



• F O U N D R Y •

WHERE WELLNESS TAKES SHAPE

Jan 10th, 2025

Foundry Surrey Update

This newsletter is emailed to members of the Foundry Surrey community and Leadership Tables including the Executive Leadership Table, Community Leadership Table, Operations Working Group, Service Stream Working Groups, Youth Engagement Leadership Table (YELT) and the Family Engagement Leadership Table (FELT) to keep our community up to date as we work together in planning and developing Foundry Surrey.

Overview



Site

- We are excited to share that **demolition** at Foundry Surrey has officially begun! This marks a major step forward in our journey, and we are incredibly grateful for the support we have received along the way. Stay tuned for more updates as **construction progresses**, and we cannot wait to welcome everyone to Foundry Surrey soon!





- On **October 30th** and **December 2nd**, Foundry Surrey hosted its latest site engagement event, bringing together youth and family leaders, which proved to be a great success. Foundry Central Office led participants through the final touches of the site plan. Youth and family leaders had the opportunity to select **glazing, artwork**, and contribute to their **community connection wall**. This event marked an important milestone in finalizing our site plans and moving forward with construction! We are deeply **grateful** to the **youth** and **family leaders** for their invaluable input and support

Philanthropy

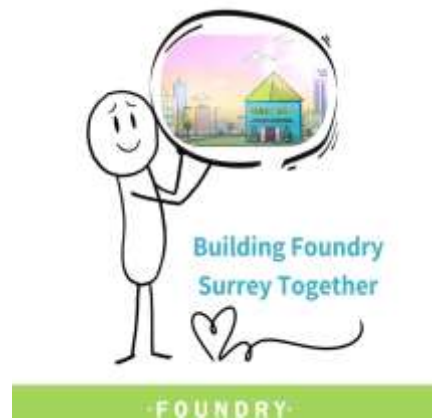
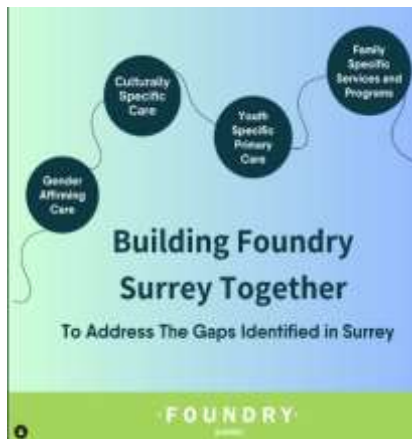
- We are excited to share that Foundry Surrey has received a generous **\$25,000** donation from **Envision Financial!** This incredible contribution will play a vital role in helping us continue our mission to provide **accessible** and **supportive services** to **youth** and **families** in our community. We deeply appreciate **Envision Financial's** commitment to making a positive impact, and we are **grateful** for their **partnership** in supporting this important initiative. For a picture of the cheque presentation, stay tuned for our next newsletter!
- Foundry Surrey is currently running a **capital campaign** and is nearing its completion! We are working diligently to connect with foundations, developers, and community grants to ensure we can open our doors this year.
- We also participated in the **#GivingTuesday** campaign to raise donations and funding, with the goal of closing the gap towards our target. Your support helps us continue





providing essential health and wellness services to youth and families in our community. A very big thank you to all the supporters who donated to Foundry Surrey on **#GivingTuesday**.

- **PCRS**, the lead organization for Foundry Surrey, has officially designated Foundry Surrey as the "**Area of Greatest Need**." Consequently, all **donations** received by PCRS, until Dec 31, 2025, that are marked to the "Area of Greatest Need" category will be allocated to support the development of Foundry Surrey. PCRS remains **pivotal** in fostering the growth and development of Foundry Surrey and ensuring the success of our services for youth and families within the community. We extend our **sincere gratitude** to all the **directors** and **leaders** of PCRS who made this possible.
- Visit our hub to learn more about how to support our campaign and share it in your circles: <https://www.powherhouse.com/foundry-surrey/>



Introducing Dr. Linda Uyeda

Foundry Surrey has hired a new **Medical Director, Dr. Linda Uyeda**. Dr. Uyeda brings a wealth of experience and expertise to our team, and we are excited to have her onboard. Her leadership will be instrumental in advancing our mission to provide comprehensive health and wellness services to youth and families in our community. We look forward to the positive impact Dr. Uyeda will have as we continue to work to opening our doors.



