



Prince George Youth Services

To better support youth and young
adults who use substances

· F O U N D R Y ·
PRINCE GEORGE
WHERE WELLNESS TAKES SHAPE

 **YMCA of
Northern BC**

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Primary Care Services

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Blue Pine Primary Care Clinic 102-1302 7th Ave, Prince George P: 250-596-8100 F: 250-596-8101 bluepineclinic.ca	Offers diverse services to those who do not have a family doctor. Team of physicians, nurse practitioners, a mental health clinician and a social worker. Offers gender affirming treatment.	Free	No age limits	Mon–Fri 8:30am–4:30pm	No
Carrier Sekani Family Services— Prince George Yu Be-yah Clinic 987 4th Ave, Prince George P: 250-562-3591 or 250-564-5414 (direct line) F: 1-888-690-9894 E: jsanford@csfs.org csfs.org/services/primary-care	Offers primary care for those who do not have a family doctor. Team of family nurse practitioners. <i>For Indigenous Peoples living in Prince George.</i>	Free	No age limits	Mon–Fri 8:30am–4:30pm	Yes
Central Interior Health Society 265 George St, Prince George P: 250-564-4422 F: 250-564-8900 E: info@cinhs.org cinhs.org	Utilizes a holistic approach to care to address the spiritual, mental, emotional and physical aspects of their wellbeing. <i>For Indigenous Peoples, individuals living in poverty and at-risk youth.</i>	Free	No age limits	Mon, Tues, Thurs, Fri 8:30am–4:30pm Wed 1pm–4pm	No
Foundry Prince George 1148 7th Ave, Prince George P: 236-423-1571 foundrybc.ca/princegeorge	Offers primary care, mental health, substance use, peer support and social services.	Free	12–24	Mon–Fri 11am–5pm	No

Mental Health Services

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Carrier Sekani Family Services — Health & Wellness Counselling Program 301-1705 3rd Ave, Prince George P: 250-564-4079 F: 250-561-7097 E: gordon@csfs.org csfs.org/services/health-and-wellness-counselling-program	Offers counselling services by integrating traditional practices for children, youth and adults.	Free	6–19 & families	Mon–Fri 8:30am–4:30pm	Yes (form)
Nanki Nezulne (Our Two Spirits) LGBTQ2+ Health & Wellness Services 987 4th Ave, Prince George P: 778-349-1448 E: bcwakefield@csfs.org lgbtq2.csfs.org	Provides outreach support, individual and group counselling, LGBTQ2+ education. <i>For individuals who identify as Indigenous and LGBTQ2+ or questioning their gender and/or sexual identities, families and allies.</i>	Free	18+	Mon–Fri 8:30am–4:30pm	Self-referrals accepted
Central Interior Native Health Society 265 George St, Prince George P: 250-564-4422 F: 250-564-8900 E: info@cinhs.org cinhs.org	Utilizes a holistic approach to care to address the spiritual, mental, emotional and physical aspects of their wellbeing. <i>For Indigenous Peoples, individuals living in poverty and at-risk youth.</i>	Free	No age limits	Mon, Tues, Thurs, Fri 8:30am–4:30pm Wed 1pm–4pm	No
Canadian Mental Health Association (CMHA) Northern BC — Youth Programs 1152 3rd Ave, Prince George P: 250-564-8644 northernbc.cmha.ca/types-programs-services/youth	Offers programs for youth who are struggling with mental health and/or substance use, including life skills programs, post-secondary bursary programs and recreational programs.	Free	18 and under	Mon–Fri 10am–4pm	Self-referrals accepted
Edgewood Online — Individual Counselling & Group Therapy P: 1-866-639-4612 ehnonline.ca	Offers online individual counselling and specialized group therapy.	Price varies based on service	No age limits	Online	Self-referrals accepted
Foundry Prince George 1148 7th Ave, Prince George P: 236-423-1571 foundrybc.ca/princegeorge	Offers counselling, peer support and psychiatric services.	Free	12–24	Mon–Fri 11am–5pm	No
Intersect Youth & Family Services 1294 3rd Ave, Prince George P: 250-562-6639 F: 250-562-4692 intersect.bc.ca	Offers specialized assessments, referrals, counselling and outreach.	Free	0–18	Mon–Fri 9am–5pm By appointment	Self-referrals accepted

