



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 have been a patient at UCSF for my entire life. Living with a chronic illness since birth, I can honestly say UCSF has saved my life more than once. I still remember the day [I learned] there would be a clinic dedicated to chronic illness patients like myself—I had never felt more hopeful about receiving the support we truly need."
~ Anonymous Patient

Upcoming Activities



Bolt on the Bay 5K

Come and join our Wellness Center for Youth with Chronic Conditions team at the **Bolt on the Bay 5k Walk/Run**.

All contributions will benefit the Wellness Center. If you are not available, please consider making a donation and SPREAD THE WORD!

[Learn More](#)

[Make Donations to Our Team](#)



Kids Cooking Classes

We're excited to offer a hybrid, fun, and interactive cooking class designed especially for kids living with chronic medical conditions! Participants can join either by Zoom or in-person.

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](#)

[Download Flyer Here](#)



Virtual Ukulele Lessons

We launched our first Virtual Ukulele Lessons in August for youth ages 8–12!

The last class will be on Tuesday, September 30, 2025.

Please allow enough time to receive your ukulele before your child's first class.
They can continue to play their ukuleles in the Virtual Music Jam Sessions in November!

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, September 16th, 2025 at 3:30 - 4:30 PM

Tuesday, September 30th, 2025 at 3:30 - 4:30 PM

[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 in 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](#)

[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.

Managing Your Child's Chronic Condition at School

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

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

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

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

[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.

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

Dealing with Medical Trauma:

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

[Register Here](#)

[Download Flyer Here](#)

Stay Connected!

Visit our Website

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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