

# 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 series** (Apr, Jun, Aug, Oct, Dec — 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: 5:00PM-6:00PM** (Apr, 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