

October 12th – October 18th, 2026

This week at Foundry



• F O U N D R Y •
PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed For Thanksgiving	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: 11:00 A.M.-5:00 P.M.	Drop-in Primary Care: Closed	Drop-in Primary Care: Closed
	Drop-in Counselling: 12:00 P.M.-5:00 P.M. Jane	Drop-in Counselling: 3:30 P.M.-6:30 P.M. Moir	Drop-in Counselling: 12:00 P.M.-5:00 P.M. Sandy, Jane & Elisa	Drop-in Counselling: 12:00 P.M.-5:00 P.M. No Drop-In Counselling Today	Drop-in Counselling: Closed	Drop-in Counselling: Closed
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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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups: Closed For Thanksgiving	Groups: Dungeons & Dragons (Registered) 4:15 P.M. – 6:15 P.M. Contact foundryprincegeorge@ymcabc.ca for more info	Groups: CommuniTEA (Drop-in) 3:30 P.M.-5:00 P.M. For more info, please contact kareen.graham@ymcabc.ca	Groups: Dialectical Behaviour Therapy for Youth (Registered) 4:00 P.M. - 5:30 P.M. See website for more info	Groups: No Group	Groups: Queer Binder Making (Registered) 9:00 A.M. - 4:30 P.M. Contact creativecloset@nbcqueerconnection.com for more info A few last-minute spots still available!	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@ymcabc.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@ymcabc.ca