Dr. Uyeda has been a family physician since 2001, having graduated from the University of British Columbia's medical school and completing their Rural Residency program. Since 2017, Dr. Uyeda has had the privilege of working with the **Surrey Youth Clinic**, and since 2015, has been a part of the **Child and Youth Mental Health Substance Use Community of Practice**— a collaborative group of physicians dedicated to improving access to mental health services for youth across BC. Dr. Uyeda has also gained valuable experience serving a vulnerable population of adult patients at the **Forensic Psychiatric Hospital** since 2003.



In her spare time, Linda loves to tinker with creative or expressive endeavours such as cooking, ballroom dancing, wood carving and photography.

“I’m thrilled to help bring together an incredible team to support the youth of Surrey in a collaborative and compassionate environment. I believe that by helping young people become the best versions of themselves, we foster healthier communities with lasting impacts. The overwhelming support from our community has been deeply inspiring, and I’m excited to see how we turn this vision into reality.”

Celebrating Michelle Shaw

We are excited to announce that **Michelle Shaw**, our **Director of Operations** at **PCRS**, has been recognized by **Central City Foundation** as a **standout leader** in our community! With almost 30 years of dedicated service, Michelle has spearheaded groundbreaking programs that support youth and families. One of her most notable achievements is bringing **Foundry to Surrey**. The Foundry Surrey team feels **grateful** and **privileged** to **collaborate** with Michelle as we work to open the doors of Foundry Surrey.



Partnership and Leadership Tables

Working Groups

- The **Operations Working Group** has been actively engaged and working diligently! On **November 20th**, they participated in another workshop focused on the **next steps** in the **EMR implementation**, which included a **live demonstration** and a detailed **workflow study**. The session emphasized client care and the importance of a warm handover,



allowing the team to collaborate on best practices, deepen their understanding of the system, and strengthen their approach to providing seamless care for our clients.

- The other working groups at Foundry Surrey are also putting in significant effort! The **Primary Care Working Group** is focusing on supporting the Foundry Surrey team in **hiring** primary care providers. Meanwhile, the **Mental Health & Substance Use Working Group** and **Social Services & Peer Support Working Group** have merged and are discussing the **EMR workflow** and the **center's operations**. They are working together to gather necessary **forms** for the EMR and developing processes to ensure smooth integration and effective service delivery.
- The **Community Leadership Table** met on **December 5th** and discussed **referral pathways** between different community organizations and Foundry Surrey.
- We are getting closer to the opening of Foundry Surrey, and we want to extend a huge thank you to all our community partners for their dedication to bringing this vital youth center to life. Your support means the world to us!

Community Partner Spotlight: Moving Forward Family Services




Meet Gary Thandi & Anita Lal:

Gary developed **Moving Forward Family Services** as a hybrid of public and private sector counselling service models, one that takes elements of both, while reducing some of the barriers within each around accessibility. Moving Forward has 150 supervised unpaid student therapists and social workers across the country, 25 experienced clinical supervisors, and 200+ alumni all of whom valued the agency's mission and offer sliding scale support for anyone who cannot afford traditional costs for therapy.


This team of nearly 400 can provide free and low fee service to children, youth, adults, seniors, couples and families. Last year, Moving Forward provided 22,000 counselling and support sessions, in over 30 languages, throughout Canada

In his personal life, Gary continues to recognize the importance of self-care and thus routinely goes for walks and hikes, enjoys writing both as a creative and therapeutic outlet, and he always carves out time for concerts and vacations.





