



MAY 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)

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### Scentsational Candles

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

Scent is uniquely tied to our memories. Grab your mother or mother figure and let's reflect on some of those memories while creating new ones by making your very own candle.

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### Unsent Letters

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

A cancer diagnosis can be incredibly overwhelming, but your story doesn't stop there. In this creative writing workshop, we'll write letters to your past and future self, reflecting on where you've been and dreaming about where you're headed.

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### Rooted & Rising

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

Dig into the power of propagation as you pot your own plant and reflect on the different ways we face the many challenges throw at us when diagnosed with cancer.