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Prince George Native Friendship Centre—Aboriginal Child & Youth Wellness Program 1600 3rd Ave, Prince George P: 250-564-4324 F: 250-614-7782 pgnfc.com/programs_services	Offers counselling, psychiatry, groups and workshops integrating culture, teachings and cultural opportunities.	Free counselling and groups Additional cost for workshops	13–35	Mon–Fri 8:30am–4:30pm	Yes
Prince George New Hope Society (Women Only) 1046 4th Ave, Prince George P: 250-562-8680 F: 250-562-8685 E: jan_newhope@hotmail.com princegeorgenewhopesociety.ca	Offers workshops/programs on healing and empowerment, self-esteem, grief and loss. <i>For marginalized women and sex workers.</i>	Free	No age limits	Mon–Thurs 9am–3:30pm	No
Prince George Youth Community Outpatient Team 1148 7th Ave, Prince George P: 250-649-7479	Offers assessment, counselling and case management for youth with mental health and substance use concerns.	Free	12–18	Mon–Fri 10am–4pm	Self-referrals accepted
YMCA Mindfulness Programs 1148 7th Ave, Prince George P: 236-423-1571 nbc.ymca.ca/youth-services/y-mind	Offers groups for those with mild to moderate anxiety to help manage worry and stress.	Free	13–30	Fluctuating class hours	No
Youth Around Prince 1160 7th Ave, Prince George P: 250-645-3983 FB: @YouthAroundPrince youtharoundprince.org	Offers counselling and peer support services.	Free	13–24	Mon–Fri 8:30am–4:30pm	No

Harm Reduction Supplies

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Foundry Prince George 1148 7th Ave, Prince George P: 236-423-1571 foundrybc.ca/princegeorge	Offers free naloxone kits, free condoms, STI testing and treatment, low-cost birth control, emergency contraception, pregnancy test and counselling, Pap testing, PrEP and wart treatment.	Free	12–24	Mon–Fri 11am–5pm	No
Northern Health Authority— Prince George AIDS Outreach Program/Mobile Wellness Van 1108 3rd Ave, Prince George P: 250-960-9777	Provides street outreach, harm reduction supplies (needle exchange, injection equipment, condoms, safer sex items), testing and treatment, education and referrals.	Free	No age limits	Mon–Sat 7pm–11pm	No
Pharmacies in Prince George	Offer free naloxone kits.	Free	No age limits	Varies	No
Prince George Options for Sexual Health Clinic 1444 Edmonton St, 2nd Floor, Prince George P: 250-565-7381 (booking) P: 250-565-7477 (information)	Offers STI testing and treatment, HIV testing, birth control, emergency contraception, pregnancy test and counselling, free condoms, Pap testing and immunizations.	Free	25 and under	Thursday 3pm–5:30pm	No
Prince George New Hope Society 1046 4th Ave, Prince George P: 250-562-8680 F: 250-562-8685 E: jan_newhope@hotmail.com princegeorgenewhopesociety.ca	<p>Offers harm reduction materials and information, naloxone kits, sex worker safety kits, STI testing and bad date and missing women reports.</p> <p>Provides workshops/programs on safety for sex workers, harm reduction strategies, overdose response training, human trafficking and sexual exploitation information.</p> <p><i>For marginalized women and sex workers.</i></p>	Free	No age limits	Mon–Thurs 9am–3:30pm	No

Supervised Consumption Sites

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Prince George AIDS Prevention & Needle Exchange Program— Overdose Prevention Site 1108 3rd Ave, Prince George P: 250-564-1727	Offers emergency response to drug overdose and injection site that is monitored by trained professionals equipped with naloxone. Fentanyl strips available. May offer substance use referrals.	Free	No age limits	Mon–Sat 1pm–6pm	No
The Pounds Project— Two Doors Down 1126 3rd Ave, Prince George P: 778-349-3349 E: thepoundsproject@gmail.com FB: @thepoundsproject	Supervised consumption site.	Free	No age limits	Tues–Sun 6am–11am 6pm–11pm	No

Opioid Agonist Treatment (OAT)

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Central Interior Native Health Society P: 250-564-4422	Day clinic that can administer methadone or suboxone. Available to Indigenous youth at risk of living on or close to the street or anyone struggling with drugs and/or alcohol.	Free	19+	Monday, Tuesday, Thursday, and Friday 8:30am–4pm Wednesday 1pm–4pm	No
Foundry Prince George 1148 7th Ave, Prince George P: 236-423-1571 foundrybc.ca/princegeorge	Prescribes methadone or suboxone.	Free	12–24	Mon–Fri 11am–5pm	No
Northern Health Authority— Opioid Agonist Treatment (OAT) Clinic 1308 Alward St, Prince George P: 250-565-2175 (detox) or 250-565-2100 (Nechako)	Prescribes methadone or suboxone, walk-in as long as the doctor is in, but appointments are welcome.	Free	19+ (will take 17 or 18 on a case-by-case basis)	Mon–Fri 8:30am–3:30pm	No

