

DIVERSITY AWARENESS MONTHS

MONTH	HERITAGE	Description of Heritage Month or Highlighted Observance Day
JANUARY	Martin Luther King Jr. Day; Poverty in America Awareness Month	<p>Dr. Martin Luther King Jr. Day: On the third Monday of January each year, we celebrate Dr. Martin Luther King Day. Dr. Martin Luther King Day is the only national holiday commemorating the actions of an African-American. Originally petitioned to honor King's dedication to trade unions, it would be established on November 2, 1983 by Ronald Reagan.</p> <p>January is Poverty in America Awareness month, bringing awareness to hunger and malnutrition, limited access to education and other basic services, social discrimination and exclusion, disabilities, restricted access to participation and participation in the democratic process, recognizing there are more than 40 million Americans living in poverty.</p>
FEBRUARY	Black History Month	<p>Black History Month: Black History Month, also known as African-American History Month, is celebrated each February in the United States. Because of the timing of the birthdays of two very important individuals in the fight to end slavery, Frederick Douglass and Abraham Lincoln, Black History Week was originally slated for the second week in February in 1926. In 1976 it was expanded to encompass the entire month of February to recognize the significant achievements made by the African-American community in all aspects of American society.</p>
MARCH	National Women's History Month; National Developmental Disabilities Awareness Month; National Multiple Sclerosis Awareness Month; Irish American Heritage Month;	<p>Women's History Month: Annually celebrated in March, Women's History Month acknowledges the many contributions women have made in America's rich past. From its beginnings as International Women's Day on March 8, 1911, it has been expanded twice by the United States Congress</p>

	<p>Gender Equality Month; Greek-American Heritage Month</p>	<p>first as a weeklong celebration in 1981 and to its current month-long celebration in 1987.</p> <p>Disabilities Awareness Month: Celebrated in March, we are provided with an opportunity to promote respect for people with intellectual and developmental disabilities and increase awareness of the daily obstacles faced by these individuals and their families.</p> <p>National Multiple Sclerosis Education Month: Launched in 2003, National MS Education and Awareness Month is observed in March of each year, nationwide effort by the Multiple Sclerosis Foundation and affiliated groups to raise the public's awareness of multiple sclerosis. The vital goals of this campaign are to promote an understanding of the scope of this disease, and to assist those with MS in making educated decisions about their healthcare.</p> <p>Irish-American Heritage Month is celebrated by proclamation of the President and Congress in the United States to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. It was first celebrated in 1991. The heritage month is in March to coincide with Saint Patrick's Day, the Irish national holiday on March 17th.</p> <p>Gender Equality Month is observed in March. It is a global celebration organized by the Womensphere Foundation and New Champions 5050, and is the global initiative for gender equality and empowering women and girls of the Young Global Leaders Community and Foundation Communities of the World Economic Forum.</p> <p>Greek American Heritage Month is celebrated in March. Also known as Hellenic Heritage Month or Greek American History Month, it coincides with the celebration of Greece's National Greek Independence Day on March 25th. "Hellenism" or "a Greek" is the emulation of ancient Greek culture, accomplishments and experiences of the Greek people.</p>
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<p>APRIL</p>	<p>Celebrate Diversity Month; Autism Awareness Month; Scottish American Heritage Month; National Volunteer Month; Arab-American Heritage Month; International Guide Dog Day April 25th</p>	<p>Celebrate Diversity Month: A great time to embrace the diversity around us in all its forms. Started in 2004 to recognize and honor the diversity surrounding us all. By celebrating differences and similarities during this month, organizers hope that people will get a deeper understanding of each other.</p> <p>Autism Awareness Month: Established to raise awareness about the developmental disorder that affects children’s normal development of social and communication skills.</p> <p>Scottish American Heritage Month: Celebrated in April. National Tartan Day, held each year on April 6 in the United States, celebrates the historical links between Scotland and North America and the contributions Scottish Americans have made to US history and society. Frequently, Scottish culture is celebrated through festivals known as Highland games. Various events include Whisky tastings, eating Haggis, Caber toss, Hammer throws, and traditional Scottish dances.</p> <p>National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come. Most often unpaid, they generously donate a part of their lives to do the work that nobody else likes to do — cleaning up after the event, fostering shelter dogs, chaperoning field trips, or helping the librarian; there are so many areas requiring volunteers.</p> <p>Arab-American Heritage Month celebrates the Arab-American heritage and culture and pays tribute to the contributions of Arab-Americans and Arabic-speaking Americans. Some individual states (such as the Commonwealth of Virginia) and 26 others observed April as Arab American Heritage Month early on before any federal recognition was proclaimed. It wasn't until April 19, 2021, that the first recognition on a federal level was issued, which was</p>

