

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

## At [foundrybc.ca](https://foundrybc.ca) you can:

- Explore what's going on for you with self-checks
- Hear from other young people about their experiences
- Learn about health and wellness strategies
- Discover apps and online tools
- Connect to services online and in your community
- Find a Foundry centre location
- Learn ways to support others

**Co-created with and for young people.**

**• F O U N D R Y •**  
WHERE WELLNESS TAKES SHAPE

**Foundry offers free and  
confidential resources,  
services and supports  
for young people ages  
12-24 in BC.**

[foundrybc.ca](https://foundrybc.ca)

