

# March 16<sup>th</sup> – March 22<sup>nd</sup>, 2026

## This week at Foundry



• F O U N D R Y •  
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.</p>	<p><b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.</p>	<p><b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.</p>	<p><b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.</p>	<p><b>Drop-in Primary Care:</b> 11:00 A.M.-5:00 P.M.</p>	<p><b>Drop-in Primary Care:</b> <b>Closed</b></p>	<p><b>Drop-in Primary Care:</b> <b>Closed</b></p>
<p><b>Drop-in Counselling:</b> 12:00P.M.-6:30P.M</p> <ul style="list-style-type: none"> <li>Jane &amp; Kareen</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> <li>Jane &amp; Maureen</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-6:30P.M</p> <ul style="list-style-type: none"> <li>Maureen &amp; Moira</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> <li>Jane, Sandy &amp; Maureen</li> </ul>	<p><b>Drop-in Counselling:</b> <b>No counselling available today</b></p>	<p><b>Drop-in Counselling:</b> <b>Closed</b></p>	<p><b>Drop-in Counselling:</b> <b>Closed</b></p>

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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<p><b>Groups:</b></p> <p>Heartbeat <b>(Registered)</b> 6:30 P.M. - 8:30 P.M. Contact <a href="mailto:pgheartbeat@gmail.com">pgheartbeat@gmail.com</a> for more info</p>	<p><b>Groups:</b></p> <p><b>No Groups</b></p>	<p><b>Groups:</b></p> <p>Workout group with Peer Supporter River <b>(Drop-in)</b> 1:00 P.M. - 3:00 P.M. See website for more info</p>	<p><b>Groups:</b></p> <p><b>No Groups</b></p>	<p><b>Groups:</b></p> <p><b>No Groups</b></p>	<p><b>Groups:</b></p> <p>Shade Trans Social Group 18+ <b>(Drop-in)</b> 1:00 P.M. - 3:00 P.M. See website or contact <a href="mailto:accessiblecounsellingservices@gmail.com">accessiblecounsellingservices@gmail.com</a> for more info</p>	<p><b>Groups:</b></p> <p><b>Closed</b></p>

### 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 Foundry or come to Foundry or YAP Monday-Friday

### How to access Housing Support:

- ✓ Contact Shane: 250-645-6090

