

Concerned Black Men of Los Angeles

Welcome to Womanhood: Workshop Topics & Purpose

Gifford C. Cole Middle School | 3126 E Avenue I, Lancaster, CA 93535

September 2022 – May 2023 11:00am to 1:00pm

Ages:11-19 years old

Contact Mia Montgomery/Email:miawilloughby08@gmail.com

Sept. 17

Womanhood Defined Through our Choices and Actions

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

Oct. 8

Proper Etiquette

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

Nov. 12

College Life and What to Expect

The purpose of this workshop is not really to give you the nuts and bolts of going to college, like entrance requirements, SAT scores etc. We want to give an overview of the whole college experience and what to expect.

Dec. 10

Building Morals, Values and Self Esteem

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 effects of body language. To encourage healthy look/image of oneself.

Jan 14

Social Media and Bullying

To discuss 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.

Feb 11

Drug Abuse and the Law

To educate middle school girls about the dangers of pharmaceuticals and drugs you can buy on the street. And to educate them about law enforcement responsibilities and their purpose within the community.

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Mar 11 **Health Wellness and How to Manage Stress**

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. During this workshop we'll give options on how stress can be handled through taking a break from the stressors, prioritizing task, support groups, exercising and meditating.

Apr 8 **Developing Self -Esteem and Personal Hygiene**

To encourage a healthy look and feeling of oneself as well as promoting social positive outlook of oneself.

May 13 **Financial Literacy**

To encourage middle school girls about financial importance.

