

# DE CALBRIDAR







SUN	MON	TUE	WED	THU	FRI	SAT	MONT OBSERV
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4	5	6	7	8	9	10 Lunar New Year 2024	Amonodin
11	12	13	14 Lent	15 International Childhood Cancer Day	16	17	
18	19	World Day of Social Justice	21	22	23	24	
25	26	27	28	29			

### MONTHLY OBSERVANCES

**Black History Month** 



**American Heart Month** 





SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	International Women's Day	9
Ramadan	11	12	13	14	15	16
17	18	19	20	World Down Syndrome Day	22	Purim
Holi Palm Sunday	25	26	27	28	Good Friday	Easter Transgender Day of Visibility 31







SUN	MON	TUE	WED	THU	FRI	SAT
	1	World Autism Awareness Day	3	4	5 Laylat al-Qadr	6
7	8	Eid-al-Fitr/End of Ramadan	10	11	12	13
14	15	16	17	18	19	20
21	Passover Begins Earth Day	23	24	25	26	27
28	29	Passover Ends				





SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	International Day Against Honophobia, Transphobia, and Biphobia	18
19	20	World Day for Cultural Diversity for Dialogue and Development	22	23	24	25
26	Memorial Day	28	29	30	31	









SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	World Environment Day	6 D-Day	7	8
9	10	11	Loving Day	13	14	15
16	17	18	Juneteenth	World Refugee Day	National Indigenous Peoples' Day	22
23	24	25	26	27	28 Pride Day	29









SUN	MON	TUE	WED	THU	FRI	SAT	MONTI OBSERVA
	1	2	3	Independence Day	5	6	French-America Mont
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	National Disability Independence Day	27	
28	29	30 International Day of Friendship	31				

#### THLY **/ANCES**

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SUN	MON	TUE	WED	THU	FRI	SAT	MONTHLY OBSERVANCES
				1	2	3	
4	5	6	7 Purple Heart Day	8	9 International Day of the World's Indigenous People	10	
11	12	13	14	15	16	17	
18	19 World Humanitarian Day	20	21	22	23	24	
25	Women's Equality Day	27	28	29	30	31	





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SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day	3	4	5	6	7
8	9	10	Patriot Day	12	13	14
15	16 Mexican Independence Day	17	18	19	20	21 International Day of Peace
22	23	24	25	26	National Native American Day	28
29	30					





SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Rosh Hashanah	3	4	5
6	7	8	9	World Mental Health Day	National Coming out Day Yom Kippur	12
13	National Indigenous Peoples' Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Diwali		





SUN	MON	TUE	WED	THU	FRI	SAT
					Dia de Muertos	2
3	4	5	6	7	8	9 World Adoption Day
10	Veterans Day  Thank YOU VETERANS YOU VETERAN	12	13 World Kindness Day  #Bekind	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### MONTHLY OBSERVANCES

**Diabetes Awareness Month** 



National Native American, American Heritage Month





SUN	MON	TUE	WED	THU	FRI	SAT
World AIDS Day	2	International Day for People with Disabilities	4	5	6	Pearl Harbor
8	9	10 International Human Rights Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	Christmas Hanukkah	<b>26</b> Kwanzaa	27	28
29	30	31				



# Why We Recognize...February

#### **American Heart Month:**

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

**American Heart Association** 

#### **Black History Month**

Black History Month is recognized to celebrate and honor the achievements, contributions, and history of African Americans. It originated in the United States and is observed annually during the month of February. <u>Blackhistorymonth.gov</u>

#### **February 1 - National Freedom Day**

National Freedom Day is celebrated in the United States on February 1st each year. The day commemorates the signing of the 13th Amendment to the U.S. Constitution on February 1, 1865, which abolished slavery in the United States. The American Presidency Project

#### February 10 — Chinese New Year (Year of the Dragon)

Lunar New Year, also known as Chinese New Year or Spring Festival, is celebrated by various East Asian communities around the world. The festival marks the beginning of the lunar calendar, and its celebration is deeply rooted in cultural, historical, and religious traditions. Chinesenewyear.net

#### February 14- Lent

Lent is a period of 40 days (excluding Sundays) of fasting, reflection, and penance observed by Christians leading up to Easter. It begins on Ash Wednesday and concludes on Holy Saturday. <u>usccb.org</u>

