mask or potentially engage by phone or video

### How to access Family/Caregiver Support:

- ✓ Contact Foundry Prince George: 236-423-1571 or email [kristie.north@bc.ymca.ca](mailto:kristie.north@bc.ymca.ca)

### How to access Youth Peer Support:

- ✓ Contact Foundry or come down to Foundry or YAP Monday-Friday

### How to access Housing Support:

- ✓ Contact Ren (Lacey): 250-645-6090 or email [lacey.anderson@bc.ymca.ca](mailto:lacey.anderson@bc.ymca.ca)

