



## **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 and a NEW Dance program, PLUS MORE!

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

## **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

## **Bolt on the Bay 5K**



Thank you to everyone who participated in the Bolt on the Bay fundraising run on September 20th, 2025. So far our team has raised \$725, which will be used to support our programs. It is not too late to donate to our team!

[Learn More](#)

[Make Donations to Our Team](#)

## 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 6th at 5:00-6:30PM**  
**Thursday November 13th at 5:00-6:30PM**  
**Thursday November 20th at 5:00-6:30PM**

[Register Here](#)

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## 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 4th, 2025 from 4:30 - 5:30 pm**  
**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](#)

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## In-person Dance Classes

We invite you to join our first-ever Wellness Center **Every Body Can Dance** series with Oberlin Dance Collective designed for patients with chronic medical conditions, ages 7 years old and up (teens & young adults are welcome) and their siblings.

The 4 class series introduces youth to a variety of dance styles like hip hop, contemporary, world dance, and creative movement - designed to get them moving and smiling!

Classes will be **in person** at **1825 4th St, San Francisco on the 4th floor Family Lounge**. Parents (and siblings that under age 7) are welcome to hang out with Wellness Center staff in the community room to share light refreshments and get to know each other.

**Saturday October 4th from 2pm - 3pm**

**Saturday October 11th from 2pm - 3pm**

**Saturday October 18th from 2pm - 3pm**

**Saturday October 25th from 2pm - 3pm**

[Register Here](#)

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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.

### ***Self-care in a busy world***

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

### ***How Medical Trauma Affects the Whole Family***

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

### ***Creating Emergency Medical Care Plans for Children***

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

### ***Mental Health Support for Families Managing Chronic Conditions***

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

### ***Navigating MyChart System***

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

### ***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.

### **Emergency Preparedness for Chronic Conditions:**

Tuesday October 28, 2025 5:00pm-6:30pm

### **Dealing with Medical Trauma:**

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

[Register Here](#)

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## **Stay Connected!**

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[Email Us](#)

UCSF Wellness Center For Youth With Chronic Conditions | 1825 4th Street 4th Floor, Pod A | San Francisco, CA 94158 US

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