

CELEBRATING HISPANIC HERITAGE MONTH

September 15 - October 15

Hispanic Heritage Month—also recognized as Latinx Heritage Month—is an annual celebration that pays tribute to the generations of Hispanic and Latin Americans who have influenced our nation and inspired others to achieve success. It is also a time to honor the traditions and history unique to the Hispanic and Latin cultures.

The timing of Hispanic Heritage Month is significant because it coincides with the Independence Day celebrations of several Latin American nations—Belize, Chile, Costa Rica, El Salvador, Guatemala, Honduras, Mexico, and Nicaragua.

Here are some meaningful ways to celebrate throughout the month and beyond:

Educate yourself about Latinx history and impact: Take time to learn about the groundbreaking thinkers, artists, athletes, entrepreneurs, scientists, and public servants that have shaped our nation and continue to invigorate U.S. culture and democracy.

Attend cultural events: Look for local festivals, art exhibits, film screenings, or musical performances that celebrate Latinx culture. Participating in these events helps you connect with the community and experience vibrant traditions.

Cook traditional dishes: It's not a celebration without food. Trying Latin American recipes like tamales, empanadas, or ceviche can be a fun, delicious way to connect with the culture.

Engage with music and media: Listen to genres like salsa, bachata, cumbia, or reggaeton, and learn about influential Latinx artists. Follow Latinx creators on social media, watch Latinx films, or tune into Latinx podcasts. These platforms provide a direct connection to contemporary voices and perspectives.

Read Latinx literature: Dive into works by authors like Isabel Allende, Sandra Cisneros, Gabriel Garcia Marquez, Elizabeth Acevedo, and Cristina Henriquez who offer rich stories that reflect the diversity of the Latinx experience.

Learn or practice Spanish or Portuguese: Language is a vital part of cultural identity. If you don't already speak Spanish or Portuguese, learning some basic phrases can deepen your understanding and connection to the culture.

Advocate for Latinx issues: Educate yourself on issues affecting Latinx populations, such as immigration reform, education equity, and healthcare access. Use your voice to support initiatives that uplift communities and advocate for change.

Looking for more? Great places to check for events are local colleges or universities, museums, or cultural institutions. As always, contact CCA@YourService for personalized resources, events, or other support you may need, any time, any day. However you choose to commemorate Hispanic Heritage Month, we hope all of your celebrations are safe and meaningful.

Always available. Always confidential. [800-833-8707](tel:800-833-8707) | www.myccaonline.com

