



Welcome to the UCSF Wellness Center for Youth with Chronic Conditions Newsletter!

Things are changing but there are many wonderful opportunities to get involved this summer. This past weekend kids and their siblings made home made "no-churn" ice cream together on zoom in our infamous cooking class. And 18 young adults gathered on Saturday for a lively discussion about "Navigating School with a Chronic Illness".

If you know someone who might benefit from this information, please feel free to forward it along!

What People Are Saying About Us

"I appreciate the work that is being done at the Wellness Center and how it truly changed my life. You and your team supported me in all aspects of my life and made it feel like I could find a new normal for myself. You have made an impact on so many patients' lives because of the unique and thoughtful care you provide." - Patient



Thank you to the numerous stakeholders who attended our FIRST retreat, on Saturday, June 21st, 2025. This gathering provided an opportunity for our entire community, patients, caregivers, staff, and partners, to come together to reflect on our first year and explore the question: "How will we know this is working?".

Through collaborative learning, sharing of personal experience and brainstorming, we came up with numerous approaches for measuring well-being and success. We have much more work to do and will provide updates in the near future.

Upcoming Activities



Kids Cooking Classes

We're excited to offer another virtual, fun, and interactive cooking class designed especially for kids living with chronic medical conditions!

Join us for our **Cooking Class Series**, where participants will cook along with a chef from the comfort of their own kitchens—learning new recipes and building confidence in the kitchen. Siblings are welcome, too!

Thursday September 4th at 5:00-6:30PM
Thursday September 11th at 5:00-6:30PM
Thursday September 18th at 5:00-6:30PM
Thursday September 25th at 5:00-6:30PM

[Register Here](#)

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Virtual Ukulele Lessons

We are also excited to launch our first virtual ukulele lessons this July for youth ages 8–12!

These sessions are designed to support self-expression, emotional regulation, and confidence-building through music in a fun, therapeutic setting.

Ukuleles will be sent out to participants before the series begins. If you're interested in participating, please complete the registration form below

Tuesday, August 5th, 2025 at 3:30 - 4:30 PM
Tuesday, August 19th, 2025 at 3:30 - 4:30 PM
Tuesday, September 2nd, 2025 at 3:30 - 4:30 PM
Tuesday, September 16th, 2025 at 3:30 - 4:30 PM
Tuesday, September 30th, 2025 at 3:30 - 4:30 PM

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Community Parenting Discussions

We are now offering our second series of community parenting discussions where parents can connect with each other and learn new parenting skills through the stories and experiences of their peers. There will be a total of 6 discussions that will take place every other month. During each discussion, the first hour will be a Q&A where our parent panelists will answer questions related to the session topic and the last half-hour will be dedicated to community building where parents will get to connect with each other and ask additional questions.

Discussion #1:

How and when to explain your child's medical condition

Wednesday August 27, 2025 | 6:00pm-7:30pm

Discussion #2:

Managing Your Child's Chronic Condition at School

Wednesday September 24, 2025 | 6:00pm-7:30pm

Discussion #3:

Self-care in a busy world

Wednesday October 22, 2025 | 6:00pm-7:30pm

Discussion #4:

How Medical Trauma Affects the Whole Family

Saturday January 24, 2026 | 10:30am-12:00pm

Discussion #5:

Creating Emergency Medical Care Plans for Children

Wednesday February 25, 2026 | 6:00pm-7:30pm

Discussion #6:

Mental Health Support for Families Managing Chronic Conditions

Saturday March 28, 2026 | 10:30am-12:00pm

Discussion #7:

Navigating MyChart System

Wednesday April 22, 2026 | 6:00pm-7:30pm

Discussion #8:
Preparing Both Caregiver & Child to Transition from Pediatric to Adult Care
Saturday May 30, 2026 | 10:30am-12:00pm

[Register Here](#)

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Wellness Table Talks

We're excited to launch our very first series of community discussions designed specifically for teen and young adult patients. This 6-part series offers a unique space to connect, share, and grow through the stories and experiences of peers living with chronic conditions.

Each session will take place every other month and will include a one-hour Q&A with a panel of patient speakers, followed by a 30-minute community-building session where participants can connect more informally and ask additional questions.

Friendships & Dating With A Chronic Condition:
Tuesday August 26, 2025 5:00pm-6:30pm

Mental Health & Chronic Condition:
Saturday September 27, 2025 10:30am-12:00pm

Emergency Preparedness for Chronic Conditions:
Tuesday October 28, 2025 5:00pm-6:30pm

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