

January 12th – January 18th, 2026



This week at Foundry

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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: 1:00 P.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 Primary Care: Closed
Drop-in Counselling: 12:00P.M.-6:30P.M.	Drop-in Counselling: 12:00P.M.-5:00P.M.	Drop-in Counselling: 1:00P.M.-6:30P.M.	Drop-in Counselling: 12:00P.M.-5:00P.M.	Drop-in Counselling: <i>No counselling is available today</i>	Drop-in Counselling: 2:00P.M.-6:00P.M.	Drop-in Counselling: Closed
• Jane, Kat & Karen	• Jane	• Vanessa, Kat, Moira & Karen	• Jane & Sandy		• Kat, Moira & Karen	

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

January 5th – January 11th, 2026

This week at Foundry



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups: Dialectical Behaviour Therapy for Youth (Registered) 4:00 P.M. - 5:30 P.M. See website for more info	Groups: Smart Recovery Family & Friends (Drop-in, ages 18+) 5:00 P.M. - 6:30 P.M. @the Prince George Public Library See website for more info	Groups: Workout group with Peer Supporter River (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info	Groups: Dialectical Behaviour Therapy for Caregivers (Registered) 5:00 P.M. - 6:00 P.M. See website for more info	Groups: Queer Nail Styling Workshop (Registered) 6:00 P.M. - 8:00 P.M. Contact creativecloset@nbcqueerconnection.com for more info	Groups: Trans Social Group (Drop-in) 5:00 P.M. - 7:00 P.M. See website or contact accessiblecounsellingservices@gmail.com for more info	Groups: Queer Clothing Swap (Drop-in) 1:00 P.M.- 4:00 P.M. See website for more info

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:

- ✓ Contact Foundry 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

