

• FOUNDRY •

To support youth in living a good life.



04 February 2023

· F O U N D R Y ·
ABBOTSFORD

- Foundry offers services for youth ages 12-24
- Safe, confidential, and non-judgemental space
- All services and programs are free.
- Youth can come with or without a caregiver



Same Day Counselling

Come once or as often as needed

Online booking system for same day appointment

In person, phone, or video call appointments

You can request the same counsellor or see someone new!

Some reasons people come to talk to our counselors:

- School or work stress
- Negative thoughts
- Breaking up with a romantic partner
- Bullying
- Peer Pressure
- Fear of failure
- Self Harm
- Body Image/dysmorphia
- Pressure from parents or friends
- Sleep problems
- Procrastination/low motivation
- Reckless behavior
- Stress

Service Navigation

Available during our clinic and counselling hours

Staff available for walk in or appointments to support youth and caregivers in navigating the mental health systems

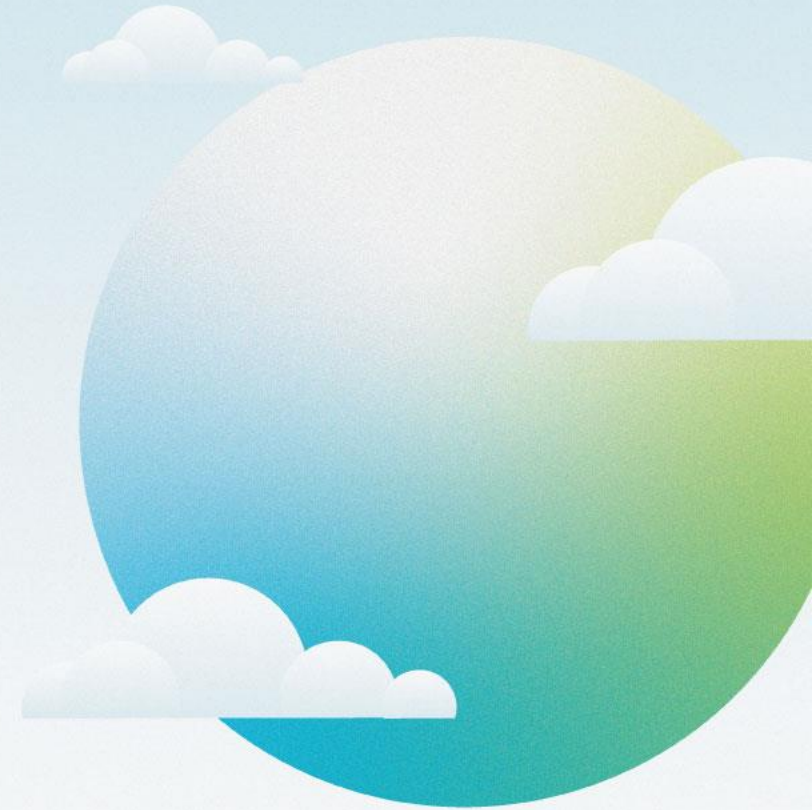
This may include:

- Information on Foundry Services
- Providing resources for other community services
- Supporting with referrals



Youth Clinic

- Available to all youth ages 12-24
- Doctors and Nurse Practitioners
- By appointment for first time
- Supporting with mental health assessment, medication, and referrals as needed.
- Does the youth have a family doctor?
 - Assessment, treatment, and psychiatrist referrals can all be done by family doctors



Youth Peer Support

- Young people with lived experiences accessing mental health and/or substance use services
- Offer social and emotional support as someone who has "been there"
 - 1:1 Mentorship
 - Support accessing and navigating services
 - Goal setting
 - Support with appointments on and off site



Wellness Groups

Wellness and life skills groups for youth ages 16-24

Connect with other youth with similar experiences

- Life Hacks
- Activate
- Healthy by Nature
- Fraser Valley Youth Society

Life Hacks

This program is offered weekly for youth ages 16-24. Open to youth who are accessing or who have accessed Ministry/In-Care services, mental health services, or substance use services. All the sessions are free!

