

Counselling at Foundry

Foundry offers free, confidential counselling for youth ages 12 to 24. You don't need a referral – just reach out or drop in. Our trained counsellors provide a safe space to talk, reflect, and find practical ways to move through challenges.

What We Offer

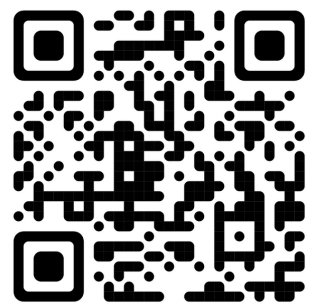
- **Drop-in sessions** for same day support when you need to talk right away.
- **Ongoing counselling** for short term support to help you work toward your goals.

What Drop-In Counselling Looks Like

Drop in counselling at Foundry uses Solution Focused Brief Therapy, a goal-oriented approach that focuses on your strengths and what's possible. When you arrive, check in to see the next available counsellor. Each session lasts about 50 minutes, giving you time to talk about whatever is on your mind. Come for a single session at a time and return whenever you need more support.

How to Access Counselling

- **Download the Foundry BC App** to book
- **Drop in** during counselling hours to see a counsellor the same day.
- **Call us** to ask questions or find out current drop in times.



**Scan to download
the Foundry BC App**