#### **February 15 - International Childhood Cancer Day**

International Childhood Cancer Day is observed annually on February 15th. The day is dedicated to raising awareness about childhood cancer and highlighting the need for more support, research, and resources to improve the diagnosis, treatment, and outcomes for children with cancer. <a href="Internationalchildhoodcancerday.org">Internationalchildhoodcancerday.org</a>

#### February 20 - World Day of Social Justice

The World Day of Social Justice is observed annually on February 20th. The day was established by the United Nations to promote social justice, encourage efforts to tackle issues such as poverty, exclusion, gender inequality, and human rights violations, and to reinforce the commitment to building a more just and inclusive world. <u>United Nations</u>

### Why We Recognize...March

#### **Developmental Disabilities Awareness Month:**

The goal of this awareness month is to promote understanding, inclusion, and acceptance of individuals with developmental disabilities. <a href="mailto:nacdd.org">nacdd.org</a>

#### **Ethnic Equality Month:**

The concept of ethnic equality is often woven into broader initiatives that focus on promoting diversity, equity, and inclusion. These initiatives aim to address issues related to racial discrimination, systemic inequalities, and social justice.

#### **Gender Equality Month:**

Gender equality is a fundamental human right and a key aspect of sustainable development. Various initiatives, events, and campaigns take place throughout the year to promote gender equality, address gender-based discrimination, and advocate for the rights of all genders. Ethnic Equality Month

#### **Greek-American Heritage Month:**

This month is dedicated to celebrating and recognizing the contributions of Americans of Greek descent to the country's history, culture, and society. <u>Greek Heritage Month</u>. <u>Irish-American Heritage Month</u>:

This month provides an opportunity to honor the rich heritage and traditions of Irish Americans and to highlight the impact they have had on various aspects of American life.

#### **Irish Heritage Month**

#### **National Colon Cancer Awareness Month:**

The month is dedicated to raising awareness about colorectal cancer, promoting early detection, and encouraging individuals to learn more about the risk factors, symptoms, and screening options associated with colon cancer. <a href="Maintenancer-American Association for Cancer-Research">American Association for Cancer</a>
Research.

#### **National Multiple Sclerosis Awareness and Education Month:**

This month is dedicated to raising awareness about multiple sclerosis, a chronic autoimmune disease affecting the central nervous system. The awareness campaign aims to educate the public about the impact of MS on individuals and their families, promote understanding of the disease, and support efforts to find effective treatments and a cure.

Multiple Sclerosis Association of America.

#### **National Women's History Month:**

The month is dedicated to recognizing and honoring the achievements, contributions, and historical importance of women throughout history. <u>womenshistorymonth.gov</u>

#### March 8 - International Women's Day

The day is dedicated to recognizing the achievements, contributions, and challenges faced by women around the world. It serves as a focal point for advocating gender equality, women's rights, and the empowerment of women in various spheres of life. <a href="internationalwomensday.gov">internationalwomensday.gov</a> March 10 - Ramadan begins (Islam)

Ramadan is the ninth month of the Islamic lunar calendar and holds special significance for Muslims around the world. It is a month of fasting, prayer, reflection, and community. <a href="mailto:ing.org">ing.org</a>

#### March 21 - World Down Syndrome Day

This day is dedicated to raising awareness about Down syndrome and advocating for the rights, inclusion, and well-being of individuals with Down syndrome. <a href="www.worlddownsyndromeday.org">worlddownsyndromeday.org</a>
<a href="www.worlddownsyndromeday.org">March 23 - Purim (Jewish)</a>

Purim is a Jewish holiday that commemorates the salvation of the Jewish people in ancient Persia as told in the Book of Esther (Megillah). <a href="mailto:chabad.org">chabad.org</a>

#### March 24 - Holi (Hindu)

Holi is a Hindu spring festival celebrated primarily in India and Nepal, but it has also gained recognition and observance in various other parts of the world. It is often referred to as the "Festival of Colors" or the "Festival of Love." Holi

#### March 24- Palm Sunday

Palm Sunday is a Christian observance that marks the beginning of Holy Week, the week leading up to Easter Sunday. It commemorates Jesus Christ's triumphal entry into Jerusalem, as described in the Gospels of Matthew, Mark, Luke, and John. <a href="Palm Sunday">Palm Sunday</a>

