



JULY 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.

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Paddle On: White Water 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!

JULY
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Beaded Vibes

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

Experience scanxiety? You're not alone. In collaboration with Upstate Peds Cancer Center join us for a night of keychain & bracelet making while connecting with others who truly get it.