		<p>published as a White House letter from president Joe Biden recognizing April as the National Arab American Heritage Month, otherwise called NAAHM</p> <p>International Dog Guide Day is in April every year. International Guide Dog Day honors the work that service dogs provide for people everywhere. These dogs have skills ranging from leading a blind person around an area to providing emotional comfort during their service. This is why guide dogs are some of the best service dogs to have. People celebrate this day by learning how trainers train these dogs and showing support for their trainers. They also support those dogs who haven't made it through training by adopting them.</p>
MAY	<p>Asian Pacific American Heritage; Older Americans Month; Jewish American Heritage Month; Haitian-American Heritage Month; Mental Health Awareness Month; Better Hearing & Speech Month</p>	<p>Asian & Pacific Islander Month: In May, we recognize the contributions of those of Asian and Pacific Islander decent. Asian Pacific American Heritage month began in 1978 as Asian American Heritage Week celebrated the first week of every May, chosen because the first immigrants from Japan arrived on May 7, 1843. It has since been expanded to encompass the entire month of May.</p> <p>Older Americans Month: Established in 1963 to honor the legacies and contributions of older Americans and to support them as they enter their next stage of life.</p> <p>Jewish American Heritage Month is celebrated in May. Seeking a place to practice their beliefs without fear of prosecution, Jewish settlers first came to America. We celebrate that trek and celebrate the faith and culture of the Jewish people. Through their faith and commitment, America has become a more soulful nation and it is with this in mind that we honor them.</p> <p>Haitian-American Heritage Month is held to salute Haitian and Haitian American communities and to exhibit appreciation for their culture and</p>

		<p>heritage, which have immeasurably enriched the lives of the people of this nation; May 18 is Flag Day in Haiti which celebrates the culture and heritage of the Haitian flag, honoring their forefathers and replenishing their resolve for Haiti's future.</p> <p>Mental Health Awareness Month Each year millions of Americans face the reality of living with a mental illness. During May, the National Alliance for Mental Illness (NAMI) joins the national movement to raise awareness about mental health, to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.</p> <p>Better Hearing & Speech Month Each May, Better Hearing & Speech Month (BHSM) provides an opportunity to raise awareness about communication disorders and the role of ASHA (American Speech-Language-Hearing Assn) members in providing life-altering treatment.</p>
<p>JUNE</p>	<p>Lesbian, Gay, Bisexual and Transgender Pride Month; Juneteenth; National Caribbean-American Heritage Month</p>	<p>Lesbian, Gay, Bisexual and Transgender Pride Month established to recognize the impact that gay, lesbian, bisexual and transgender individuals have had on the world. LGBT groups celebrate this special time with pride parades, picnics, parties, memorials for those lost to hate crimes and HIV/AIDS, and other group gatherings. The last Sunday in June is Gay Pride Day.</p> <p>Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans. Juneteenth marks the anniversary of the announcement of General Order No. 3 by Union Army general Gordon Granger on June 19, 1865, proclaiming freedom for enslaved people in Texas. Juneteenth is celebrated on June 19.</p> <p>National Caribbean-American Heritage Month was proclaimed in June 2009 by President Barack Obama, who urged Americans to learn more about the history and Culture of the Caribbean Americans. Through the</p>

		commemoration of this month, we hope to ensure that America is reminded that its greatness lies in its diversity, with Caribbean immigrants from founding father Alexander Hamilton, to journalist Malcolm Gladwell, who have shaped the American dream.
JULY	No Proclaimed Heritage Month	Independence Day: On July 4, 1776 the United States of America declared its independence from Great Britain. It is an iconic day to Americans celebrating their freedom thanks to the ancestors who fought for life, liberty and the pursuit of happiness. Through generations it has morphed from an anti-British-rule celebration to a celebration of what makes us the USA.
AUGUST	National Win with Civility Month; Women's Equality Day	<p>National Win with Civility Month, simply put, is an effort to be civil in public discourse and behavior; be respectful of others whether or not you agree with them; stand against incivility when you see it.</p> <p>Women's Equality Day is celebrated on August 26th and commemorates the August 26, 1920 certification of the 19th Amendment to the United States Constitution that gave women the right to vote. Congresswoman Bella Abzug first introduced a proclamation for Women's Equality Day in 1971. Since that time, every president has published a proclamation recognizing August 26 as Women's Equality Day.</p>
SEPTEMBER	National Hispanic – Latino Heritage Month (Sept. 15 - Oct. 15)	Hispanic-Latino Heritage Month is celebrated each September 15 - October 15 in the United States of America to recognize the contributions made by people of Hispanic descent and to celebrate Hispanic culture. It is celebrated on September 16, and recognizes the revolution in 1810 that ended the Spanish Dictatorship.
OCTOBER	National Disability Employment Awareness Month; National Italian American Heritage Month; Lesbian Gay	National Disability Employment Awareness Month: The purpose of National Disability Employment Awareness Month is to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities. Held annually,

