



JUNE 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.

JUN
12

Taco Bout It!

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

Join us as we carve out space to explore languishing, the often overlooked middle child of mental health. It's that foggy state where you're not quite flourishing, but not exactly depressed either. You're just... getting by. Yes there will be tacos!

JUN
17

Clay Creations

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

Join us to create unique "footed" bowls! These are basic bowl forms that can be customized with stamps, embossing, and colorful glazes. Potters from The Independent Potters Association will be on hand to guide the process and help you craft something truly one-of-a-kind.

JULY
19

Save The Date: White Water Rafting

**Salmon River (In-Person) | 8:30AM-5:00PM | AYAs(13-39)
2524 New York 13, Altmar, NY 13302**

Join us for a white-water rafting adventure that blends outdoor challenge, peer connection, and personal empowerment. It's a chance to leave cancer behind, even just for a day, and rediscover strength with every paddle stroke. No experience necessary. Our journey will be expertly guided by Adventure Calls Outfitters, Inc. on the beautiful Salmon River!

Space is limited, medical release and registration required to hold spot!