

October 19th – October 25th, 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: 12:00 P.M.-6:30 P.M.	Drop-in Counselling: 12:00 P.M.-5:00 P.M.	Drop-in Counselling: 12:00 P.M.-6:30 P.M.	Drop-in Counselling: 12:00 P.M.-5:00 P.M.	Drop-in Counselling: 12:00 P.M.-5:00 P.M.	Drop-in Counselling: Closed	Drop-in Counselling: Closed
Jane & Kareen	Elisa	Moir, Jane & Elisa	Jane & Elisa	No Drop-In Counselling Today		
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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Groups: Beading Circle with Vanessa (Drop-in) 1:00 P.M. - 4:00 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: Dungeons & Dragons (Registered) 4:15 P.M. – 6:15 P.M. Contact foundryprincegeorge@ymcab.bc.ca for more info	Groups: CommuniTEA (Drop-in) 3:30 P.M.-5:00 P.M. For more info, please contact kareen.graham@ymcab.ca	Groups: Dialectical Behaviour Therapy for Youth (Registered) 4:00 P.M. - 5:30 P.M. See website for more info	Groups: Emotion Focused Family Therapy (EFFT) for Youth (Registered) 10:00 A.M. – 4:00 P.M. See website for more info or contact quinn.atkinson@ymcab.ca to register	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 video

How to access Family/Caregiver Support:

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

