

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



## This week at Foundry

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> <i>12:00P.M.-6:30P.M.</i> • Jane & Karen	<b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M. • Jane & Maureen	<b>Drop-in Counselling:</b> <i>12:00P.M.-6:30P.M.</i> • Vanessa, Maureen & Moira	<b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M. • Jane & Maureen	<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>

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/](http://foundrybc.ca/princegeorge/)

### Contact Us

[foundryprincegeorge@bc.ymca.ca](mailto:foundryprincegeorge@bc.ymca.ca)  
 236-423-1571

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<b>Groups:</b> Cultural Circle: Beading <b>(Drop-in)</b> 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 <b>(Drop-in)</b> 1:00 P.M. - 3:00 P.M. See website for more info	<b>Groups:</b> Shade Trans Social Group <b>(Drop-in, all ages)</b> 5:00 P.M. - 7:00 P.M. See website or contact <a href="mailto:accessiblecounsellingservices@gmail.com">accessiblecounsellingservices@gmail.com</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 <i>369 Victoria St.</i> <b>(Drop-in, all ages)</b> 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)

