



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

We're excited to share updates on our clinic's progress, upcoming events, and resources designed to support youth with chronic conditions. If you know someone who might benefit from this information, please feel free to forward it along!



Schedule A Wellness Center Visit

We're now offering Wellness Center visits with our Wellness Nurse Practitioner and Wellness Social Worker—available in person in San Francisco or via telehealth.

If you're a patient or parent/caregiver interested in scheduling a visit, please use the link below to learn more.

[Schedule An Appointment](#)

If you're a provider and would like to refer a patient to our clinic, please use the link below for more information.

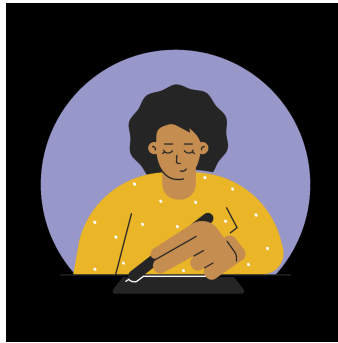
[Wellness Conversation Provider Support](#)

Thank You For Joining Us At Our Open House!

A heartfelt thank you to everyone who joined us for our Open House last Friday April 25th! We're so grateful for the

incredible support from our providers, community partners, patients, and families—many of whom have been part of this journey for years. Your involvement means so much to us.

If you weren't able to attend, don't worry—our clinic space will officially open in early June 2025, and we look forward to welcoming you then!



Expressive Healing Arts Workshops

We're thrilled to announce a new collaboration with Support for Families in San Francisco to host three virtual expressive writing workshops for both parents/caregivers of children living with chronic medical conditions.

In each 1-hour Zoom session, participants will explore different aspects of the medical journey through poetry, visual art, and writing prompts. No previous writing experience is needed—just an open mind and a willingness to share and reflect.

- Tuesday May 6th from 12:00pm-1:00pm
- Tuesday May 13th from 12:00pm-1:00pm
- Tuesday May 20th from 12:00pm-1:00pm

[Register Here](#)

[Download Flyer Here](#)



Kids Cooking Classes

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

First up is our **Mother's Day Special**, where kids will learn to make a delicious brunch to celebrate the moms and mother figures in their lives. Then, join us for our **Summer 4-Week 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!

Mother's Day Special Class: Saturday May 10, 2025 11:00-12:15pm

Summer 4-Week Series

Class #1: Thursday June 5, 2025 5:00pm-6:15pm

Class #2: Thursday June 12, 2025 5:00pm-6:15pm

Class #3: Thursday June 19, 2025 5:00pm-6:15pm

Class #4: Thursday June 26, 2025 5:00pm-6:15pm

[Register Here](#)

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Wellness Music Jams

We are offering a 4-session virtual music jam series for children ages 8–12 living with chronic medical conditions—and there's still time to join in! Two sessions have already wrapped up, but we have two more fun and engaging classes left.

Each one-hour Zoom session is all about connection, creativity, and self-expression through music. No musical experience is needed—just bring your enthusiasm and an open mind!

Music Jam Session #3: Music for the Mind, Body, and Soul (Tuesday, May 20, 2025 3:30-4:30pm)

**Music Jam Session #4: Discover Yourself Through Song (Tuesday, June 17, 2025
3:30-4:30pm)**

[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.

Navigating School With A Chronic Condition: Tuesday June 24, 2025 5:00pm-6:30pm

Friendships & Dating With A Chronic Condition: Saturday July 26, 2025 10:30am-12:00pm

Mental Health & Chronic Condition: Tuesday August 26, 2025 5:00pm-6:30pm

[Register Here](#)

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