



JULY 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

JULY
16

Job-pardy!

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

Get ready to test your knowledge and have some fun with a lively game of Career Jeopardy! Then, we'll spend time exploring how to set meaningful goals and create a resume that'll help you achieve your personal goals.

JULY
19

Paddle On: Whitewater Rafting

Salmon River (In-Person) | 8:30AM-5:00PM | AYAs(13-39)

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!

JULY
20

Annual Family Picnic

245 Citation Dr, Henrietta, NY 14467 (In-person) | 1:00PM | Families

Join us at Lauren and Doug Spiker's home for our annual family picnic with Rochester and Syracuse 13thirty families! Come hungry and bring a lawn chair!