



MAY 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

MAY
13

Unsent Letters

Syracuse 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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Garden To Glass

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

Get your hands dirty and your taste buds refreshed in this fun, hands-on workshop! Plant your own fresh herbs in a charming terracotta pot, then enjoy two delicious Summer Refreshers made with the same homegrown flavors. Take home your potted plant, easy drink recipes, and a new appreciation for garden-fresh goodness hosted by Heartbeet Gardenscapes!