



OCTOBER 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](https://13thirty.org)

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### Fall AYA Cancer Retreat

**Onanda Park (In-person) | 10:00-7:00PM | AYAs (13-39)**

Join us for a day of connection, creativity, and nature for teens and young adults (13-39) with cancer and a plus one (spouse, partner, friend). Enjoy a cozy fall day with others who truly get it!

**Scan the QR Code to Register!**



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### Meals That Heal

**Ronald McDonald House(In-Person) | 3:00-5:00PM | AYAs(13-39)  
333 Westmoreland Dr., Rochester, NY 14620**

Let's give back to an organization that does so much for our cancer community! Join us as we cook a delicious and nutritious meal for the residents at the Ronald McDonald House of Rochester.

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### Spooky Soup

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

It's the season of soups and spooks so you know what that means, it's time for our annual Halloween Party! Grab your costume and join us for a spooky night of soup making and fun Halloween haunts.