

## French American Heritage Month



July is designated as National French American Heritage Month. During July, French American and French Canadians are honored for their significant contributions. There are approximately 11.8 million Americans of French- or French-Canadian descent living and working in the United States, with about 2 million of those speaking French at home.

### Did You Know!

- American troops arrived in France in 1917 as part of the American Expeditionary Force during World War I, marking the first time America had sent troops to defend foreign soil.
- The Statue of Liberty was presented to the U.S. ambassador Levi Parsons Morton in Paris as a gift from the French people commemorating France's and the United States' friendship.
- In 1778, Benjamin Franklin and the French representative to the U.S. signed the Treaty of Amity and Commerce in Paris, recognizing America's right to independence.

## 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.

U.S. Department of Health and Human Services/Office of Minority Health (OMH) encourages state, tribal, and local leaders, community-based organizations, faith leaders, healthcare providers and individuals to educate your communities regarding mental health stigma.

### Facts

- Mental health conditions do not discriminate based on race, color, gender, or identity.
- Background and identity can make access to mental health treatment much more difficult.
- Nearly two-thirds of people with a diagnosable mental illness do not seek treatment, and racial and ethnic groups in the U.S. are even less likely to get help.

## Nelson Mandela International Day

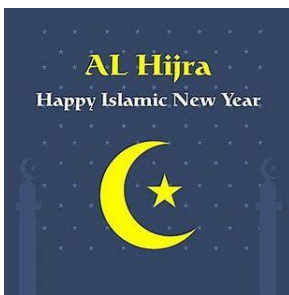


[Nelson Mandela International Day](#) honors Nelson Mandela on his birthday, July 18. The United Nations established this recognition day in November 2009, with the first UN Mandela Day held in 2010. Nelson Mandela devoted his life to the service of humanity — as a human rights lawyer, a prisoner of conscience, an international peacemaker, and the first democratically elected president of a free South Africa. This day recognizes his values and dedication to the service of humanity in conflict resolution, race relations, promotion and protection of human rights, reconciliation, gender equality and the rights of children and other vulnerable groups, the fight against poverty, and the promotion of social justice

### [How to observe Nelson Mandela International Day?](#)

- Do something positive in your own community
- Volunteer in local organizations
- Seek ways to inspire small changes that can make a lasting impact

## Al-Hijra – Happy Islamic New Year



[Al-Hijra](#) occurs on the first day of the month of Muharram in the Islamic calendar. This day is celebrated by Muslims to commemorate the holy journey of Prophet Muhammed who took the journey from Mecca to Medina. The observance doesn't occur on the same day each year because it follows the Islamic calendar. This year, it is celebrated on July 18. Similar to the New Year in January, Al-Hijra is a time of remembrance, gratitude, and self-reflection.

### [How is the Day Observed?](#)

- Muslims may observe this day by wishing a friend a wonderful Al-Hijra or creating a social media post and sharing a greeting message to Muslims
- Muslims will often attend prayer sessions at their mosque
- Many Muslims will also spend time with their friends and family