	<p>Bisexual Transgender History month; German American Heritage Month; Polish American Heritage Month; Domestic Violence Awareness Month; Down Syndrome Awareness Month; Filipino-American Heritage Month; National Bullying Prevention Month; National Disability Employment Awareness Month; National Work & Family Month</p>	<p>National Disability Employment Awareness Month [NDEAM] is led by the U.S. Department of Labor's Office of Disability Employment Policy, but its true spirit lies in the many observances held at the grassroots level across the nation every year.</p> <p>German American Heritage Month: Beginning on October 6, 1987 as German American Day, the culture and achievement of Americans of German descent is now celebrated during a month-long period between. Established in 1995, German American Heritage Month spans these dates so as to encompass festivals like Oktoberfest and Steuben parades.</p> <p>Gay, Lesbian, Bi-Sexual, Transgender History Month is celebrated in October. The month of October was chosen because National Coming Out Day (October 11) was already established and a widely known event. LGBT History Month is intended to encourage honesty and openness about being lesbian, gay, bisexual or transgender.</p> <p>Italian Heritage Month is set in October to coincide with Columbus Day. Italian Heritage Month celebrates the many achievements and successes of not only Americans of Italian descent, but also Italians living in America. America was named after an Italian (Amerigo Vespucci). It is also important to note that language plays a very large part of this celebration as it is thought of as an intrinsic part of Italian culture.</p> <p>Polish American Heritage Month is celebrated each year in October to commemorate the contributions to American society made by those of Polish descent.</p> <p>Domestic Violence Awareness Month is designed to unify women and men all across the world who have been victims of domestic violence. It is important to recognize that domestic violence impacts millions of people, and it's not only women who are victims; many men suffer domestic</p>
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		<p>violence as well. It is a problem across every status, culture, religion, and race.</p> <p>Down Syndrome Awareness Month a chance to spread awareness. During the month of October, we celebrate people with Down syndrome and make people aware of our abilities and accomplishments. It's not about celebrating disabilities, it's about celebrating abilities. We can learn all about our history. We have a right to speak out about what it's like to have Down syndrome and to learn the real story of people like us.</p> <p>Filipino-American Heritage Month. The celebration of Filipino American History Month in October commemorates the first recorded presence of Filipinos in the continental United States, which occurred on October 18, 1587. It is celebrated with various activities and events to bring awareness of the significant role Filipinos have played in American history.</p> <p>National Bullying Prevention Month. October is National Bullying Prevention Month, a time to focus and raise awareness on bullying. During this month, many groups across the country will release new resources, campaigns, and efforts aimed at bringing awareness to the issue of bullying.</p> <p>National Disability Employment Awareness Month. Americans observe National Disability Employment Awareness Month by paying tribute to the accomplishments of the men and women with disabilities whose work helps keep the nation's economy strong and by reaffirming their commitment to ensure equal opportunity for all citizens.</p> <p>National Work & Family Month. During this time, businesses across the U.S. are asked to promote healthier and more flexible work environments. The goal of the campaign is to remind employers about the business benefits of supporting work-life effectiveness programs. Today, our families come in all shapes and sizes. Between work, family, and personal life, we all face</p>
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		many responsibilities every day... which is why finding a healthy balance among them all is so important.
NOVEMBER	Native American Indian Heritage Month Veteran's Day	<p>Native American Heritage Month was initially celebrated in 1916 by the state of New York. It was not until 1990 that then President George H.W. Bush established it as a month long festival. Not only does Native American Indian Heritage Month showcase the rich culture of the native people of this land, but also honors those American Indians that have suffered injustices. Therefore, we celebrate all Native Americans during the month of November.</p> <p>Veterans Day is an official United States public holiday, observed annually on November 11th, which honors military veterans; that is, persons who served in the United States Armed Forces. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.</p>
DECEMBER	AIDS Awareness Month; Universal Human Rights Month	<p>AIDS Awareness Month: In December, we honor those who have become infected by the AIDS (acquired immune deficiency syndrome) virus by helping Americans become more aware of it. Caused by the human immunodeficiency virus (HIV), AIDS has killed more than 25 million people since 1981, not just in the United States, but all over the world.</p> <p>Universal Human Rights Month a time for people in the U.S. and around the world to join together and stand up for the rights and dignity of all individuals. December 10, Human Rights Day, is a global holiday that marks</p>

		the adoption of the Universal Declaration of Human Rights by the United Nations in 1948.
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