



APRIL 2025

# SYRACUSE 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

April  
16

## Strike It Up: Bowling Night

**Flamingo Bowl (In-Person) | 6:00PM | AYAs (13-39)**  
**7239 Oswego Rd, Liverpool, NY 13090**

Let's hit the lanes for some friendly competition and lots of laughs at Flamingo Bowl and see who is the true king pin.

\*Shoes and 2 hours of play provided by 13thirty. Food available for purchase.

April  
24

## Moving Self Portrait

**Syracuse Center (In-Person) | 6:00PM | AYAs (13-39)**

Join us for a transformative self-portrait experience led by Meaghan Flaherty of Path Forward Counseling. This workshop invites you to explore your past, present, and future self through the art of self-portraiture and creative movement. Come ready to create, move, and reflect! No movement experience necessary!

## Our Commitment

13thirty Cancer Connect, Inc. is a registered 501 (c) (3) non-profit organization established in 2001 following the death of Melissa Sengbusch who was 19 years old when she died of acute myeloid leukemia.

Since its beginning, 13thirty has become an internationally known and respected leader in the field of adolescent and young adult (AYA) cancer because of our strong passion, clear vision, and steadfast commitment to a singular focus – teens and young adults with cancer.

## Our Vision & Values

Our VISION is that every teen and young adult with cancer "connect" with 13thirty. We strive to incorporate our VALUES into every program and each personal interaction.

What sets us apart is our concentrated effort on a targeted national problem affecting approximately 90,000 young people in the United States each year. As Melissa asked of her mom, we are making a difference. We are making things better for teens and young adults with cancer around the world.

SYR

**Contact & RSVP: Michaela Deeg, Program Manager**

michaela@13thirty.org | (585) 563-6221 | 1035 7th North St., Syracuse, NY 13088

**13thirty**  
cancer connect