Gary shares the quote by Desmond Tutu: 'There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in,' – *"I see Foundry Surrey as being a key resource in providing early intervention and prevention support to youth and their families. I look forward to working with partners to not just support those youth, but to contribute to more holistic, wraparound support by offering services to the youth's network, which may consist of friends, family and caregivers, as well as offering both individual and group support both onsite and virtually"*



Anita is the Director of Operations, Inclusivity, Diversity, Equity and Accessibility of **Moving Forward Family Services**. She started off with MFFS back in 2018 as a grant writer and have worked alongside Gary for the past 5 years in getting funding for the amazing work that this organization does.

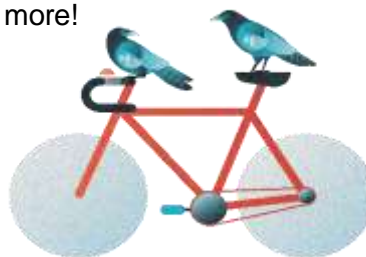
Anita strongly believes in **giving back to the community**. She is the co-founder and director of a social justice organization, Poetic Justice Foundation and serves on Boards and Advisory Committees for Arts BC, Women Transforming Cities, the Province of BC's Punjabi Canadian Legacy Project, the South Asian Studies Institute at The University of the Fraser Valley, and the Seva Foundation, and does consulting work for the Royal Academy of Punjab.

"Foundry Surrey excites me, because it is so informed by the community that needs the services the most. We have so many amazing people at the table leading and informing the process, and vibrant young people that are making sure we are creating systems that will serve them. It empowers those that don't always get a voice... and that is important. I also see the need and the gaps that the current system has, and I think Surrey Foundry will be a great addition in our continued work towards a healthy and happy Surrey"

A huge heartfelt thank you to Gary, Anita, and the MFFS team for their ongoing support and engagement with Foundry Surrey. We truly appreciate you!

Youth Engagement Leadership Table (YELT) & Family Engagement Leadership Table (FELT)

- The Youth Engagement Leadership Table (YELT) and Family Engagement Leadership Table (FELT) are continuing to guide Foundry Surrey's development by meeting monthly, spreading awareness of Foundry services, engaging in site design, sharing insights at community partner meetings, and more!





- The **FELT** has also recently started a **Family Advocacy Committee**, consisted of some FELT members, to drive **action-oriented initiatives**, including community presentations, workshops, storytelling, and role modeling, among other activities.
- From **October to December** YELT and FELT have been busy brainstorming and developing engaging social media content for our channels. We are excited to share some of our top posts from the past few months:



For more amazing content, **follow Foundry Surrey's [Instagram](#) and [Facebook](#) channels!**

Peer & Community Engagement and Communications

- Foundry Surrey is continuing to spread word about our upcoming centre and the services currently available to youth and families! As the opening date approaches, we are being intentional about engaging with the community. With this in mind, we continue to connect with community to share information and foster relationships.
- On **October 24th**, the Foundry Surrey team and YELT members enjoyed an amazing time at the **Rob Nash concert!** It was a fantastic opportunity to **connect** with the **community** and share what Foundry Surrey is all about. We attended the event to support our community partner, **Surrey School District**, in their efforts. We are very **thankful** for the opportunity to **collaborate** with **SD36** on various community events.



- **If you would like Foundry Surrey to provide a presentation or attend an event you are planning, please reach out to Wendy at wpotter@pcrs.ca!**

www.foundrybc.ca
www.foundrybc.ca/surrey



Jan 10th, 2025

Foundry Surrey: Winter Social



On **January 3rd**, Foundry Surrey hosted its **Winter Social** at the **City Centre Youth Hub**, bringing together the incredible **YELT** and **FELT** members! We savoured delicious food, desserts, and refreshments while celebrating our accomplishments and connecting with each other. The event also featured fun games, trivia, and prizes for everyone to enjoy.

