



“I finally feel like I’m not alone. I feel heard, and supported when I speak with a family peer supporter because they “get it” and I don’t have to feel ashamed or alone in my struggles with my child. It is so freeing to speak with someone here. Thank you.”

Foundry Virtual BC Supports for Caregivers

Support for your youth and for you

Foundry offers free drop-in and scheduled counselling & peer support, primary care, employment support and groups for youth ages 12-24 across British Columbia.

In addition to support for young people, caregivers of youth ages 12-24 can also access counselling, family peer support, and groups!

All services offered are free and confidential. We offer video, audio, and chat options. No referrals are required.

“Supporting a loved one can be challenging– you don’t have to go through it alone”

– Foundry Family Peer Supporter

To register and make an appointment, download the Foundry BC App.

Visit foundrybc.ca/virtual to learn more. If you don’t have internet access you can contact us at **1-833-308-6379** or email online@foundrybc.ca

Hours: 7 days/week
1:00pm–9:00pm



• **FOUNDRY** •
WHERE WELLNESS TAKES SHAPE