Registration required

Text Michaelya at 778-809-4410 or message Foundry Abbotsford on Instagram

March 2023

Thursday, March 2
3:30-5:30pm
Board Game Night

Thursday, March 9
3:30-5:30pm
Meal Prepping

Thursday, March 16
3:30-5:30pm
Skating at MRC

Thursday, March 23
3:30-5:30pm
Income Tax Workshop

Thursday, March 31
3:30-5:30pm
Community Cleanup



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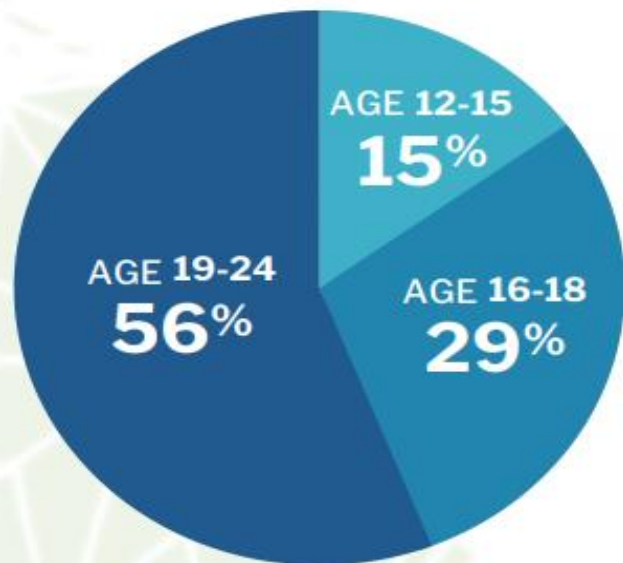
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2,116 

UNIQUE YOUTH VISITED
FOUNDRY DURING THE
YEAR. **1,108** OF THEM
ARE NEW!



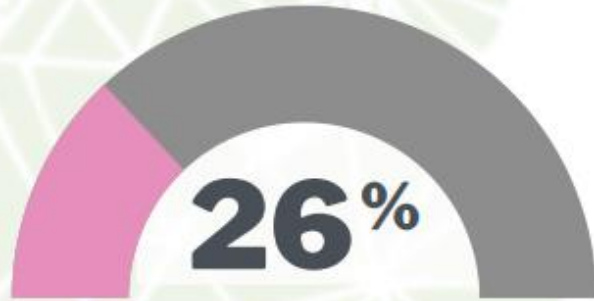
OF YOUTH WHO REPORTED
HIGH OR VERY HIGH **DISTRESS**
WHEN THEY CAME IN.



16,258 

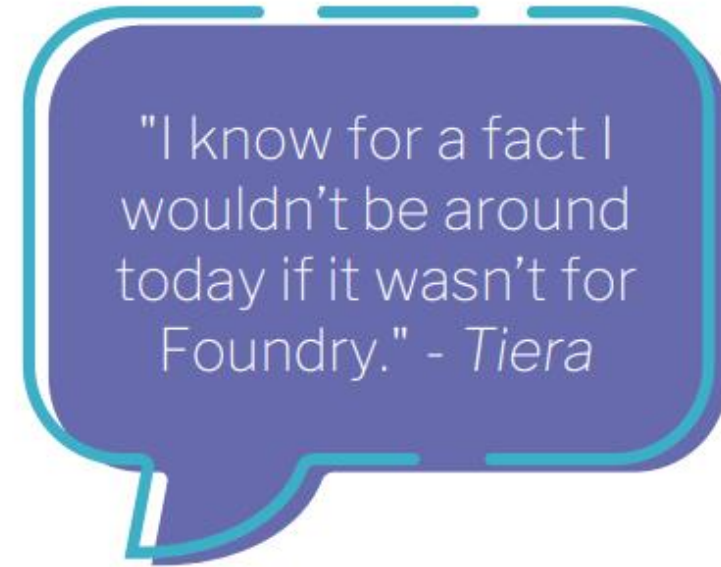
SERVICES WERE ACCESSED
WITH **8,417** VISITS

This speaks to the integration and the need as youth are accessing clearly more than one service during a visit.



OF YOUTH SAID THEY
**WOULDN'T HAVE
GOTTEN HELP**
IF THERE WAS NO
FOUNDRY CENTRE

The numbers reported are current and recorded over one year from April 2021 to March 2022.



"I know for a fact I
wouldn't be around
today if it wasn't for
Foundry." - *Tiera*

Youth Experience Feedback

93% of youth responded

- Feeling more able to manage their current situation or health condition because of contact with Foundry
- It was easy to get help at Foundry
- Services together makes it easier to get what they need help with
- Felt safe at Foundry



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Thank You

604-746-3392

foundrybc.ca/Abbotsford



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