

**For life's  
challenges  
large and small,  
Foundry offers  
connection, tools,  
and support.**

**Foundry brings services  
together in one location  
making it easier to find  
help and support.**



**Foundry Comox Valley is operated  
by The John Howard Society of  
North Island in partnership with:**

**Children and Youth Matter - Comox Valley  
City of Courtenay**

**Comox Valley Primary Care Network**

**Comox Valley Division of Family Practice**

**Creative Employment Access Society**

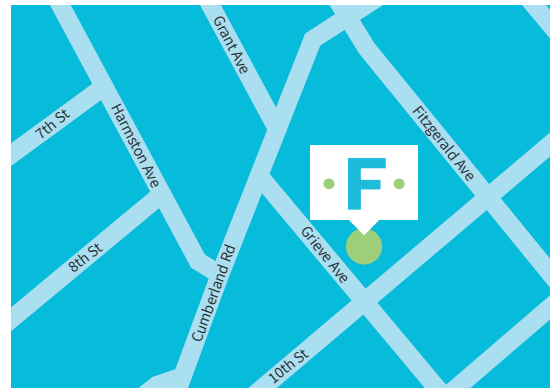
**Ministry of Children and Family Development**

**Ministry of Health – Island Health**

**Sasamans Society**

**School District 71**

**Upper Island Women of Native Ancestry**



**Foundry Comox Valley**

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**JohnHoward**  
The John Howard Society of North Island

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## We offer free and confidential services for young people 12 to 24 years old

Everyone faces their own unique challenges, large or small. From stress to relationships, from anxiety to job hunting – we will listen to you and work together to create a plan shaped around your needs and desires for wellness. No issue is too small to see us about.

Not sure what support you need? Come by and talk with us! We will work together to help determine what support is right for you.



## Foundry Comox Valley offers services for young people ages 12-24:

- Youth Peer Support
- Mental Health Support & Counselling
- Substance Use Support & Counselling
- Elders/Cultural Support
- Health Care
- Sexual Health
- Youth Outreach
- Youth to Adult Transitions
- Housing Support
- Employment Information & Support
- Youth & Family Conflict Resolution
- Aboriginal Youth Navigator
- 2SLGBTQ Support
- Free Groups and Courses
- Specialized Services



## Hours

**Monday-Friday** 9 am-6 pm

## Drop-in Counselling Schedule

**Monday** 9 am-12 pm | 1 pm-4:30 pm

**Tuesday** 1 pm-6 pm

**Wednesday** 1 pm-4:30 pm

**Thursday** 1 pm-6 pm

**Friday** No drop-in counselling

**\*FREE, CONFIDENTIAL, & NO APPOINTMENT NEEDED\***