

# HERITAGE, HISTORY, & AWARENESS MONTHS



**September:**

Hispanic Heritage Month

**October:**

Hispanic Heritage Month  
Filipino American History Month  
Polish American Heritage Month  
Italian American Heritage Month  
Disability Employment Awareness Month  
LGBTQIA+ History Month  
Domestic Violence Awareness Month  
Down Syndrome Awareness Month

**November:**

Native American, American Indian,  
& Alaskan Native Heritage Month

**December:**

None

**January:**

Muslim American Heritage Month

**February:**

Black History Month

**March:**

Women's History Month  
Irish American Heritage Month

**April:**

Deaf History Month  
Arab American Heritage Month  
Sexual Assault Awareness Month  
Autism Acceptance Month

**May:**

Asian American & Pacific Islander  
Heritage Month  
Haitian Heritage Month  
Jewish American Heritage Month  
Foster Care Awareness Month  
Mental Health Awareness Month

**June:**

LGBTQIA+ Pride Month  
Caribbean American Heritage Month

**July:**

Disability Pride Month

**August:**

None

*Why do we acknowledge these months?*

Heritage, history, and awareness months provide us intentional space to learn more, support, honor, and celebrate diverse groups of people. Acknowledging these varying parts of people's identities not only help us to understand each other with greater clarity, but also help us with the power of human connection. After all, with greater awareness comes the ability to shift our attitudes, behaviors, and beliefs.

This list is a working document. Suggestions for additions are always welcome!