



Concerned Black Men of Los Angeles

Welcome to Manhood Sessions

Meeting Location:

Cole Middle School

3126 E Avenue I, Lancaster CA 93535

September 2024-May 2025, 11:00am to 1:00pm

Workshop Topics and Purpose

9/14/24 - Manhood Defined by Your Choices and Actions

In this session young men will understand the relationship between choices and actions, and how they relate to a person's definition of Manhood. Students will Define the "Ideal Man" and explore a vision for one's self.

10/12/24 - Leadership: Building Character and Courage

Students will engage in an activity that forces them to explore their character and identify the challenges to practicing it. Students will explore the role of courage in being a man of character. They will examine the work of Dr. King, Malcolm X, and Thurgood Marshall in being leaders and men of character.

11/9/24 - Decision Making: Identifying Priorities and Claiming Responsibility

In this session students will understand priorities and engage in an activity to identify personal priorities. They will define responsibility and discuss the importance of it in maintaining their priorities.

12/14/24- Climate Control: Assessing My Environment & Managing My Thoughts

Students will define "environment" and how it helps them to achieve their goals and protect their priorities. Students will discuss the dynamics of an environment and assess their relationship to it. They will understand the control that they have over creating an environment and knowing their limitations.

1/11/25 - Prim, Proper, and Prepared

Students will discuss the importance of self-presentation and first impressions. They will learn formal and informal introductions. They will discuss how the world sees a Black man (man of color) and how they either combat or reinforce those stereotypes.

2/8/25 - Physical and Mental Health: The Essentials of Living a Healthy Life

Students will discuss the prevalent health issues affecting Black men in America and provide effective strategies for living a healthy lifestyle.

3/8/25 - Mentorships, Friendships & Maintaining Healthy Relationships

This session explores the important relationships in the lives of the young men in our program. Students will discuss the history of their friendships, and think about the mentors they have in their lives.

4/12/25 - College Life and What to Expect

Students will discuss the importance of education and the long-term financial benefits. They will compare and contrast their personal view of college with other's experiences. They will explore different ways to pay for college and obtain financial assistance.

5/10/25 - Financial Leadership

Students will discuss work ethic and how it relates to a successful career. They will review key principles of success. Students will examine different trades and training programs, as well as entrepreneurship.

For more info please contact Jasmin Foreman, Program Director @

jasmin.foreman@cbmla.org or (323) 577-2141