

August 24th – August 30th, 2026

This week at Foundry



· F O U N D R Y ·
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: Closed	Drop-in Primary Care: Closed
Drop-in Counselling: 12:00P.M.-6:30P.M.	Drop-in Counselling: 12:00P.M.-5:00P.M.	Drop-in Counselling: 12:00P.M.-6:30P.M.	Drop-in Counselling: 12:00P.M.-5:00P.M.	Drop-in Counselling: 12:00P.M.-5:00P.M.	Drop-in Counselling: Closed	Drop-in Counselling: Closed
Kareen & Jane	Jane, Elisa & Maureen	Maureen & Moira,	Jane & Sandy	Maureen		

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@ymcabc.ca
236-423-1571



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups: Dialectical Behaviour Therapy for Youth (Drop-in) 4:00 P.M. - 5:30 P.M. See website for more info Heartbeat (Registered) 6:30 P.M. - 8:00 P.M. Contact pgheartbeat@gmail.com for more info	Groups: No Group	Groups: Foundry for Community (Registered, ages 13-15) 1:00 P.M.-3:00 P.M. For more info, please contact marypaz.michel@ymcabca.ca CommuniTEA (Drop-in) 3:30 P.M.-5:00 P.M. For more info, please contact kareen.graham@ymcabca.ca	Groups: No Group	Groups: Foundry for Community (Registered, ages 13-15) 1:00 P.M.-3:00 P.M. For more info, please contact marypaz.michel@ymcabca.ca Nature Journaling with Sandy (Drop-in) 1:30 P.M. - 3:30 P.M. See website for more info	Groups: Closed	Groups: Closed

How to access a doctor at Foundry Prince George:

- ✓ Offered on a first-come, first-serve basis on the same day of need. No pre-booking.
- ✓ Due to a very high demand and a shortage of doctors in the community, walk-in time with Foundry doctors fills up very, very quickly. Please call or visit Foundry at 11am on the day of, to secure one of our limited time slots.
- ✓ If you have a cold or flu-like symptoms, you will be asked to wear a mask or potentially engage by phone or

How to access Family/Caregiver Support:

- ✓ Contact Foundry Prince George: 236-423-1571 or email kristie.north@ymcabca.ca

How to access Youth Peer Support:

- ✓ Contact or call Foundry or YAP Monday-Friday

How to access Housing Support:

Contact Dan: 250-645-6090 or dan.mcgee@ymcabca.ca

