

MAY & JUNE

SYRACUSE 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



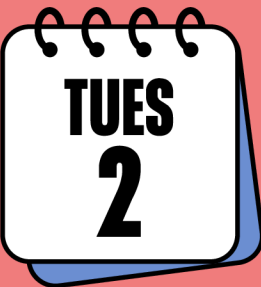
MINDFULLY SALTY

MAY

Take a break from your daily hustle and bustle with a blend of guided meditation, contemplative sound, and other mindfulness practices led by Allison Graff.

Space is limited RSVP to save your spot!

📍 Stasis Float Center Salt Room | In-Person | AYAs (13-39) 🕒 6:00 PM



COMEDY CLUB

JUNE

Come laugh with others who truly understand in our newest program series, Comedy Club. Once a quarter we'll laugh in the face of cancer through improv games, creative writing, and enjoying comedy together.

📍 Rochester Center | In-Person | AYAs (13-39) 🕒 7:00 PM



GATHER & GRAZE

JUNE

Join us at the center for dinner and ice cream as we welcome our new Syracuse Program Manager, Tim Kaiser!

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



TACO 'BOUT IT!

JUNE

Join us as we carve out space to talk about the unique challenges AYAs face with survivors guilt and the complicated feelings that can come with accepting care and support, over tacos of course!

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