

# May 25<sup>th</sup> – May 31<sup>st</sup>, 2026

## This week at Foundry



**FOUNDRY**  
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>Kareen, Jane &amp; Elisa</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>Vanessa, 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; Elisa</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> <li>Maureen</li> </ul>	<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@ymcabc.ca  
236-423-1571



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## This week at Foundry



• F O U N D R Y •  
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Groups:</b></p> <p>Smart Recovery Family &amp; Friends <b>(Drop-in)</b> 5:00 P.M. - 6:30 P.M. @ Oasis PG- 1139-6<sup>th</sup> Ave See website for more info</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>Foundry Quilt making with Donna <b>(Drop-in)</b> 2:30 P.M. - 4:30 P.M. See website for more info</p>	<p><b>Groups:</b></p> <p>Dialectical Behaviour Therapy for Caregivers <b>(Registered)</b> 5:00 P.M. - 6:30 P.M. See website for more info</p> <p>Startup to Success <b>(Registered)</b> 6:00 P.M. - 8:00 P.M. See website for more info or contact MaryPaz at <a href="mailto:marypaz.michel@ymcab.ca">marypaz.michel@ymcab.ca</a></p>	<p><b>Groups:</b></p> <p><b>No Groups</b></p>	<p><b>Groups:</b></p> <p>WALK PG at Cottonwood Island Nature Park <b>(Drop-in)</b> 9:45 A.M. - 3:15 P.M. See <a href="http://www.wildabout.ca/walkpg-2025/">www.wildabout.ca/walkpg-2025/</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@ymcab.ca](mailto:kristie.north@ymcab.ca)

### How to access Youth Peer Support:

- ✓ Contact or call Foundry or YAP Monday-Friday

### How to access Housing Support:

- Contact Dan: 250-645-6090 or [dan.mcgee@ymcab.ca](mailto:dan.mcgee@ymcab.ca)

