

October 20th to 25th, 2025

This week at Foundry



• F O U N D R Y •
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Drop-in Primary Care: 11:00A.M.-5:00P.M.</p>	<p>Drop-in Primary Care: <i>*2:30P.M.-5:00P.M.</i></p>	<p>Drop-in Primary Care: 11:00A.M.-5:00P.M.</p>	<p>Drop-in Primary Care: 11:00A.M.-5:00P.M.</p>	<p>Drop-in Primary Care: 11:00A.M.-5:00P.M.</p>	<p>Drop-in Primary Care: <i>No drop-in primary care today</i></p>
<p>Drop-in Counselling: 12:00P.M.-6:30P.M.</p> <ul style="list-style-type: none"> • Emily (by phone or video) • Jane & Kareen 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> • Emily (by phone or video) • Danielle 	<p>Drop-in Counselling: 12:00P.M.-6:30P.M.</p> <ul style="list-style-type: none"> • Emily (by phone or video) • Kat, Moira, Kareen & Danielle 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> • Kat, Vanessa & Kareen 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> • Jane, Kareen & Kat 	<p>Drop-in Counselling: <i>No drop-in counselling today</i></p>

Primary care services at Foundry Prince George include Registered Nurse 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
<p>Groups:</p> <p>Dialectical Behaviour Therapy for <i>Youth</i> (Registered) 4:00P.M.-5:30P.M. See website for more info</p> <p>Heartbeat (Registered) 6:30P.M.-8:30P.M. Contact pgheartbeat@gmail.com for more info</p>	<p>Groups:</p> <p>Dialectical Behaviour Therapy for <i>Caregivers</i> (Registered) 5:00P.M.-6:00P.M. See website for more info</p>	<p>Groups:</p> <p>Bereavement Support for Traumatic Loss (Registered) 6:00P.M.-8:00P.M. Contact pgbereavement@gmail.com for more info</p>	<p>Groups:</p> <p>Cultural Circle-Beading with Peer Supporter Lex (Drop-In, all ages) 2:00P.M.-5:00P.M. See website for more info</p>	<p>Groups:</p> <p>Circle of Security (Registered) 9:00A.M.-11:30A.M. Contact accessiblecounselling.services@gmail.com for more info</p> <p>Queer Make-Up Styling Workshop (Drop-In, all ages) 6:00P.M.-8:00P.M. See website for more info</p>	<p>Groups:</p> <p>Shade Trans Social Group (Drop-In, all ages) 1:00P.M.-3:00P.M. Contact accessiblecounselling.services@gmail.com for more info</p> <p>Cultural Circle-Beading with Lex (Drop-In, all ages) 2:00P.M.-5:00P.M. See website for more info</p> <p>Movie Club with Lake (Drop-In, all ages) 6:00P.M.-8:00P.M. See website for more info</p>
<p>How to access primary care at Foundry Prince George:</p> <ul style="list-style-type: none"> ✓ 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 				<p>How to access Family/Caregiver Support:</p> <ul style="list-style-type: none"> ✓ Contact Foundry Prince George: 236-423-1571 or email kristie.north@bc.ymca.ca 	

