

July 21st to 26th, 2025

This week at Foundry



• F O U N D R Y •
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in Primary Care: 11:00A.M.-5:00P.M.	Walk-in Primary Care: 11:00A.M.-5:00P.M.	Walk-in Primary Care: 11:00A.M.-5:00P.M.	Walk-in Primary Care: 11:00A.M.-5:00P.M.	Walk-in Primary Care: 11:00A.M.-5:00P.M.	Walk-in Primary Care: <i>No walk-in primary care today</i>
Walk-in Counselling: *12:00P.M.-3:00P.M.* • Moira	Walk-in Counselling: 12:00P.M.-5:00P.M. <i>No Walk-In Counselling Available Today</i>	Walk-in Counselling: 12:00P.M.-5:00P.M. • Kat & Vanessa	Walk-in Counselling: 12:00P.M.-5:00P.M. • Sandy, Moira & Kareen	Walk-in Counselling: 12:00P.M.-5:00P.M. • Kat, Moira & Kareen	Walk-in Counselling: 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/

Contact Us

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Groups: Dialectical Behaviour Therapy (Drop-In, ages 16+) 4:00P.M.-5:00P.M. Heartbeat (Registered) 6:30P.M.-8:30P.M. Contact pgheartbeat@gmail.com for more info	Groups: Mindfulness Art with Peer Supporters Eli & Sarah (Drop-In, all ages) 2:00P.M.-4:30P.M. Smart Recovery Family & Friends (Drop-In) 5:00P.M.-6:30P.M. @the Prince George Public Library	Groups: Work Out Group with Peer Supporter River (Registered) 1:00P.M.-3:00P.M.	Groups: Dialectical Behaviour Therapy for Caregivers (Drop-In) 5:00P.M.-6:00P.M. See website for more info	Groups: Movie Club with Peer Supporter Lake (Drop-In, ages 12-17) 5:00P.M.-8:00P.M.	Groups: Shade Trans Social Group (Drop-In, ages 12+) 4:00P.M.-6:00P.M. Contact accessiblecounselling.services@gmail.com 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

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

