

November 3rd to 8th, 2025

This week at Foundry



• F O U N D R Y •

PRINCE GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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: 11:00 A.M. - 5:00 P.M.	Drop-in Sexual Health Clinic: 2:00 P.M. - 6:00 P.M.
Drop-in Counselling: 12:00 P.M. - 6:30 P.M. - Emily (by phone or video) - Jane	Drop-in Counselling: 12:00 P.M. - 5:00 P.M. Danielle & Kareen	Drop-in Counselling: 12:00 P.M. - 6:30 P.M. - Emily (by phone or video) - Kat, Moira, Kareen & Danielle	Drop-in Counselling: 12:00 P.M. - 5:00 P.M. Sandy	Drop-in Counselling: 12:00 P.M. - 5:00 P.M. Jane, Danielle & Kat	Drop-in Counselling: 2:00 P.M. - 6:00 P.M. Moira & Danielle

Primary care services at Foundry Prince George include Registered Nurse Prescriber, Nurse Practitioner, and/or Physician time slots.



Visit us

1148 7th Avenue, Prince George
foundrybc.ca/princegeorge/

Contact Us

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Groups: Dialectical Behaviour Therapy for <i>Youth</i> (Registered) 4:00 P.M. - 5:30 P.M. See website for more info	Groups: Dialectical Behaviour Therapy for <i>Caregivers</i> (Registered) 5:00 P.M. - 6:00 P.M. See website for more info Smart Recovery Family & Friends (Drop-In, ages 18+) 5:00 P.M. - 6:30 P.M. @the Prince George Public Library See website for more info	Groups: Workout with River (Drop-in) 1:00 P.M. - 3:00 P.M. See website for more info Bereavement Support for Traumatic Loss (Registered) 6:00 P.M. - 8:00 P.M. Contact pgbereavement@gmail.com for more info	Groups: Emotion Focused Family Therapy for <i>Caregivers</i> (Registered) 9:30 A.M. - 4:00 P.M. See website for more info	Groups: Circle of Security for <i>Caregivers</i> (Registered) 9:30 A.M. - 11:00 A.M. See website for more info	Groups: Cookie decorating (Drop-in) 2:00 P.M. - 6:00 P.M.
How to access primary care at Foundry Prince George: ✓ Offered on a first-come, first-serve basis on the same day of need. No pre-booking. ✓ Due to high demand and a shortage of providers in the community, walk-in services at Foundry PG fills up very quickly. Those who present in person at 11:00am will be booked prior to taking phone calls. ✓ 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@bc.ymca.ca How to access Youth Peer Support: ✓ Call or come down to Foundry or YAP Monday-Friday How to access Housing Support: ✓ Contact Shane: 250-645-6090		

