





# Lost Childhoods Youth Programing

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| 9/10 | Water Color Journaling       | Learn some water coloring techniques from a Instructor and artist Gay Kraeger                           | MAH Classroom<br>11:30-1:30                                 |
| 9/17 | How to advocate for YOURSELF  | Extend your voice! Want to speak up but don't know how sometimes? Join Karen's first Advocacy workshop. | MAH Classroom<br>11:30-1:30                                 |
| 9/24 | DIY and Herbs                  | Get familiar with herbs and Create smooth and scented chapsticks from scratch at the UCSC Farm!         | UCSC FARM*<br>Meet for ride at the MAHH @11am<br>11:30-1:30 |
| 10/1 | Cupcake Decorating          | Enjoy some awesome cupcake and cookie decorating and munch up your product at the end!                  | MAH Classroom<br>11:30-1:30                                 |

Ages 13-25. Seating limited and not guaranteed:  
RSVP with Karen at [karenm@santacruzmah.org](mailto:karenm@santacruzmah.org)  
Questions and comments are welcomed!



**Free Food!**