#### March 29- Good Friday

Good Friday is a Christian observance that commemorates the crucifixion and death of Jesus Christ. It is observed during Holy Week as part of the Paschal Triduum and falls on the Friday before Easter Sunday. <u>Easter Sunday</u>

#### March 31 - International Transgender Day of Visibility

International Transgender Day of Visibility (TDOV) is observed annually on March 31st. The day is dedicated to celebrating and honoring the resilience, achievements, and visibility of transgender and gender non-conforming individuals. glaad.org

#### March 31- Easter

Easter is a Christian festival that celebrates the resurrection of Jesus Christ from the dead. It is considered the most significant event in Christian theology, affirming the Christian belief in life after death. <u>Easter</u>

### Why We Recognize...April

#### **Arab-American Heritage Month:**

This month is dedicated to celebrating the contributions, culture, and history of Arab Americans in the United States. It provides an opportunity to recognize the diverse Arab American communities and their impact on various aspects of American society. <u>Arab American Heritage Month</u>

#### **Autism Awareness Month:**

The month serves as an opportunity to educate the public about autism, advocate for the rights of individuals on the autism spectrum, and celebrate the unique qualities and contributions of individuals with ASD. <a href="mailto:autismspeaks.org">autismspeaks.org</a> Celebrate Diversity Month:

The month encourages individuals and communities to embrace and honor the differences in people, including those related to race, ethnicity, gender, sexual orientation, religious beliefs, disabilities, and other aspects of identity. The celebration aims to foster understanding, inclusion, and unity. <a href="Celebrate">Celebrate</a>

### **Diversity Month. Earth Month:**

The month provides an opportunity for individuals, communities, and organizations worldwide to focus on environmental issues, promote sustainability, and take collective action to protect the planet. Earth Month often culminates in Earth Day, celebrated on April 22nd. <a href="mailto:neefusa.org">neefusa.org</a>

#### **National Child Abuse Prevention Month:**

The month serves as a time to raise awareness about child abuse and neglect, promote protective factors, and encourage community involvement in preventing child maltreatment. Various organizations, government agencies, and communities engage in educational initiatives, events, and campaigns to highlight the importance of ensuring the well-being of children. <a href="National Child Abuse Prevention Month">National Child Abuse Prevention Month</a>

#### **April 2- World Autism Day**

World Autism Awareness Day is observed annually on April 2nd. It is a day dedicated to raising awareness about autism spectrum disorder (ASD) and promoting understanding and acceptance of individuals with autism. <a href="mailto:autismspeaks.org"><u>autismspeaks.org</u></a>

#### April 5- Laylat al- Qadr

Laylat al-Qadr, also known as the Night of Decree or Night of Power, is considered one of the holiest nights in Islam. It occurs during the last ten nights of the Islamic month of Ramadan. <a href="mailto:muslimaid.org">muslimaid.org</a>

#### April 9- Eid-al-Fitr/End of Ramadan

Eid al-Fitr, also known as the "Festival of Breaking the Fast," is one of the major Islamic celebrations observed by Muslims worldwide. It marks the end of Ramadan, the holy month of fasting. <a href="mailto:muslimaid.org">muslimaid.org</a>

#### **April 22- Earth Day**

Earth Day is an annual event celebrated globally on April 22nd. It serves as a day of environmental awareness, activism, and education, encouraging people around the world to engage in activities that promote environmental sustainability and address issues such as climate change, pollution, and conservation. <a href="mailto:earthday.org">earthday.org</a>

#### **April 22- Passover**

Passover, also known as Pesach in Hebrew, is a significant Jewish festival that commemorates the liberation of the Israelites from slavery in ancient Egypt. The festival is observed for eight days (seven days in Israel) and is marked by various rituals, ceremonies, and special meals. <a href="mailto:chabag.org">chabag.org</a>

#### **April 30- Passover Ends**

# Why We Recognize...May

#### **ALS Awareness Month**

Amyotrophic Lateral Sclerosis (ALS) Awareness Month is observed annually in May. ALS, also known as Lou Gehrig's disease, is a progressive neurodegenerative disorder that affects nerve cells in the brain and spinal cord. ALS Awareness Month aims to raise awareness about the disease, support individuals and families affected by ALS, and promote research efforts to find a cure.

