

FREE MENTAL HEALTH & WELLNESS SUPPORT

**Foundry Virtual BC is here
to support youth and
caregivers living
anywhere in BC!**



Services Available

- **Youth & Family Counselling (increased appointments available!)**
- **Youth & Caregiver Peer Support (increased appointments available!)**
- **Support Groups (Weekly Queer Cafe and Caregivers Support Group on Wednesdays through February and March 2026)**
- **Indigenous Wellness Services**
- **Physical & Sexual Healthcare**
- **Employment & Education Supports**

How to Access Free Virtual Services

- **Supports for youth ages 12-24 and their caregivers, living in BC**
- **Download the Foundry BC app and register for a youth or caregiver account**
- **Book an appointment for the same day or in advance with a service provider**
- **Need help accessing services? We are here to help!**

The only information we need is your name, date of birth and either a phone number or email. Reach out- we will help get you set up!

Services are available 7 days a week

Monday-Friday 10:00am-9:00pm

Saturday-Sunday 10:00am-6:00pm

**Book an appointment for the same day, or in advance.*

**Smartphones are not required to access virtual services. Connect with us and we will find a way to support you!*



• F O U N D R Y •

Questions? Email online@foundrybc.ca

call 1-833-308-6379 or visit www.foundrybc.ca/virtual