

**• FOUNDRY •**  
PRINCE GEORGE

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

# August 3<sup>rd</sup> – August 9<sup>th</sup>, 2026

## This week at Foundry



• F O U N D R Y •  
PRINCE GEORGE

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