#### **Haitian Heritage Month**

Haitian Heritage Month is observed annually in May, celebrating the rich cultural heritage, history, and contributions of the Haitian people.

#### **Jewish-American Heritage Month**

Jewish-American Heritage Month (JAHM) is an annual recognition and celebration of Jewish American contributions to American culture, history, and society. It is observed during the month of May in the United States.

#### **Mental Health Awareness Month**

Mental Health Awareness Month is observed annually in May, with the goal of raising awareness about mental health, reducing stigma, and advocating for support and resources for individuals facing mental health challenges. The month provides a platform to promote understanding, education, and conversations surrounding mental health issues.

#### **National Asian American and South Pacific Islander Heritage Mont**

National Asian American and Pacific Islander Heritage Month is observed in the United States during the month of May. It is a time to celebrate and recognize the diverse cultures, histories, and contributions of Asian Americans and Pacific Islanders (AAPI) in the country.

#### May 17- International Day Against Homophobia, Transphobia, and Biphobia

The International Day Against Homophobia, Transphobia, and Biphobia (IDAHOTB) is observed annually on May 17th. This day serves as a global awareness campaign to highlight and challenge discrimination, prejudice, and violence experienced by lesbian, gay, bisexual, transgender, and queer (LGBTQ+) individuals. <a href="International Day Against Homophobia">International Day Against Homophobia</a>, Transphobia, and Biphobia

#### May 21- International Day for Cultural Diversity for Dialogue and Development

The International Day for Cultural Diversity for Dialogue and Development is observed annually on May 21st. This day provides an opportunity to deepen understanding of cultural diversity, promote dialogue among different cultures, and highlight the role of culture in contributing to sustainable development. <a href="mailto:un.org">un.org</a>

#### **May 27- Memorial Day**

Memorial Day is a federal holiday in the United States observed on the last Monday of May each year. The day is dedicated to honoring and remembering the men and women of the armed forces who have died in service to their country. <a href="mailto:va.gov">va.gov</a>

### Why We Recognize...June

#### **Alzheimer's and Brain Awareness Month**

Alzheimer's and Brain Awareness Month is observed annually in June. This month-long campaign is dedicated to raising awareness about Alzheimer's disease and other brain-related issues. It aims to educate the public, reduce stigma, and encourage support for individuals affected by Alzheimer's and related conditions. alz.org

#### **Black Music Month**

Black Music Month, also known as African American Music Appreciation Month, is observed in the United States every June. It is a celebration of the rich and influential contributions of African American musicians, composers, singers, and performers to the music landscape. <a href="mailto:nmaahc.si.edu">nmaahc.si.edu</a> National Caribbean American Heritage Month

National Caribbean American Heritage Month is observed in the United States every June to celebrate the rich cultural heritage, contributions, and diversity of Caribbean Americans. The month provides an opportunity to recognize and honor the history, achievements, and traditions of Caribbean Americans and their impact on American society.

#### caribbeanamericanmonth.com

#### **Pride Month (LGBTQ+)**

Pride Month is observed annually in June, celebrating the LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and others) community. The month commemorates the Stonewall riots, which occurred in June 1969 and are considered a significant moment in the LGBTQ+ rights movement. <a href="Loc.gov">Loc.gov</a>

#### **National Cancer Survivor Month**

National Cancer Survivors Month is an annual observance held in June to celebrate and honor cancer survivors. It is a time to recognize and support those who have overcome cancer, as well as to raise awareness about the challenges they face during and after treatment. <a href="mailto:aacr.org">aacr.org</a>

#### **June 5- World Environment Day**

World Environment Day is observed annually on June 5th and is a global initiative by the United Nations to raise awareness and encourage action for the protection and preservation of the environment. The day serves as a platform for individuals, communities, and governments to address environmental challenges and promote sustainable practices. world <a href="mailto:environmentday.global">environmentday.global</a>

June 6- D-Day

D-Day, or Operation Overlord, was a pivotal military campaign during World War II that took place on June 6, 1944. It marked the beginning of the end of Nazi Germany's control over Western Europe. <a href="mailto:army.mil">army.mil</a>

