

January 19th – January 25th, 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: <i>No Primary Care Today</i></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 & Maureen | <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"> Jane, Maureen & Sandy | <p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> Maureen | <p>Drop-in Counselling: 2:00P.M.-6:00P.M.</p> <ul style="list-style-type: none"> Kat, Moira & Kareen | <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>Heartbeat (Registered) 6:30 P.M.-8:30 P.M. Contact pgheartbeat@gmail.com for more info</p> | <p>Groups: No Groups</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: Dialectical Behaviour Therapy for Caregivers (Registered) 5:00 P.M. - 6:00 P.M. See website for more info</p> <p>Shade Trans Social Group (Drop-in, ages 18+) 7:00 P.M. - 9:00 P.M. See website or contact accessiblecounselling@foundryprincegeorge.ca for more info</p> | <p>Groups: No Groups</p> | <p>Groups: Art-based self-expression with Peer Supporters (Drop-in) 3:00 P.M. - 5:00 P.M.</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:

- ✓ 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

