



DECEMBER 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

DEC
2

Cookies & Cocoa

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

Throw on your favorite ugly sweater and join us for a relaxing night of cookies, cocoa, and reflecting back on all we have accomplished in 2025.

DEC
11

Mindfully Salty

Hybrid (Rochester Center OR Zoom) | 6:00PM | AYAs (13-39)

Take a break from the end-of-year hustle and bustle with a blend of guided meditation, contemplative sound, and mindfulness practices led by Allison Graff all from the comfort of your home.

RSVP for the Zoom link

JAN
11

SAVE THE DATE: Hello 2026 Family Party!

Rochester Center (In-Person) | 11:00AM-1:00PM | Families

Let's kick off 2026 right — TOGETHER! Grab the family as we celebrate the New Year with brunch and a Minute-to-Win-It Family Face-Off!

JAN 14-
FEB 18

SAVE THE DATE: 13thirty Fit!

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

Sweat your way to a healthier life with others who understand. With the guidance of our wonderful physical therapist, Brianne, let's get Fit together!

**For AYAs done with treatment or in maintenance therapy.
All abilities welcome. *Commit to 6 Wednesdays with us!**

Contact & RSVP: Michaela Deeg, Program Manager
michaela@13thirty.org | (585) 563-6221 | 1000 Elmwood Ave, NY 14620 | 13thirty.org

13thirty
cancer connect