Communitas

Mind-Body and Resilience Group for Youth with Chronic Illness

Communitas is a group medical visit for young people 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:

- 9-21 year-olds living with a chronic physical condition
- Parents/guardians group included in the program, which meets separately from youth group

Program Website: www.communitas-health.org

Dates:

- 9-13 year olds (9 sessions): Tuesdays starting 2/13/18 3:45 – 5:15 pm
  Please register by 1/29.

- 14-21 year olds (8 sessions): Wednesdays starting 1/31/18 3:45 – 5:15 pm
  Please register by 1/15.

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

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