



# DID YOU KNOW JULY IS...



## Disability Pride Month

Disability Pride Month is celebrated every July and is an opportunity to honor the history, achievements, experiences, and struggles of the disability community. Why July? It marks the anniversary of the Americans with Disabilities Act, landmark legislation that broke down barriers to inclusion in society.



## Fragile X Awareness Month

Falls in July every year to create awareness and support systems for families impacted by the rare syndrome. A mutation in a person's F.M.R.I. gene causes F.X.S., leading to intellectual disability in the long term.



## French-American Heritage Month

We're going to dive deep into the history of French-American culture, the years of influence and impact it has had and continues to have on society, and celebrate some iconic moments in history that were driven by the French and honored by the Americans.



## Social Wellness Month

Break out of your fixed routine and vow to meet new people. This is because social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!



## National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

### [July 1: Canada Day](#)

All those who celebrate Canada as their home and native land celebrate Canada Day on July 1st. The day commemorates the anniversary of the Constitution Act, which consolidated three territories into the single nation of Canada, way back in 1867. That's right — Canada celebrated its 150th birthday in 2017!

### [July 1: C.P.C. Founding Day](#)

The festivities are a vital part of China's holiday culture. Celebrations include the broadcasting of an evening party on T.V. In addition, the State media airs films, documentaries, and TV series about the C.P.C. (Communist Party of China) to educate people about the holiday's origins and to portray the vision of China's future.

### [July 1: Ghana's Republic Day](#)

The day marks the establishment of Ghana as a sovereign republic in 1960. Though the nation gained independence from the British in 1957, it was only in 1960 that the country became a realized, sovereign republic. Up until 2019, Republic Day was a national holiday but it was later declared a 'commemorative holiday.' The day is also celebrated as Senior Citizens' Day to honor their contribution to the history of Ghana.

### [July 1: Keti Koti](#)

A celebratory festival commemorating the emancipation of slaves on July 1 of every year in the Netherlands. Keti Koti, translated to 'Broken Chains,' was marked as the day when slavery was abolished in the country back in 1863. It is a day when liberty, equality, and solidarity are nationally honored by parading out on the streets with music, dance, and food.

### [July 2: Special Recreation for the Disabled Day](#)

Celebrated every year on July 2 by acknowledging the importance of recreational activities in the lives of individuals with disabilities. Did you know that around 15% of the world's population lives with some form of disability? It's everyone's right to live with respect and engaging in some form of recreational activity can go a long way in accomplishing that goal. Special recreation can refer to loads of activities like sports, running, painting, and the performing arts.

### [July 4: Independence Day](#)

Independence Day, also called Fourth of July or July 4th, in the United States, the annual celebration of nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. Independence Day is celebrated on Monday, July 4, 2022 in the United States.

### [July 5-6: Ashura](#)

A day of mourning as they annually commemorate the death of Husayn ibn Ali, grandson of the Islamic prophet Muhammad and the third Shia imam.

### [July 6-7: Kupala Night](#)

It is a very old day celebrated in Slavic culture. The celebration of the day began in the 12 century. Its history is rooted in pagan traditions. The day was Christianized in many parts of the world, but still, the tradition remains largely pagan and hasn't changed much over the centuries. The day is also known by the name "Ivan Kupala." Kupala Night is considered a pagan fertility rite day where young couples participate in several rituals related to the day.

### [July 7: International Peace & Love Day](#)

Peace and love don't cost a thing, but their power goes far beyond anything words can capture. Different cultures have their concepts of peace. The philosophy of 'Ubuntu' among the Zulu in Africa teaches that humanity is linked. To the Japanese, 'Heiwa' means "aligning oneself to the common good." The spirit of 'Shalom' among Hebrews translates to "unity and prosperity, with a sense of wholeness arising from justice." Most cultures seem to agree that the world needs more love and peace.

### [July 7: Tanabata / Star Festival](#)

This holiday is a religious festival that celebrates the meeting of the deities Orihime and Hikoboshi. In Japanese, 'Tanabata' means 'evening of the seventh,' which is why the day is celebrated on the seventh day of the seventh month of the year.

### [July 14: Bastille Day](#)

Sacré bleu! Celebrate the toppling of the long-standing French monarchy, symbolized by the storming of a fortress and political prison in Paris, on Bastille Day on July 14. Nearly a dozen countries around the world have organized events and parties to commemorate the day — do you know how you're going to celebrate Bastille Day?

### [July 15: Developmental Disability Professionals Day](#)

This day is all about recognizing the work done by developmental disability professionals, who often go unnoticed despite providing services to some of the most vulnerable people in the country. The National Association for Qualified Intellectual Disabilities Specialists (N.A.Q.), the primary national organization recognizing developmental disability professionals, established the day in 2020.

### [July 19: Ker Puja](#)

Celebrated two weeks after Kharchi Puja, another popular holiday, primarily in the small, North-eastern Indian state of Tripura. It's a two and half-day holiday for worshipping Ker, the guardian deity of Vastu Devata. All banks and government institutions in Agartala, the state capital, are usually closed for the three-day observance.

### [July 31 Feast of St. Ignatius Loyola](#)

A Catholic celebration of St. Francis Xavier, co-founder of the Society of Jesus and a missionary. Resources for St. Francis Xavier



Do you have traditions/celebrations we may have missed?  
Please share with us by emailing Heidi.

