

# December 15<sup>th</sup> – December 20<sup>th</sup>, 2025

## This week at Foundry



• F O U N D R Y •

PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.	<b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.	<b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.	<b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.	<b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.	<b>Drop-in Primary Care:</b> <b>2:00P.M.-6:00P.M.</b> <b>Sexual Health Clinic</b>	<b>Drop-in Primary Care:</b> <b>Closed</b>
<b>Drop-in Counselling:</b> <b>12:00 P.M-6:30 P.M</b>	<b>Drop-in Counselling:</b> 12:00 P.M-5:00 P.M	<b>Drop-in Counselling:</b> <b>*3:30 P.M-6:30 P.M*</b>	<b>Drop-in Counselling:</b> 12:00 P.M-5:00 P.M	<b>Drop-in Counselling:</b> <b>No Drop-In Counselling Today</b>	<b>Drop-in Counselling:</b> <b>2:00P.M-6:00P.M.</b>	<b>Drop-in Counselling:</b> <b>Closed</b>
<ul style="list-style-type: none"> <li>Jane &amp; Kareen</li> </ul>	<ul style="list-style-type: none"> <li>Jane</li> </ul>	<ul style="list-style-type: none"> <li>Moir</li> </ul>	<ul style="list-style-type: none"> <li>Sandy</li> </ul>		<ul style="list-style-type: none"> <li>Moir &amp; Kareen</li> </ul>	
Please note Foundry PG will begin its <b>annual closure</b> on <b>Tuesday December 23<sup>rd</sup>, 2025</b> , reopening <b>Monday January 05<sup>th</sup>, 2026</b>						
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/](http://foundrybc.ca/princegeorge/)

### Contact Us

[foundryprincegeorge@bc.ymca.ca](mailto:foundryprincegeorge@bc.ymca.ca)  
 236-423-1571

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Groups:</b> Dialectical Behaviour Therapy for <i>Youth</i> <b>(Registered)</b> 4:00 P.M.-5:30 P.M. See website for more info  Heartbeat <b>(Registered)</b> 6:30 P.M.-8:30 P.M. Contact <a href="mailto:pgheartbeat@gmail.com">pgheartbeat@gmail.com</a> for more info	<b>Groups:</b> Dialectical Behaviour Therapy for <i>Caregivers</i> <b>(Registered)</b> 5:00 P.M.-6:00 P.M. See website for more info	<b>Groups:</b> Workout with Peer Supporter River <b>(Drop-In)</b> 1:00 P.M.-3:00 P.M. See website for more info	<b>Groups:</b>	<b>Groups:</b> Circle of Security for <i>Caregivers</i> <b>(Registered)</b> 9:30 A.M.- 11:00 A.M. See website for more info	<b>Groups:</b> Shade Trans Social Group <b>(Drop-In, ages 18+)</b> 7:00 P.M.- 9:00 P.M. Contact <a href="mailto:accessiblecounselling.services@gmail.com">accessiblecounselling.services@gmail.com</a> for more info	<b>Groups:</b> <b>Closed</b>

### 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](mailto: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](mailto:ren.anderson@bc.ymca.ca)