June 12- Loving Day

Loving Day is celebrated annually on June 12th and commemorates the landmark Supreme Court decision in the case of Loving v. Virginia (1967). This decision struck down laws in the United States that prohibited interracial marriages. <a href="Lovingday.org">Lovingday.org</a>
June 19- Juneteenth

Juneteenth, also known as Freedom Day or Emancipation Day, is an annual holiday in the United States that commemorates the emancipation of enslaved African

Americans. nmaahc.si.edu

June 20- World Refugee Day

World Refugee Day is observed annually on June 20th. It is a day designated by the United Nations to raise awareness about the global refugee crisis and to honor the courage, resilience, and strength of refugees worldwide. <a href="mailto:unhcr.org">unhcr.org</a>

June 28- Pride Day

June 28 is often associated with events related to LGBTQ+ pride, and it holds significance in the history of the LGBTQ+ rights movement. While June is widely recognized as Pride Month, and various pride events are organized throughout the month, June 28 has specific historical importance related to the Stonewall riots. <a href="Pride">Pride</a>

# Why We Recognize...July

#### **French-American Heritage Month**

French-American Heritage Month is celebrated in the United States during the month of July. It is a time to recognize and honor the historical and cultural contributions of French Americans to the country.

nationaltoday.com

#### **July 4- Independence Day**

Independence Day, also known as the Fourth of July, is a federal holiday in the United States celebrated on July 4th. It commemorates the adoption of the Declaration of Independence in 1776, declaring the thirteen American colonies as independent from British rule. Independence Day

#### **July 26- National Disability Day**

National Disability Independence Day is observed on July 26th in the United States. It commemorates the anniversary of the signing of the Americans with Disabilities Act (ADA) into law in 1990. The ADA is a landmark civil rights legislation that prohibits discrimination against individuals with disabilities in various areas of public life, including employment, transportation, public accommodations, and telecommunications. National Disability Day

#### **July 30- International Friendship Day**

International Friendship Day is observed annually on July 30th. The day is dedicated to celebrating the importance of friendship and fostering connections between individuals, communities, and countries. <a href="mailto:un.org">un.org</a>

### Why We Recognize...August

#### **August 7- Purple Heart Day**

Purple Heart Day is observed on August 7th each year in the United States. It is a day to honor and pay tribute to the men and women who have been wounded or killed in military service while serving in the U.S. Armed Forces. <a href="dvnf.org">dvnf.org</a>

#### **August 9- International Day of the Worlds Indigenous People**

The International Day of the World's Indigenous Peoples is observed annually on August 9th. This day is dedicated to promoting and protecting the rights of indigenous peoples worldwide and recognizing their unique cultures, languages, and contributions. un.org

#### **August 19- World Humanitarian Day**

World Humanitarian Day is observed annually on August 19th. It is a day dedicated to honoring and recognizing humanitarian efforts worldwide, particularly those who have lost their lives or have been injured while carrying out their duties. <a href="mailto:un.org">un.org</a> August 26- Women's Equality Day

Women's Equality Day is observed annually on August 26th in the United States. The day commemorates the adoption of the 19th Amendment to the U.S. Constitution in 1920, which granted women the right to vote. <a href="mailto:nationalwomenshistoryalliance.org">nationalwomenshistoryalliance.org</a>

### Why We Recognize...September

#### **Hispanic Heritage Month**

Hispanic Heritage Month, also known as National Hispanic Heritage Month in the United States, is observed through September and October each year. The month is dedicated to recognizing and celebrating the contributions, cultures, and histories of Hispanic and Latinx Americans. <a href="https://doi.org/licenses/bases/

#### **Suicide Prevention Month**

Suicide Prevention Month is observed annually in September, aiming to raise awareness about suicide, its prevention, and the importance of mental health. This observance includes various activities, campaigns, and initiatives to promote understanding, support, and resources for those at risk of suicide. <a href="mailto:samhsa.org">samhsa.org</a>

#### **September 2- Labor Day**

Labor Day in 2024 will be observed on Monday, September 2nd. It is a federal holiday in the United States dedicated to honoring and celebrating the contributions of American workers and the labor movement. <a href="Labor Day">Labor Day</a>
September 11- Patriot Day

Patriot Day is observed in the United States on September 11th each year. The day commemorates the tragic events of September 11, 2001, when terrorist attacks took place on the World Trade Center in New York City, the Pentagon in Arlington,

