

# June 22<sup>nd</sup> – June 28<sup>th</sup>, 2026

## This week at Foundry



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 &amp; Jane</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> <li>Jane, Maureen &amp; Elisa</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-6:30P.M</p> <ul style="list-style-type: none"> <li>Vanessa, Moira &amp; Maureen</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> <li>Jane</li> </ul>	<p><b>Drop-in Counselling:</b> 12:00P.M.-5:00P.M.</p> <ul style="list-style-type: none"> <li>Maureen &amp; Elisa</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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• F O U N D R Y •  
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Groups:</b>  Smart Recovery Family & Friends <b>(Drop-in)</b> 5:00 P.M.-6:30 P.M. @ Oasis PG- 1139-6th Ave	<b>Groups:</b>  <b>No Groups</b>	<b>Groups:</b>  CommuniTEA <b>(Drop-in)</b> 3:30 P.M.-5:00 P.M. For more info, please contact <a href="mailto:kareen.graham@ymcabca.ca">kareen.graham@ ymcabca.ca</a>	<b>Groups:</b>  Dialectical Behaviour Therapy <i>for Caregivers</i> <b>(Registered)</b> 5:00 P.M. - 6:30 P.M. See website for more info	<b>Groups:</b>  Behavioural Activation Group <b>(Registered, 18+)</b> 3:30 P.M.-5:00 P.M. For more info, please contact <a href="mailto:kareen.graham@ymcabca.ca">kareen.graham@ ymcabca.ca</a>	<b>Groups:</b>  Shade Trans Social Group <b>(Drop-in, 18+)</b> 7:00 P.M. - 9:00 P.M. See website or contact <a href="mailto:accessiblecounselling&lt;br/&gt;services@gmail.com">accessiblecounselling services@gmail.com</a> for more info	<b>Groups:</b>  <b>Closed</b>

### 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@ymcabca.ca](mailto:kristie.north@ymcabca.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@ymcabca.ca](mailto:dan.mcgee@ymcabca.ca)

