

SEPTEMBER

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



COMEDY CLUB

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) ⌚ 6:00 PM



RESTORE:HANDS-ON SELF-CARE

Take a break from the demands of everyday life and join us for a hands-on self-care experience designed to help you slow down, reconnect, and create. You'll learn about simple, cleaner ingredients while making your own personalized sugar scrubs to take home.

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



TACO 'BOUT IT!

Join us as we gather to talk about the unique challenges AYAs face when diagnosed with cancer and the unexpected emotions that come along with it, over tacos of course!

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

25

Years of impact

JOURNEYS, THE 25TH ANNUAL CELEBRATION OF LIVING
OCTOBER 10, 2026 • RIT INN & CONFERENCE CENTER

13THIRTY MEMBERS: Please accept three (3) complimentary tickets!
Select the ticket option "13thirty Members and Families ONLY"!



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

