



APRIL 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](https://13thirty.org)

April  
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## Game Night!

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

Get ready for a night of friendly competition and lots of laughs as we kick back at the center and play some games! Got a game you wanna play? Bring it along and we just might add it into the mix.

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## Moving Self Portrait

**Rochester 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!

April  
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## Mindfulness Yoga

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

It's easy to become frustrated with your body post-treatment. This mindful yoga session will help you begin to reconnect with your body through breath work, gentle movement and meditation. Feel free to bring a journal for reflection after class. All experience levels welcome!