

Concerned Black Men of Los Angeles

Welcome to Womanhood Workshop

Leland Weaver Library/ 4035 Tweedy Blvd., South Gate, CA 90280

September 2022- May 2023 1:00pm– 3:00pm

Workshop Topics and Purpose

Womanhood Defined Through our Choices and Actions

Sept. 17 To encourage young women to think about relationship choices, actions and how they relate to a person's definition of Womanhood.

Proper Etiquette

Oct. 8 To discuss the importance of self-presentation and first impression. To learn social skills and go over formal and informal introductions of oneself.

College Life and What to Expect

Nov. 12 The purpose of this workshop is to give an overview of the college experience and what to expect.

Building Morals, Values and Self Esteem

Dec. 10 To engage in an activity that forces us to explore our character and identify the challenges to practicing it. To understand how to become a woman with morals and values, learn public speaking techniques and the effects of body language.

Social Media and Bullying

Jan 14 To discuss the responsibility of having a positive social media page. To understand what it means to portray yourself in the best light online. To explore what it means to not feed into the negative images you see posted on social media.

Drug Abuse and the Law

Feb 11 To educate middle school girls about the dangers of pharmaceuticals and drugs you can buy on the street as well as law enforcement responsibilities and their purpose within the community.

Health Wellness and How to Manage Stress

Mar 11 To discuss the absolute importance of maintaining a healthy and active lifestyle. To understand what it means to know healthy foods to partake in and how to stay in shape.

Developing Self -Esteem and Personal Hygiene

Apr 8 To encourage a healthy look and feeling of oneself. Promote social positive outlook of oneself.

Financial Literacy

May 13 To encourage middle school girls about financial importance