Virginia, and Flight 93 in Pennsylvania. 911memorial.org

**September 16- Mexican Independence Day** 

Mexican Independence Day, known as "El Grito de Dolores" or simply "Independencia de México," is celebrated on September 16th. It marks the beginning of the Mexican War of Independence against Spanish rule. <a href="Loc.org">Loc.org</a> September 21- International Day of Peace

The International Day of Peace, also known as World Peace Day, is observed annually on September 21st. It is a day dedicated to promoting peace, fostering goodwill among nations and peoples, and encouraging efforts to prevent and resolve conflicts. un.org

**September 27- National American Indian Day** 

National Native American Day is observed annually on the fourth Friday of September. It is a day to honor and celebrate the diverse cultures, contributions, and heritage of Native American peoples. <a href="mailto:bia.gov">bia.gov</a>

### Why We Recognize...October

#### **Hispanic Heritage Month**

Hispanic Heritage Month, also known as National Hispanic Heritage Month in the United States, is observed through September and October each year. The month is dedicated to recognizing and celebrating the contributions, cultures, and histories of Hispanic and Latinx Americans. <a href="https://doi.org/nicenses.2016/nicense

#### **Bullying Prevention Month**

Bullying Prevention Month is observed in October each year, focusing on raising awareness about the impact of bullying and promoting strategies to prevent and address bullying behavior. <a href="mailto:pacer.org">pacer.org</a>

#### Filipino-American Heritage Month

Filipino-American Heritage Month is celebrated in the United States during the month of October. It is a time to recognize and honor the contributions, history, and culture of Filipino Americans to the country. <a href="mailto:fanhs-national.org">fanhs-national.org</a>

#### **German-American Heritage Month**

German-American Heritage Month is celebrated in the United States during the month of October. It is a time to recognize and celebrate the contributions, culture, and heritage of German Americans to the country. <a href="mailto:nationaltoday.com">nationaltoday.com</a>

#### **Italian-American Heritage Month**

Italian-American Heritage Month is celebrated in the United States during the month of October. It is a time to recognize and celebrate the contributions, culture, and heritage of Italian Americans to the country. <a href="mailto:osdia.org">osdia.org</a>

#### **LGBTQ History Month**

LGBTQ+ History Month is observed in the United States during the month of October. It is a time dedicated to recognizing and celebrating the history, achievements, and contributions of the LGBTQ+ community. <a href="mailto:lgbthistorymonth.com">lgbthistorymonth.com</a>

#### **Polish-American Heritage Month**

Polish-American Heritage Month is celebrated in the United States during the month of October. It is a time to recognize and celebrate the contributions, culture, and heritage of Polish Americans to the country. <a href="mailto:nationaltoday.com">nationaltoday.com</a>

#### October 2-Rosh Hashanah

Rosh Hashanah, which translates to "Head of the Year" in Hebrew, is the Jewish New Year. It is a significant and joyous holiday that marks the beginning of the High Holy Days in the Jewish calendar. <a href="mailto:chabad.org">chabad.org</a>

#### October 10- World Mental Health Day

World Mental Health Day is observed annually on October 10th. It is a global initiative that aims to raise awareness about mental health issues, promote mental well-being, and encourage efforts to address the challenges faced by individuals dealing with mental health conditions. <a href="https://www.who.int">who.int</a>

#### **October 11- National Coming Out Day**

National Coming Out Day is observed annually on October 11th. It is a day dedicated to raising awareness about the LGBTQ+ community, celebrating coming out stories, and promoting a supportive and inclusive environment. <a href="https://example.com/hrc.org">hrc.org</a>
October 11- Yom Kippur

Yom Kippur, also known as the Day of Atonement, is one of the holiest and most solemn days in the Jewish calendar. Yom Kippur is observed through fasting, prayer, repentance, and seeking forgiveness. <a href="mailto:chabad.org">chabad.org</a>

#### October 14- National Indigenous Peoples' Day

This day recognizes and celebrates the heritage, culture, and contributions of Native American, Alaska Native, and Indigenous peoples. <a href="whitehouse.gov">whitehouse.gov</a>
October 31- Diwali

