

## 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](mailto:online@foundrybc.ca)**

**call 1-833-308-6379 or visit [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)**