Addiction Treatment Program

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Northern Health Authority— Intensive Case Management Team 201-1705 3rd Ave, Prince George P: 250-565-5525 F: 250-565-2633	Offers substance use counselling, treatment access, housing support, life skills building and referrals to community resources. <i>For individuals impacted by substance use and/or mental health issues, and complex challenges related to health, housing, poverty and accessing health and social services.</i>	Free	19+	By appointment	Yes
Prince George New Hope Society —Wellbriety 1046 4th Ave, Prince George P: 250-562-8680 F: 250-562-8685 E: jan_newhope@hotmail.com wellbriety.com	12-step substance use recovery program informed by Indigenous teachings.	Free	No age limits	Tuesday 2pm–3:30pm	No

Residential Treatment Centres (Youth)

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Nechako Youth Treatment Program (NYTP) 1308 Alward St, Prince George P: 250-565-2881 F: 250-565-2883	Provides inpatient mental health assessment and substance use management, detox and treatment for youth. Services include individual, family and group support. 7 beds available. Length of stay depends on the individual. <i>Accepts clients on OAT.</i>	Free	13–18	Mon–Fri 9am–4pm	Self-referrals accepted

Residential Treatment Centres (19+)

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Adult Addiction Day Treatment Program 1308 Alward St, Prince George P: 250-565-2387 F: 250-565-2106	Provides adult addiction services, individual and group therapy, life skills training, psychosocial rehabilitation, family and community care management, education and recreational activities. <i>Accepts clients on OAT.</i>	Free	19+	Mon–Fri 9am–3pm	Self-referrals accepted
Iris House 1111 Lethbridge St, Prince George P: 250-645-6052	Program length depends on the individual; offers individualized treatment including mental health, group therapy and life skills. <i>Accepts clients on OAT.</i>	Varies based on program length	19+	Length varies	Yes
St Patrick's House Society 1735 Yew St, Prince George P: 250-564-5530 E: stpats_ed@telus.net	Halfway house for adult males. <i>Accepts clients on OAT.</i>	Free	19+	Mon–Fri 8am–4pm	Yes

Surrounding Area — Residential Treatment Centres

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Nenqayni Wellness Centre — Youth Program 4802 Cariboo Hwy 97 N, Williams Lake P: 250-989-0301 F: 250-989-0307 E: sbusch@nenqayni.com nenqayni.com	7–8-week program that includes workshops, cultural ceremonies, life skill programs, recreation activities, land-based learnings and school programs. <i>For all Indigenous youth. Please note, this program requires a full detox and does not take clients on OAT.</i>	Free	13–18	Residential program	Yes
Nenqayni Wellness Centre — Adult Program 4802 Cariboo Hwy 97 N, Williams Lake P: 250-989-0301 ext. 206 F: 250-989-0307 E: jevans@nenqayni.com nenqayni.com	7–8-week program that includes cultural ceremonies, group sessions, physical activities, meals, accommodations and school/daycare. <i>For all Indigenous Peoples. Please note, this program requires a full detox and does not take clients on OAT.</i>	Free	19+	Residential program	Yes
Carrier Sekani Family Services — Addiction Recovery Program Vanderhoof Office 240 West Stewart Street, Vanderhoof, BC VOJ 3A0 P: 250-567-2900 or 1-866-567-2333 F: 250-567-2900 E: arp@csfs.org csfs.org/services/addictions-recovery-program	Utilizes a holistic approach that promotes a cultural lifestyle free from addiction. <i>For all Indigenous Peoples. Accepts clients on OAT.</i> Held in Vanderhoof from May to October. Travel to communities by request from November to April.	Free	19+	1–2 week residential programs	Yes

Basic Needs Services (e.g., shelter, housing support, financial support, life skills)

