



Concerned Black Men of Los Angeles

Welcome to Womanhood 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- Womanhood Defined Through our Choices and Actions

Through activities, discussion, and icebreakers, the facilitator will encourage students to think about relationship choices, actions and how they relate to a person's definition of womanhood.

10/12/24- Proper Etiquette

Students will discuss the importance of self-presentation and first impressions. Students will discuss different social skills and go over formal and informal introductions of oneself.

11/9/24-College Life and What to Expect

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

12/14/24- Building Morals, Values and Self Esteem

Students will engage in an activity that encourages them to explore their character and identify the challenges to practicing it. Students will also engage in activities that identify their morals and values. They will learn public speaking techniques and the importance of body language.

1/11/25- Social Media and Bullying

We will discuss the responsibility of having a positive social media page. We want students to understand what it means to portray themselves in the best way online. We will explore what it means to not feed into the negative images you see posted on social media.

2/8/25- Drug Abuse and the Law

Students will discuss the dangers of pharmaceuticals and drugs that can be bought on the street. Students will also discuss law enforcement responsibilities and their purpose within the community.

3/8/25- Health Wellness and How to Manage Stress

We will discuss the absolute importance of maintaining a healthy and active lifestyle. Students will explore different food groups and discuss examples of healthy food choices.

4/12/25- Developing Self -Esteem and Personal Hygiene

Students will explore what healthy self esteem means to them. They will discuss the importance of self esteem when it comes to maintaining positive interactions with people.

5/10/25- Financial Literacy

Through activities and class discussion, the facilitator will encourage students to think about Financial Literacy, and discuss what they can do today and in the future to maintain fiscal responsibility.

For more info please contact Jasmin Foreman, Program Director @

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