



FEBRUARY 2025

## ROCHESTER PROGRAMS

13thirty Cancer Connect offers free peer support programs to our members and parents with focus on expressive arts, physical and emotional wellness, and social interaction.

[13thirty.org](http://13thirty.org)

FEB  
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### You've Got The Beat: Intro to Salsa Class

**Rochester Center (In-person) | 6:00PM | AYAs (13-39)**

February is all about love....including self-love! Moving your body and connecting with others are the perfect way to embrace the themes of the month! Bring a partner (significant other, friend, parent, etc.) or come solo for an Introductory salsa dancing class led by Instructor, Melissa Molongo.

FEB 18-  
APR 22

### Stand-Up Comedy Rehearsals

**Roc Center & Cuse Center(In-person) | 6:00PM | AYAs (13-39)**

Interested in telling your cancer story through stand-up comedy? Todd Youngman, a local professional comedian, will mentor our group at rehearsals every Tuesday evening, leading to a final performance in April! Not a comic? Neither are we! Newbies welcome!

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### Pawsitively Purrfect: Cat Café

**Pawsitive Café (In-person) | 6:00PM | AYAs (13-39)**

**120 East Ave. #100, Rochester, NY 14604**

Studies show that having a pet can help with stress management, anxiety reduction and overall mental health! Join us as we cozy up with the purrfect furry companions at the Pawsitive Café!

DONATIONS ENCOURAGED: cat food (wet or dry), cat toys, blankets, beds, monetary, etc.