

July 28th to August 01st, 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: *1:00P.M.-4:30P.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. • Moira	Walk-in Counselling: 12:00P.M.-5:00P.M. • Kat	Walk-in Counselling: 12:00P.M.-5:00P.M. • Sandy, Moira & Kat	Walk-in Counselling: 12:00P.M.-5:00P.M. • Kat & Moira	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.	Groups: Mindfulness Art with Peer Supporters Eli & Sarah (Drop-In, all ages) 2:00P.M.-4:30P.M.	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 Shade Trans Social Group (Drop-In, ages 18+) 7:00P.M.-9:00P.M. Contact accessiblecounselling@services@gmail.com for more info	Groups:	Groups:
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	