We are incredibly **grateful** to our YELT and FELT members for their **continuous engagement** with Foundry Surrey and for helping to create such a **supportive** and **vibrant** community. Their **dedication** makes all our efforts even more meaningful and impactful



Summary, Timeline and Next Steps

Did You Know?

Site	Continuing full steam ahead!
Community Presentations	Continuous
Executive Leadership Table	Meeting TBD
Community Leadership Table	Meetings every quarter; next on March 21, 2025
Operational Working Group	Meetings every eight weeks; next on Jan 15, 2025
Primary Care Working Group	Triweekly meetings; next on Jan 29, 2025
Merged: Mental Health & Substance Use + Social Services & Peer Support Working Groups	Triweekly meetings; next on Jan 29, 2025
Youth Focus Group	TBD
Family Focus Group	TBD
Youth Engagement Leadership Table	Monthly meetings; next meeting on Jan 8th, 2025
Family Engagement Leadership Table	Monthly meetings; next meeting on Jan 15th, 2025
Philanthropy	Capital Campaign in progress

- Did you know that the Foundry website has an abundance of information and tools for mental health, substance use, healthy living, everyday life, and tough topics? Learn how to recognize and respond to an overdose, find coping strategies for anxiety, and more at <https://foundrybc.ca/>.
 - Also make sure to check out Foundry’s engaging stories and articles on recent events and common youth concerns!
- Did you know that Foundry Virtual has groups and workshops that you can attend online right now?
 - Find more groups and workshops and register for them through the following link: <https://foundrybc.ca/virtual/groups-workshops/>

NEW Groups and

www.foundrybc.ca
www.foundrybc.ca/surrey

Workshops

Jan 10th, 2025





BRAVE IN YOUR BODY GROUP

- A free 5-week workshop on body image where youth will explore their feelings about their bodies and learn tools to manage discomfort. This group is open to anyone facing pressure from societal beauty standards or dealing with disordered eating and body image issues.
- For young people between the ages of 14-24.
- **Runs virtually from Jan 6th (Monday) to Feb 3rd from 4 pm to 5:30 pm. The next one is on Jan 13th.**



EFFT CAREGIVERS WORKSHOP

- Workshops for caregivers looking to build skills and tools to support loved ones struggling with their mental health and/or wellness.
- For BC caregivers who are supporting a young person between the ages of 12-24.
- **Runs virtually at different dates and times, next 2-day workshop is on Jan 18th and Jan 25th, Saturdays, 9 am to 4 pm**

Actions

- **Support Foundry Surrey's Capital Campaign!** → Check out [Foundry Surrey's "Better Together" Hub](#) to learn more about Foundry Surrey, our capital campaign, and how you can get involved!
- **Engage with Us!** → complete and share these surveys with the youth, family members, and caregivers you know in Surrey!
 - [YOUTH ENGAGEMENT INTEREST SURVEY](#) or [FAMILY MEMBER/CAREGIVER ENGAGEMENT INTEREST SURVEY.](#)
- **Foundry Surrey Video** → Share our Foundry Surrey video now live on [YouTube!](#)
- **Social Media** → Follow us on [Facebook](#) and [Instagram!](#)
- **Foundry BC Virtual** → [Download the Foundry App](#) or [visit Foundry Virtual online](#) to explore virtual services available to community now.
- **Community Feedback Survey** → complete and share [this survey](#) with your networks!



- **Community Engagement** → if you would like us to present or booth, please contact Wendy!
- **Community Tables** → if you know of others who would like to be a part of our community tables, please contact Wendy!
- **Cheerlead** → let's keep talking about all the possibilities of what Foundry Surrey can be to support youth and their families!

Contact



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YOUNG PEOPLE WITH A VOICE IN THEIR HEALTH

A safe and inclusive place where young people and families find flexible, accessible, non-judgemental support and care to meet their needs.



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