

• FOUNDRY •
PRINCE GEORGE

A stylized illustration of a red bear walking towards the left. The bear has a red body, a black collar with white vertical stripes, and a black patch on its back with three small black circles. It is walking on a light blue surface.

foundryprincegeorge@ymcab.ca
236-423-1571

August 3rd – August 9th, 2026

This week at Foundry



• F O U N D R Y •
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups: Closed for BC Day	Groups: No Group	Groups: Foundry for Community (Registered, ages 13-15) 1:00 P.M.-3:00 P.M. For more info, please contact marypaz.michel@ymcabca.ca CommuniTEA (Drop-in) 3:30 P.M.-5:00 P.M. For more info, please contact kareen.graham@ymcabca.ca	Groups: Circle of Security for <i>Caregivers</i> (Registered) 10:00 A.M. - 12:00 P.M. See website for more info	Groups: Foundry for Community (Registered, ages 13-15) 1:00 P.M.-3:00 P.M. For more info, please contact marypaz.michel@ymcabca.ca Nature Journaling with Sandy (Drop-in) 1:30 P.M. - 3:30 P.M. See website for more info	Groups: Shade Trans Social Group (Drop-in, ages 18+) 5:00 P.M. - 7:00 P.M. See website or contact accessiblecounselling@ymcabca.ca services@gmail.com for more info	Groups: Closed

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

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

