



AUGUST 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

AUG
7

Golden Pages of Change

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

Reflective journaling can help you organize your thoughts, feel less alone, and consider how your perspective has changed throughout your cancer journey. Join us as we utilize local Girl Scout, Aubrey Coyle's, Gold Award created journal for a night of reflective writing and drawing.

AUG
12

Sunset Stretch

Onondaga Lake Park (In-Person) | 6:00PM | AYAs (13-39)
106 Lake Dr, Liverpool, NY 13088

Come connect with others, stretch, and spend some time outside, all while practicing an activity that benefits your physical, mental, and emotional health. Sue Montminy from Laurie's Hope will lead us through a gentle yoga and sound bath class. All abilities welcome!