

February 16th – February 22nd, 2026

• F O U N D R Y •

PRINCE GEORGE



This week at Foundry

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed for Family Day	Drop-in Primary Care: 11:00 A.M.-5:00 P.M. Drop-in Counselling: 12:00P.M.-5:00P.M. • Jane & Maureen	Drop-in Primary Care: 11:00 A.M.-5:00 P.M. Drop-in Counselling: 12:00P.M.-6:30P.M • Maureen & Moira	Drop-in Primary Care: 11:00 A.M.-5:00 P.M. Drop-in Counselling: 12:00P.M.-5:00P.M. • Jane, Sandy & Maureen	Drop-in Primary Care: 11:00 A.M.-5:00 P.M. Drop-in Counselling: No counselling available today	Drop-in Primary Care: Closed	Drop-in Primary Care: Closed

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
Groups: Heartbeat (Registered) 6:30 P.M. - 8:30 P.M. Contact pgheartbeat@gmail.com for more info	Groups: No Groups	Groups: Workout group with Peer Supporter River (Drop-in, all ages) 1:00 P.M. - 3:00 P.M. See website for more info	Groups: No Groups	Groups: No Groups	Groups: Shade Trans Social Group (Drop-in, ages 18+) 2:30 P.M. - 4:30 P.M. See website or contact accessiblecounsellingservices@gmail.com for more info	Groups: Closed

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

