

APRIL

ROCHESTER PROGRAMS

Are you a teen or young adult (~13–39) dealing with cancer, now or in the past?
Come connect with others who get it!

2026



TWIRL & BLOOM

Spring has sprung so why not create your very own flower garden, one you don't have to water! Come learn the art of paper quilling and make your very own paper flower garden.

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



VINYASA FLOW

Join us for a supportive vinyasa-style yoga class where breath and movement flow together to help reduce stress, build gentle strength, and restore balance. This class offers a welcoming space to care for your body and mind in community. **All abilities welcome!**

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



UKULELE 101

SPACE IS LIMITED!
RSVP TO SAVE YOUR SPOT!

Music therapist, Christina Stewart, from The KEYS Program will teach you the basics of Ukulele. After she'll teach us tips on how music can be used as a form of therapy at home.

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

SAVE THE DATE

NEXT PROGRAM: Writing Workshop Series

Join us for a two-part writing workshop with founder of Path Forward Counseling and Creative Wellness, Charlie Coté.

May 7th & 14th • 6:00PM

Rochester Center | In-Person | AYAs (13–39)

IN THE COMMUNITY

FUNDRAISER: Sometimes, You Just Gotta Laugh! Stand-up Show

Scan the QR Code to purchase tickets

May 15 • Doors 7:00 PM • Show 8:00 PM

Comedy @ the Carlson, Rochester, NY



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