

**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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COMOX VALLEY

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

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

- Youth Peer Support
- Mental Health Support and Counselling
- Substance Use Support and Counselling
- Elders/Cultural Support
- Health Care
- Sexual Health
- Youth Outreach
- Youth to Adult Transitions
- Housing Support
- Employment information and support
- 2SLGBTQ Support
- Free Groups and Courses
- Specialized Services

## 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.



## Hours

M, W, F 8:30 am-12 pm | 1-4:30 pm

T, Th 8:30 am-12 pm | 1 pm-6 pm

## Drop-in 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

**Sexual Health Clinic Tue, Thu 4-6 pm**  
(or call for more information)

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

\*LAST DROP-IN 30 MINUTES BEFORE CLOSING\*