



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

We are pleased to offer in-person FUN events this Fall. Please see the events page to learn about our music activities, cooking classes, PLUS MORE!

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

A Message from the Director

As we approach Thanksgiving I would like to express my gratitude to our community of patients, families, supporters, partners, and friends. Your generosity, compassion, and belief in our mission make everything we do possible. Together, we're creating lasting change and brighter futures.

Wishing you and your loved ones a joyful and peaceful Thanksgiving.

With gratitude,
Emily von Scheven, MD
Director, Wellness Center for Youth with Chronic Conditions

What People Are Saying About Us

"I learned some new recipes that I've never made before. Actually, I've never made dinner before, and it felt good to be able to make a whole dinner and dessert. I also made the recipes again today for my brothers and sister."

- A recent participant from our cooking class

Upcoming Activities



Hybrid Cooking Classes

We're excited to offer a hybrid, fun, and interactive cooking class! Participants can join either **in-person** at **1825 4th St, San Francisco on the 4th floor** or **via Zoom**.

Join us for our Cooking Class Series, where participants will cook along with a chef EITHER from the comfort of their own kitchens or remotely via ZOOM—learning new recipes and building confidence in the kitchen. Designed for kids & siblings ages 9+; teens & young adults welcome!

Thursday November 13th at 5:00-6:30PM

Apple and Sweet Potato Latkes & Quinoa and Chickpea Salad

Thursday November 20th at 5:00-6:30PM

Three Sisters Soup & Skillet Corn Bread



Rainbow Fried Rice



Apple and Sweet Potato Latkes

[Register Here](#)

[Download Flyer Here](#)



Virtual Music Jams

We invite you to join our **Virtual Music Jam Sessions!**

This series is designed for patients with chronic medical conditions, ages 8-12 years old. Join us to connect with others, enhance our wellness, and explore who we are-all through the power of music!

Please feel free to sign up for as many jam sessions as you like - there are currently 4 weekly sessions planned for this Fall (skipping Thanksgiving week)!

Tuesday, November 11th, 2025 from 4:30 - 5:30 pm

Tuesday, November 18th, 2025 from 4:30 - 5:30 pm

Tuesday, December 2nd, 2025 from 4:30 - 5:30 pm

These sessions are open to patients of all abilities. Siblings are welcome to join too!

[Register Here](#)

[Download Flyer Here](#)



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.

How Medical Trauma Affects the Whole Family

Wednesday, January 21, 2026 | 6:00pm-7:30pm

Creating Emergency Medical Care Plans for Children

Wednesday, February 18, 2026 | 6:00pm-7:30pm

Mental Health Support for Families Managing Chronic Conditions

Wednesday, March 18, 2026 | 6:00pm-7:30pm

Navigating MyChart System

Wednesday April 15, 2026 | 6:00pm-7:30pm

Preparing Both Caregiver & Child to Transition from Pediatric to Adult Care

Wednesday May 20, 2026 | 6:00pm-7:30pm

[Register Here](#)

[Download Flyer Here](#)



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.

Dealing with Medical Trauma:

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

Register Here

Download Flyer Here

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