

Communitas

Mind-Body and Resilience Group for Teens with Chronic Illness

Communitas is a group medical visit for teens living with chronic illness and their parents. The goal of Communitas is to improve the lives, health, and well-being of young people living with chronic illness and their families by providing integrative medicine education and experiences, mind-body and mindfulness instruction, peer support, and empowerment with self-care skills.

Specifically, we will be teaching and practicing various mind-body and stress management skills, including meditation, mindfulness practices, breathing techniques, biofeedback, guided imagery, movement, and reflective and creative practices — all within a supportive group setting. We will also explore ways in which illness and adversity can lead to cultivation of resilience and positive transformation if given the right tools and community.

Participants:

- 12-19 year-olds living with a chronic physical condition (must be cognitively intact enough to be able to participate in the program in a meaningful way)
- Parents/guardians group included in the program, which meets separately from teen group



Dates: 7 Wednesdays:
January 25 - March 8
3:30 – 5:00 pm
with check-ins starting at 3:15

Fee: covered by most insurance, including Medi-Cal. Please call 415-353-7716 for details.

Instructor: Brittany Blockman, MD

Registration: Call 415-353-7716

Questions: E-mail
brittany.blockman@ucsf.edu



Program Website:
www.communitas-health.org