



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

We are pleased to offer wellness consultation and community programs to children growing up with chronic medical conditions and their families. Please visit [our website](#) for details!

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

### What People Are Saying About Us

*“Every time I leave from one of the parent support sessions or being at the Wellness Center for Cooking, it feels so therapeutic and like a weight has been lifted. I really appreciate all that you do and everything the Wellness Center provides” ~ parent of teen patient*

### Good News!

After a temporary closure, the Wellness Center Clinic is reopening in a limited capacity to once again offer a space dedicated to supporting well-being, connection, and growth, for children growing up with chronic medical conditions and their families. We're delighted to resume Wellness Consultations with Sydney Gressel, NP, and look forward to continuing our partnership with you and your family.

CALL 415-353-8600 TO SCHEDULE AN APPOINTMENT  
(If you are a new patient your provider may need to submit a referral, depending on your insurance) See graphic below for a list of our services.

List of Services

### Community Events

# Wellness Center for Youth with Chronic Conditions

## Community Programs



Growing up with a chronic medical condition can sometimes make it hard to focus on well-being. The UCSF Wellness Center offers wellness consultations and fun programs to support child and adolescent well-being.



### Kids Cooking Classes

Cook along with a chef from Kids Cooking for Life to learn new recipes and build confidence in the kitchen

**Ages 9+ years** (Siblings welcome!) | **4 weekly virtual & in person sessions**  
**Thursdays: 5:00PM-6:30PM** (Jan, Mar, May, Jul, Sept, Nov)



### Music Jam Sessions

Create music with a trained music therapist to support self expression, emotional regulation, and confidence-building

**Ages 8 years to 12 years** (Siblings welcome!) | **4 weekly virtual sessions**  
**Tuesdays: 4:30PM-5:30PM** (Feb, May, Aug, Nov)



### Community Parenting Discussions

Connecting parents with each other through the stories and experiences of their peers

**Virtual monthly series: 3rd Wednesday of the month 6:00PM-7:30PM**



### Wellness Table Talks

Designed to address topics of interest for teens and young adults

**Teens & Young Adults | Virtual every other month series** (check our website for more details)



### Dance Classes

Led by Oberlin Dance Collective (ODC), the *Everybody Can Dance* series gets kids moving and smiling

**Ages 7+ years** (Siblings welcome!) | **4 weekly virtual & in-person sessions**  
**Fridays: 4:00PM-5:00PM** (Mar, Jun, Sep, Dec)



To sign up for any of our programs or to get more information about Wellness Consultation visit our website: <https://youthwellness.ucsf.edu/events> or scan the QR Code

Registration for community events is available under the [events tab](#) on our website.

Register Here

Download Flyer Here

# Stay Connected!

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