

# July 14<sup>th</sup> to 19<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>• 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> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Sandy, Moira &amp; Kat</li> </ul>	<b>Walk-in Counselling:</b> 12:00P.M.-5:00P.M. <ul style="list-style-type: none"> <li>• Kat &amp; Moira</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> Mindfulness Art with Peer Supporters Eli & Sarah (Drop-In, all ages) 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  Shade Trans Social Group (Drop-In, ages 18+) 7:00P.M.-9:00P.M. Contact <a href="mailto:accessiblecounselling@bc.ymca.ca">accessiblecounselling@bc.ymca.ca</a> for more info	<b>Groups:</b>	<b>Groups:</b>
<b>How to access primary care at Foundry Prince George:</b> <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>				<b>How to access Family/Caregiver Support:</b> <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> <b>How to access Youth Peer Support:</b> <ul style="list-style-type: none"> <li>✓ Contact Foundry or come down to Foundry or YAP Monday-Friday</li> </ul> <b>How to access Housing Support:</b> <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>	