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Carrier Sekani Family Services— Bridging to Employment 1145 2nd Ave, Prince George P: 250-563-5530 F: 250-562-2272 csfs.org/services/bridging-to-employment	9-week program to help with resumes, cover letters, interview skills, public speaking, self-esteem, money management, job placements, training opportunities, etc.	Free	16+	Mon–Fri 8:30am–4:30pm	No
Prince George Native Friendship Centre—Reconnect Youth Village 171 George Street, Prince George P: 250-562-2538 F: 250-614-7728 E: kjmaes@pgnfc.com pgnfc.com/programs_services	Offers shelter, meals, showers, laundry, outreach services, rides, life skills, family support, relationship opportunities, counselling, advocacy and referrals.	Free	Under 19	7 days/week	No
Prince George New Hope Society 1046 4th Ave, Prince George P: 250-562-8680 F: 250-562-8685 E: jan_newhope@hotmail.com princegeorgenewhopesociety.ca	Offers shelter (day), meals, bathrooms and personal hygiene materials, free clothing, lockers and referrals to community services. <i>For marginalized women and sex workers.</i>	Free	No age limits	Mon–Thurs 9am–3:30pm	No
YMCA Housing Support & Outreach Program P: 250-640-6090 E: alexis.payne@nbc.ymca.ca nbc.ymca.ca/youth-services/housingsupport	Offers housing search support and coaching, financial help, furniture, move-in groceries, supplies and social activities that support housing.	Free	12–24	Mon–Fri 8:30am–4:30pm	No
YMCA Youth Works Employment Program P: 250-640-4574 E: brigitte.claire@nbc.ymca.ca nbc.ymca.ca/youth-services/youth-works-employment-program	Offers help with resumes, cover letters, interview skills, mentorship and placement support.	Free	17–29	Mon–Fri 8:30am–4:30pm <i>Schedule varies</i>	No
Youth Around Prince 1160 7th Ave, Prince George P: 250-645-3983 FB: @YouthAroundPrince youtharoundprince.org	Offers shelter, showers, laundry and life skills training.	Free	13–24	Mon–Fri 8:30am–4:30pm	No

Youth Recreational Services

Organization/Program Name	Program Details	Cost	Age Eligibility	Hours	Referral Needed
Carrier Sekani Family Services— Youth Programs 1575 2nd Ave, Prince George P: 250-564-5643 E: walktall@csfs.org csfs.org/services/youth-services	Offers after-school programs, culture camps, elder youth mentorship programs and cultural engagement programs.	Free	8–24	By appointment (varies)	Yes
Nanki Nezulne (Our Two Spirits) LGBTQ2+ Health & Wellness Services 987 4th Ave, Prince George P: 778-349-1448 E: hbrazzoni@csfs.org lgbtq2.csfs.org	Offers community engagement that encourages inclusivity and acceptance of LGBTQ2+ individuals, virtual events, activities and celebrations. <i>For individuals who identify as Indigenous and LGBTQ2+ or questioning their gender and/or sexual identities, families, and allies.</i>	Free	18+	Mon–Fri 8:30am–4:30pm	No
YMCA Community Action Network E: meg.miners@nbc.ymca.ca ymcagta.org/youth-programs/action	Offers programs for youth to develop new skills, build connections and make a difference in the community.	Free	15–30	By appointment (email)	No
Youth Around Prince 1160 7th Ave, Prince George P: 250-645-3983 FB: @YouthAroundPrince youtharoundprince.org	Offers recreational activities for youth.	Free	13–24	Mon–Fri 8:30am–4:30pm	No

Crisis Lines

- [Youth Space](#): An online crisis and emotional support chat.
» P: 778-783-0177 (text)
- [Northern BC Crisis Line](#)
» P: 1-888-562-1214 or 250-563-1214
- [Youth Support Chat](#)
» P: 1-888-564-8336 or 250-564-8336 (text)
- [KUU-US Aboriginal Crisis Line](#)
» P: 1-800-588-8717

Applications

- [Lifeguard App](#): A free digital tool that connects emergency responders automatically to people who are alone and may have unintentionally overdosed
- [Foundry Virtual App](#): Offers virtual services for youth ages 12–24 and parents/caregivers, including virtual counselling, peer support and youth or caregiver groups

Websites

Harm Reduction Information:

- [Foundry – Harm Reduction Tip Sheet](#)
- [Toward the Heart – Naloxone Training](#)
- [Toward the Heart – Safer Sex and Drug Use](#): Videos, tips and printable handouts on safer smoking and safer injecting practices

Substance Use Information:

- [Foundry – Substance Use Information](#)
- [Erowid](#): Information about substances, including dosage
- [Alcohol & Drug Foundation – Drug Wheel](#)

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