November 23rd – November 29th, 2026

This week at Foundry

FOUNDRY
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: 12:00 P.M.-6:30 P.M • Jane & Kareen	**Drop-in Counselling**: 12:00 P.M.-5:00 P.M. • Elisa	**Drop-in Counselling**: 12:00 P.M.-6:30 P.M • Jane, Moira & Vanessa	**Drop-in Counselling**: 12:00 P.M.-5:00 P.M. • Jane, Quinn & Elisa	**Drop-in Counselling**: 12:00 P.M.-5:00 P.M. **No Drop-In Counselling Today**	**Drop-in Counselling**: **Closed**	**Drop-in Counselling**: **Closed**

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

Shine On YMCA BC

November 23rd – November 29th, 2026

This week at Foundry

FOUNDRY PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups: Heartbeat (**Registered**) 6:30 P.M. - 8:00 P.M. Contact pgheartbeat@gmail.com for more info	**Groups:** Dungeons & Dragons (**Registered**) 4:15 P.M. – 6:15 P.M. Contact foundryprincegeorge@ymcabc.ca for more info	**Groups:** CommuniTEA (**Drop-in**) 3:30 P.M.-5:00 P.M. For more info, please contact kareen.graham@ymcabc.ca	**Groups:** Dialectical Behaviour Therapy for *Youth* (**Registered**) 4:00 P.M. - 5:30 P.M. See website for more info	**Groups:** **No Group**	**Groups:** Shade Trans Social Group *all ages* (**Drop-in**) 1:00 P.M. - 3:00 P.M. See website or contact accessiblecounsellingservices@gmail.com for more info	**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 video

How to access Family/Caregiver Support:

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

How to access Youth Peer Support:

- ✓ Contact or call Foundry or YAP Monday-Friday

How to access Housing Support:

- ✓ Contact Shane: 250-645-6090

Shine On YMCA BC