

January 5th – January 11th, 2026

This week at Foundry



FOUNDRY

PRINCE GEORGE

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: 12:00P.M.-6:30P.M.</p> <ul style="list-style-type: none"> Jane, Kat & Kareen 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> Jane 	<p>Drop-in Counselling: 12:00P.M.-6:30P.M.</p> <ul style="list-style-type: none"> Vanessa, Kat & Moira 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> Sandy 	<p>Drop-in Counselling: <i>No Drop-in Counselling Today</i></p>	<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



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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 group with Peer Supporter River (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info</p>	<p>Groups: No Groups</p>	<p>Groups: No Groups</p>	<p>Groups: Closed</p>	<p>Groups: Closed</p>

How to access a doctor or nurse practitioner at Foundry Prince George:

- ✓ Offered on a first-come, first-serve basis on the same day of need. No pre-booking.
- ✓ Due to very high demand and a shortage of providers in the community, drop-in times at Foundry 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 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 email ren.anderson@bc.ymca.ca