Diwali, also known as Deepavali, is a major Hindu festival celebrated by millions of people across the world. Diwali signifies the triumph of light over darkness and good over evil. <a href="mailto:nationalgeographic.com">nationalgeographic.com</a>

### Why We Recognize...November

#### **Diabetes Awareness Month**

Diabetes Awareness Month is observed annually in November to raise awareness about diabetes, promote education and understanding of the disease, and support individuals affected by diabetes. <a href="diabetes.org">diabetes.org</a>

#### **National Native American, American Heritage Month**

National Native American Heritage Month is observed in the United States during November. It is a time to honor and celebrate the rich cultural heritage, contributions, and history of Native Americans. <a href="mailto:nativeamericanheritagemonth.gov">nativeamericanheritagemonth.gov</a>

#### **November 1- Dia de Muertos**

Dia de Muertos, or Day of the Dead, is a traditional Mexican holiday celebrated from October 31st to November 2nd. It is a time for families to honor and remember deceased loved ones, celebrating their lives and supporting their spiritual journey. <a href="dayofthedead.holiday">dayofthedead.holiday</a>

#### **November 9- World Adoption Day**

**November 13- World Kindness Day** 

World Adoption Day is observed annually on November 9th. It is a day dedicated to celebrating adoption and raising awareness about the millions of children worldwide who are in need of permanent, loving homes. worldadoptionday.org

November 11- Veterans Day

Veterans Day is observed on November 11th each year in the United States. It is a federal holiday dedicated to honoring and expressing gratitude to military veterans who have served in the United States Armed Forces. <a href="mailto:va.gov">va.gov</a>

World Kindness Day is observed annually on November 13th. It is a day dedicated to promoting kindness and encouraging individuals to perform acts of kindness, both on a small and large scale. <a href="mailto:randomactsofkindness.org">randomactsofkindness.org</a>

# Why We Recognize...December

#### **HIV/AIDS Awareness Month**

HIV/AIDS Awareness Month is observed annually in December. It is a month dedicated to raising awareness about HIV/AIDS, supporting individuals living with the virus, and promoting efforts to prevent the spread of HIV. hiv.gov

#### **Universal Human Rights Month**

Universal Human Rights Month is observed in December, emphasizing the importance 3rd. It is a day designated by the United Nations to promote the rights and well-being of of promoting and protecting the fundamental rights and dignity of all individuals. The month aligns with the broader principles outlined in international human rights documents such as the Universal Declaration of Human Rights. nicic.gov

#### **December 1- World AIDS Day**

World AIDS Day is observed annually on December 1st. It is a global health awareness day dedicated to raising awareness about HIV/AIDS, honoring those who have lost their lives to the virus, and showing support for individuals living with HIV. hiv.gov

#### **December 3- International Day for People with Disabilities**

The International Day of Persons with Disabilities (IDPD) is observed annually on December persons with disabilities and to increase awareness about the challenges they face. un.org **December 7- Pearl Harbor-**

Pearl Harbor is a harbor near Honolulu, Hawaii, on the island of Oahu. It gained historical significance due to the surprise military attack by the Imperial Japanese Navy on the morning of December 7, 1941. This attack led to the United States' entry into World War II. nps.gov **December 10- Internatinal Human Rights Day** 

International Human Rights Day is observed annually on December 10th. It commemorates the day in 1948 when the United Nations General Assembly adopted the Universal Declaration of Human Rights (UDHR). un.org

#### **December 25- Christmas**

Christmas is a Christian holiday celebrated on December 25th each year to commemorate the birth of Jesus Christ. It is widely observed as a cultural and festive occasion, not only by Christians but also by people of various religious and cultural backgrounds around the world.

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#### December 25- Hanukkah

Hanukkah, also spelled Chanukah, is an eight-day Jewish festival that usually falls in December. It commemorates the rededication of the Second Temple in Jerusalem during the second century BCE. The festival begins on the 25th day of the Jewish month of Kislev and lasts for eight nights, ending on the 2nd or 3rd of Tevet. chabad.org

#### December 26- Kwanzaa

Kwanzaa is an African-American and Pan-African holiday that celebrates family, community, and culture. It is observed from December 26th to January 1st each year. Kwanzaa was created in 1966 by Dr. Maulana Karenga, a professor and activist, as a way for African Americans to reconnect with their African cultural and historical heritage.

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