

# February 9<sup>th</sup> – February 15<sup>th</sup>, 2026

## 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> <i>Closed</i>	<b>Drop-in Primary Care:</b> <i>Closed</i>
<b>Drop-in Counselling:</b> 12:00P.M.-6:30P.M.	<b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.	<b>Drop-in Counselling:</b> 12:00P.M.-6:30P.M.	<b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.	<b>Drop-in Counselling:</b> <i>No drop-in counselling available today</i>	<b>Drop-in Counselling:</b> <i>Closed</i>	<b>Drop-in Counselling:</b> <i>Closed</i>
<ul style="list-style-type: none"> <li>Jane &amp; Kareen</li> </ul>	<ul style="list-style-type: none"> <li>Jane &amp; Maureen</li> </ul>	<ul style="list-style-type: none"> <li>Vanessa, Maureen &amp; Moira</li> </ul>	<ul style="list-style-type: none"> <li>Jane &amp; Maureen</li> </ul>			

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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<b>Groups:</b> Cultural Circle: Beading (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info	<b>Groups:</b> <b>No Groups</b>	<b>Groups:</b> Workout group with Peer Supporter River (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info	<b>Groups:</b> Shade Trans Social Group (Drop-in, all ages) 5:00 P.M. - 7:00 P.M. See website or contact <a href="mailto:accessiblecounselling@bc.ymca.ca">accessiblecounselling@bc.ymca.ca</a> for more info	<b>Groups:</b> <b>No Groups</b>	<b>Groups:</b> <b>No Groups</b>	<b>Groups:</b> Head on down to the Queer Clothing Swap @ Omineca Arts Centre 369 Victoria St. (Drop-in, all ages) 12:00 P.M. - 4:00 P.M. See <a href="http://nbcqueerconnection.com">nbcqueerconnection.com</a> 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](mailto:kristie.north@bc.ymca.ca)

### How to access Youth Peer Support:

- ✓ Contact 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)

