

## Concerned Black Men of Los Angeles

# Welcome to Manhood Sessions

Sep 2023 – May 2024 **2:30pm to 4:30pm**

Hyde Park Miriam Matthews Branch Library  
2205 W. Florence Ave, Los Angeles, CA 90043

### Workshop Topics and Purpose

#### **Manhood Defined by Your Choices and Actions**

**Sep 9** Help young men understand the relationship between choices and actions and how they relate to a person's definition of Manhood. Define the "Ideal Man" and explore a vision for one's self.

#### **Leadership: Building Character and Courage**

**Oct 14** To engage in an activity that forces us to explore our character and identify the challenges to practicing it. To understand the role of courage in being a man of character. To examine the work of Dr. King, Malcolm X, and Thurgood Marshall in being leaders and men of character.

#### **Decision Making: Identifying Priorities and Claiming Responsibility**

**Nov 11** To understand priorities and engage in an activity to identify personal priorities. To define responsibility and discuss the importance of it in maintaining their priorities.

#### **Climate Control: Assessing My Environment & Managing My Thoughts**

**Dec 9** To define "environment: and the importance of it in helping us to achieve our goals and protect our priorities. To introduce the dynamic of an environment and to assess our relationship to it. To understand the control that we have over creating an environment. Knowing our limitations.

#### **Prim, Proper, and Prepared**

**Jan 13** To discuss the importance of self-presentation and first impressions. To learn formal and informal introductions of oneself. To discuss how the world sees a Black man (man of color) and how we either combat or reinforce those stereotypes.

#### **Physical and Mental Health: The Essentials of Living a Healthy Life**

**Feb 10** To discuss the prevalent health issues affecting Black men in America and provide effective strategies for living a healthy lifestyle.

#### **Mentorships, Friendships & Maintaining Healthy Relationships**

**Mar 9** This session explores the important relationships in the lives of the young men in our program. We discuss the history of our friendships, and think about the mentors we have in our life.

#### **College Life and What to Expect**

**Apr 13** To stress the importance of education and realize the long-term financial benefit. Compare and contrast our personal view of college with other's experiences. To learn ways to pay for college and obtain financial assistance.

#### **Financial Leadership**

**May 11** To discuss work ethic and how it relates to successful persons. To review key principles of success. To examine picking a trade and the right training program, as well as entrepreneurship.

**For more info please contact Jasmin Foreman, Program Manager @**

**[jasmin.foreman@cbmla.org](mailto:jasmin.foreman@cbmla.org) or (747) 377-2247**