

MAY

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

THURS
7 & 14

WRITING YOUR WAY FORWARD

Explore your experiences, express what's hard to say, and reconnect with parts of yourself beyond your diagnosis through guided prompts and a supportive, choice centered space in this two-week creative writing workshop.

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

WED
20

JUST KICKIN' IT

Get ready to feel that school yard nostalgia with a sunset game of kickball! Is there any better way to kick-off Spring's warm weather and late nights than friendly competition with friends? **All abilities welcome!**

Ellison Park | In-Person | AYAs (13-39) 6:00 PM

THURS
28

ALTBAR MIXOLOGY

SPACE IS LIMITED!
RSVP TO SAVE YOUR SPOT!

Join us at Rochester's alcohol-free alternative bar, AltBar, for an informative mixology class with all the fun and none of the booze!

AltBar | In-Person | YAs (18-39) 6:00 PM

SAVE THE DATE

NEXT PROGRAM: Comedy Club

Come laugh with others who truly understand in our quarterly Comedy Club series, where we face cancer with humor through improv, creative writing, and shared comedy.

June 2 • 7:00 PM

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

