

Native American Heritage Month 2021



JOIN US IN HONORING AND CELEBRATING
THE DIVERSE AND RICH CULTURES OF OUR
LOCAL NATIVE AMERICAN PEOPLES!

#CelebrateSafelySD



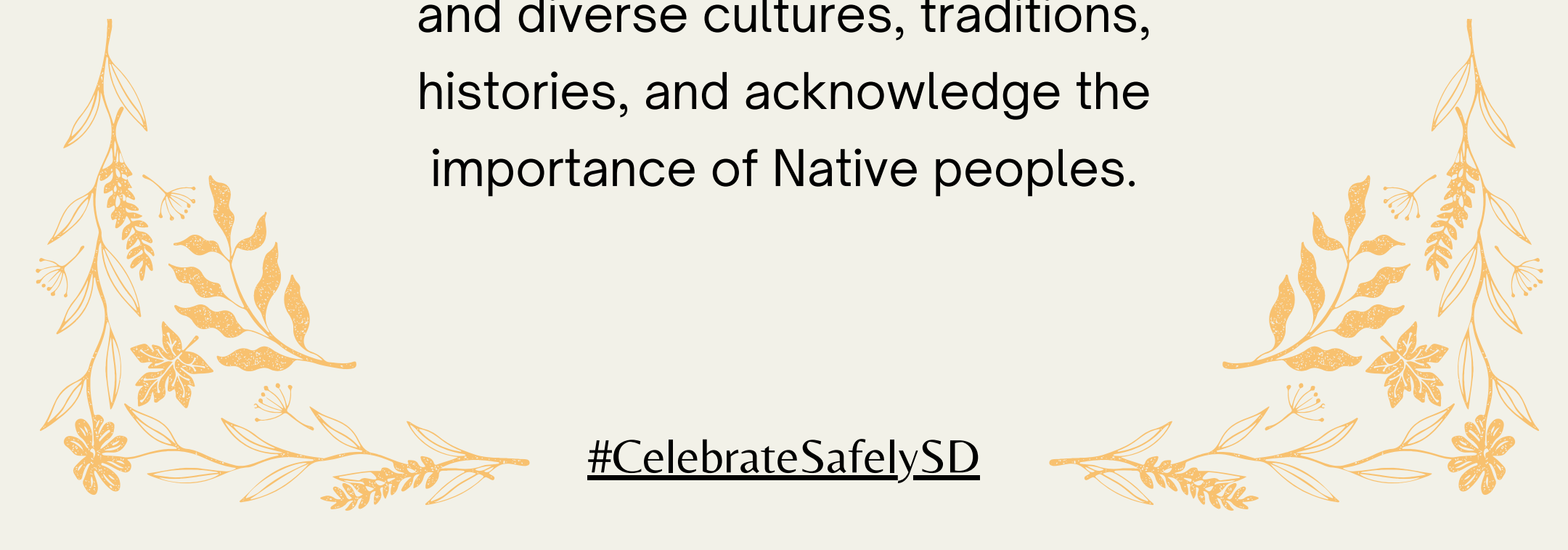
LIVE WELL
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What is Native American Heritage Month?

November is Native American Heritage Month, also known as American Indian and Alaska Native Heritage Month.

This month is a time to celebrate rich and diverse cultures, traditions, histories, and acknowledge the importance of Native peoples.

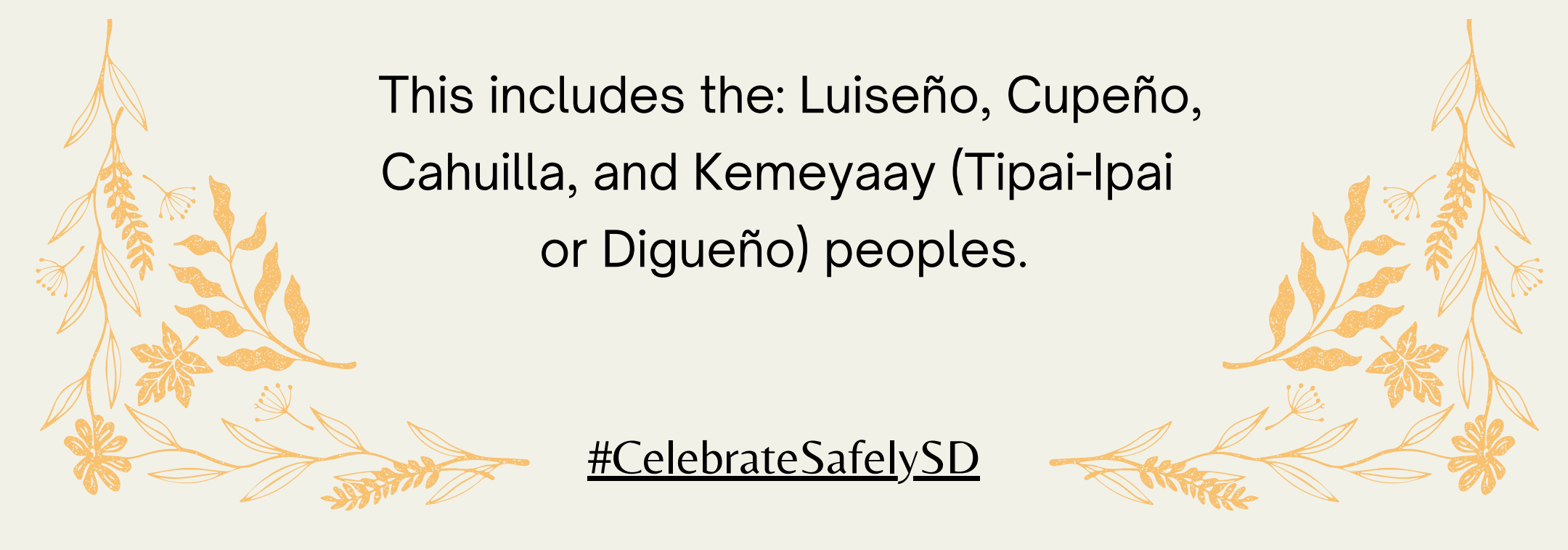


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In San Diego County...

There are more American Indian reservations than any other county in the United States. San Diego County is home to multiple culturally/linguistically distinct tribal peoples who have resided on these lands since time immemorial.



This includes the: Luiseño, Cupeño, Cahuilla, and Kemeyaay (Tipai-Ipai or Digueño) peoples.

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Celebrate Respectfully

Native American Heritage Month is an opportune time to learn about tribes and raise awareness about the unique challenges Native people have faced.

Celebrate by:

- Read books written by Native American authors such as Louise Erdrich
- Support Native American owned businesses
- Try Native American food and recipes
- Watch Native American films and performances



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COVIDSafe Celebration Ideas

Attend local community events to explore, honor
and celebrate Native culture:

November 18th at 12:00pm, Virtual Event

- Join the Intertribal Resource Center for a Culture and Language Table. Fellow Native Triton and Chickasaw citizen Lauren Smith will present on the history and culture of the Chickasaw people.

November 23rd at 6:00pm, Virtual Event

- Join the Cross-Cultural Center for an online exhibit featuring the art of Gerald Clarke from the Cahuilla Band of Indians. This event will showcase art that reflects current issues faced by Native American communities.

Zoom links available at: ucsd.edu*

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