

May 4th – May 10th, 2026

This week at Foundry



• F O U N D R Y •
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: 11:00 A.M.-5:00 P.M.</p>	<p>Drop-in Primary Care: Closed</p>	<p>Drop-in Primary Care: Closed</p>
<p>Drop-in Counselling: 12:00P.M.-6:30P.M</p> <ul style="list-style-type: none"> Jane & Kareen 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> Jane & Maureen 	<p>Drop-in Counselling: 12:00P.M.-6:30P.M</p> <ul style="list-style-type: none"> Vanessa, Maureen & Moira 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> Jane & Elisa 	<p>Drop-in Counselling: 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> Maureen & Elisa 	<p>Drop-in Counselling: Closed</p>	<p>Drop-in Counselling: Closed</p>

Planning ahead, please note- Foundry PG will be closed Monday May 11th and Friday May 15th, 2026

Visit us

1148 7th Avenue, Prince George
foundrybc.ca/princegeorge/

Contact Us

foundryprincegeorge@bc.ymca.ca
236-423-1571



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Groups:</p> <p>Beading Circle with Vanessa (Drop-in) 1:00 P.M. - 4:00 P.M. See website for more info</p> <p>Smart Recovery Family & Friends (Drop-in) 5:00 P.M. – 6:30 P.M. @ OASIS: 1139-6th Ave (right next door) See website for more info</p>	<p>Groups:</p> <p>No Groups</p>	<p>Groups:</p> <p>Foundry quilt square making with Donna (Drop-in) 2:30 P.M. - 4:30 P.M. See website for more info</p>	<p>Groups:</p> <p>Dialectical Behaviour Therapy for Caregivers (Registered) 5:00 P.M. - 6:30 P.M. See website for more info</p> <p>Startup to Success (Registered) 6:00 P.M. - 8:00 P.M. See website for more info or contact MaryPaz at marypaz.michel@bc.ymca.ca</p>	<p>Groups:</p> <p>No Groups</p>	<p>Groups:</p> <p>Shade Trans Social Group 18+ (Drop-in) 5:00 P.M. - 7:00 P.M. See website or contact accessiblecounselling@bc.ymca.ca for more info</p>	<p>Groups:</p> <p>Closed</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

How to access Youth Peer Support:

- ✓ Call or come down to Foundry or YAP Monday-Friday

How to access Housing Support:

- ✓ Contact Dan: 250-645-6090 or dan.mcgee@bc.ymca.ca

