

November 17th to November 22nd, 2025 • F O U N D R Y •

PRINCE GEORGE

This week at Foundry



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Counselling: 12:00 P.M.-6:30 P.M. - Emily (by phone or video) - Jane & Kareen	Drop-in Counselling: 12:00 P.M.-5:00 P.M. - Emily (by phone or video) - Danielle & Kareen	Drop-in Counselling: 12:00 P.M.-6:30 P.M. - Emily (by phone or video) - Kat, Moira, Kareen & Danielle	Drop-in Counselling: 1:00 P.M.-5:00 P.M. Kat & Moira	Drop-in Counselling: 12:00 P.M.-5:00 P.M. Jane, Kat & Danielle	Drop-in Counselling: Closed

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
Groups: Dialectical Behaviour Therapy for <i>Youth</i> (Registered) 4:00 P.M. - 5:30 P.M. See website for more info Heartbeat (Registered) 6:30 P.M. - 8:30 P.M. Contact pgheartbeat@gmail.com for more info	Groups: Dialectical Behaviour Therapy for <i>Caregivers</i> (Registered) 5:00 P.M. - 6:00 P.M. See website for more info	Groups: Workout with Peer Supporter River (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info Bereavement Support for Traumatic Loss (Registered) 6:00 P.M. - 8:00 P.M. Contact pgbereavement@gmail.com for more info	Groups: No groups running	Groups: Circle of Security for <i>Caregivers</i> (Registered) 9:30 A.M. - 11:00 A.M. See website for more info Queer Binder Making (Registered) 6:00 P.M. - 8:00 P.M. Contact creativecloset@nbcqueerconnection.com for more info	Groups: Closed
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: ✓ Call or come down to Foundry or YAP Monday-Friday How to access Housing Support: ✓ Contact Ren: 250-645-6090 or ren.anderson@bc.ymca.ca		

