



WELCOME TO THE NEW FOUNDRY TERRACE!

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@FOUNDRY_TERRACE

Sneak Peak Reaching Our Goal, Changing Lives



Inside:

Purpose-built demonstration kitchen space at Foundry Terrace for learning and community programming

The vision behind the new Foundry Terrace space is to create a hub where youth can access care, build connections, and feel supported in every part of their wellbeing. The expanded facility helps turn that vision into reality by offering more room, more services, and more opportunities for engagement.

New at Foundry: Youth Short Term Assessment and Response (Y Star)

Youth Substance Use Program is now available through Northern Health. This service provides youth with confidential substance use support, harm reduction, recovery planning, and connections to community resources.

Welcome to the first edition of our Foundry Terrace newsletter. Every day, young people walk through our doors looking for support, connection, and hope. This newsletter shares the stories, partnerships, and impacts that make our community stronger. Together, we are creating a space where young people feel seen, heard, and supported.

DID YOU KNOW FOUNDRY OFFERS ALL THIS?

- DROP IN COUNSELLING
- SUBSTANCE-USE SUPPORT
- PHYSICAL AND SEXUAL HEALTH SERVICES
- PEER SUPPORT
- WORK AND EDUCATION SUPPORT
- FAMILY AND COMMUNITY SERVICES
- CULTURAL WELLNESS

Stronger Together

Foundry Terrace works alongside local organizations, schools, Indigenous partners, healthcare providers, and community agencies to ensure youth can access support when they need it. Together, we are building a network of care that reaches beyond our walls.

FOUNDRY NEW CENTRE

A New Beginning

Foundry BC opened a new permanent location in May 2026. The new centre is about 7,500 square feet, significantly larger and purpose-built for youth services.

Why Everyone Is Talking About Foundry Terrace's New Space?

- More rooms for counselling and primary health care
- Group and recreation spaces
- A demonstration kitchen
- Medical assessment rooms
- Flexible programming areas
- Self-care amenities such as a shower and laundry facilities
- Improved accessibility and welcoming spaces for youth and families



Foundry's vision is to transform access to services for young people ages 12–24 in BC

On-Going Services

DROP-IN COUNSELLING

10AM–5:30PM DAILY

SEXUAL HEALTH NURSE

1–4PM WEDNESDAY

WORK & EDUCATION

10AM–5:30PM DAILY

PEER SUPPORT

10AM–5:30PM DAILY

REMINDER:

CLIENTS MAY ONLY BOOK WITH PEER SUPPORT
ONCE PER WEEK

Youth Programming at Foundry

Wellness Activities

Dungeons & Dragons
(preregistration
required)
Magic: The Gathering
Movie Night
General Centre
Space drop-in

Creative Programs

Chalk Art
Keychain Making
Clay Monsters
Button Making

Games & Social

Millennial Trail walk
Sports Day

Community & Connection

Queer Cafe'
Youth advisory
committee (YAC)

Foundry Terrace's Drop-in Counsellor, provide evidence-based counselling services, such as Solution-Focused Brief Therapy (SFBT), Cognitive Behavioural Therapy (CBT) and Motivational Interviewing (MI). These are offered through both scheduled sessions and drop-in.

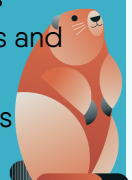


PEER SUPPORT: THE POWER OF SHARED EXPERIENCE

At Foundry, Peer Support is about connecting with someone who understands that life can be challenging. Peer Support Workers use their own lived experience with mental health, substance use, or other life challenges to provide encouragement, understanding, and hope.

Peer Support offers a safe, welcoming space where youth can:

- Talk openly without judgment
- Build confidence and coping skills
- Feel less alone in their experiences
- Connect with community resources and services
- Set and work toward personal goals



COMING TO FOUNDRY HELPED ME BETTER UNDERSTAND MY GENDER IDENTITY. I ALWAYS FELT SUPPORTED, RESPECTED, AND COMFORTABLE BEING MYSELF."



What does Work & Education do?



Looking for a job, Planning your education or exploring your career options? Our work education team is here to help!

We offer support with:

- Resume and cover letter writing
- Job searches and interview preparation
- Education and career planning ,Wage subsidies, apply for scholarship and bursaries and more support related to facilitate work and education

Applications for post -secondary programs, Scholarships and training .

Whether you're starting your first job or planning your future, we're here to help you achieve your goals.

Sucess Story

Work& Education story line Celebrating youth sucess

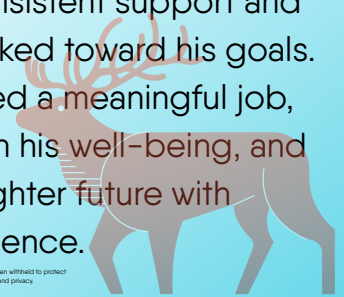
Every month, we're proud to recognize the accomplishments of youth participating in our Work & Education program. Whether it's landing a first job, returning to school, completing a certification, or reaching a personal goal, every success is worth celebrating.

One Youth's Journey

When one young person came to Foundry, he was struggling with mental health challenges, substance use, and a history of self-harm. He felt stuck in a low-paying job with few hours, had no clear goals, and was unhappy with his life.

Through regular meetings, we listened to his concerns, helped him create a resume and job plan, and connected him with counselling. With consistent support and determination, he worked toward his goals.

Today, he has secured a meaningful job, continues to focus on his well-being, and is building a brighter future with confidence.



The youth's identity has been withheld to protect confidentiality and privacy.



YOUTH VOICE

What Foundry Means to Me

"Joining Foundry groups helped me meet new people and try activities I never thought I'd enjoy. It's become a place where I feel welcome." — Shared with permission

Looking for your next great read? Here are a few books recommended by youth readers! Suggested by youth book reader!



Blink: by Malcolm Gladwell
Dear life, you suck: by CLare Mackintosh

COMMUNITY PARTNERSHIPS

- Northern Health
- Ministry of Child and Family Development
- Work BC
- Ministry of Social Development and Poverty Reduction
- Coast Mountain School District No. 82
- Parkside Secondary School
- Caledonia Secondary school
- Skeena Middle School



Stay Connected

Thank you for being part of the Foundry community! We look forward to seeing you at our upcoming programs and supporting you in your wellness, education, employment, and personal goals. To learn more about our services or register for upcoming programs, contact our team or drop by the centre.

Get Involved

Interested in making a difference? Join our Youth Advisory Committee (YAC), volunteer at events, or participate in our weekly groups. We'd love to hear your ideas and help you connect with your community.

Have a story or artwork you'd like featured in our next newsletter? Let us know!