

Celebrating Diversity

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June is an important month to celebrate diversity, equity and inclusion and honoring heritage. Some of the more significant observances are Pride Month, dedicated to celebrating the LGBTQ+ community, Juneteenth, Caribbean-American Heritage Month, and in Canada, National Indigenous History Month is celebrated.

When we celebrate diversity, we create a supportive and respectful environment where everyone feels valued and included. This sense of belonging is crucial for mental and emotional health. Diversity is not just about recognizing our differences; it's about embracing and respecting these differences as fundamental components of our collective human experience. When we feel respected and included, we are more likely to be engaged, motivated, and productive. Moreover, a diverse workplace encourages open communication and collaboration, helping us build stronger, more cohesive teams.

By appreciating & embracing our differences, we can reduce stress and foster a positive work atmosphere where everyone thrives.

Ways to embrace diversity include:

- Asking questions and making connections
- Being an ally
- Creating a sense of belonging
- Reconsidering stereotypes
- Considering your actions and reactions
- Thinking about whose voices are represented



Juneteenth, celebrated on June 19th, commemorates the emancipation of enslaved African Americans in the United States. On this day in 1865, Union General Gordon Granger arrived in Galveston, Texas, and announced the end of the Civil War, bringing the news of freedom to those who were still enslaved. Juneteenth became a federal holiday in the United States in 2021, symbolizing the ongoing journey toward equality and justice.