

December 1st – December 7th, 2025



FOUNDRY
PRINCE GEORGE

This week at Foundry

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: Closed</p>	<p>Drop-in Primary Care: Closed</p>
<p>Drop-in Counselling: 12:00 P.M-6:30 P.M</p> <ul style="list-style-type: none"> Jane & Kareen 	<p>Drop-in Counselling: 12:00 P.M-5:00 P.M</p> <ul style="list-style-type: none"> Danielle & Jane 	<p>Drop-in Counselling: 12:30 P.M-6:30 P.M</p> <ul style="list-style-type: none"> Kat, Moira & Danielle 	<p>Drop-in Counselling: 12:00 P.M-5:00 P.M</p> <ul style="list-style-type: none"> Kat & Sandy 	<p>Drop-in Counselling: 12:00 P.M.-5:00 P.M.</p> <ul style="list-style-type: none"> Jane, Kat & Danielle 	<p>Drop-in Counselling: Closed</p>	<p>Drop-in Counselling: Closed</p>

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@bc.ymca.ca
236-423-1571



December 1st – December 7th, 2025



FOUNDRY
PRINCE GEORGE

This week at Foundry

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Groups: Dialectical Behaviour Therapy for Youth (Registered) 4:00 P.M. - 5:30 P.M. See website for more info</p>	<p>Groups: Dialectical Behaviour Therapy for Caregivers (Registered) 5:00 P.M. - 6:00 P.M. See website for more info</p>	<p>Groups: Workout with Peer Supporter River (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info</p> <p>Bereavement Support for Traumatic Loss (Registered) 6:00 P.M. - 8:00 P.M. Contact pgbereavement@gmail.com for more info</p>	<p>Groups: No groups running</p>	<p>Groups: Circle of Security for Caregivers (Registered) 9:30 A.M. - 11:00 A.M. See website for more info</p>	<p>Groups: Shade Trans Social Group (Drop-in, all ages) 7:00 P.M. - 9:00 P.M. Contact accessiblecounselling.services@gmail.com for more info</p>	<p>Groups: Closed</p>

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@bc.ymca.ca

How to access Youth Peer Support:

- ✓ Call or come to Foundry or YAP Monday-Friday

How to access Housing Support:

- ✓ Contact Ren: 250-645-6090 or email ren.anderson@bc.ymca.ca

