



In 2001, May was officially designated as Asian Heritage month in Canada. Asian Heritage month marks a time to learn, listen and share the experiences of Canadians of Asian descent. This month is an opportunity to honour the achievements and contributions of Canadians of Asian descent to Canada's growth and prosperity.

In 1998, Senator Vivienne Poy was the first Canadian of Asian origin appointed to the Senate of Canada. Within the senate, she was integral in the movement to recognize the month of May as Asian Heritage Month. In December of 2001, the Senate of Canada adopted the motion proposed by Senator Poy, to officially designate May as Asian Heritage Month. In May of 2002, the Government of Canada declared the celebratory month in a formal ceremony.

The official declaration of Asian Heritage month by the Canadian government is as follows;

"Diversity represents one of Canada's greatest strengths, and we strive to ensure that all Canadians have the opportunity to reach their full potential and participate in Canada's civic life.

Over the last two centuries, immigrants have journeyed to Canada from East Asia, Southern Asia, Western, Central and Southeast Asia, bringing our society a rich cultural heritage representing many languages, ethnicities and religious traditions.

The people of this diverse, vibrant and growing community have contributed to every aspect of life in Canada — from the arts and science to sport, business, and government.

Asian Heritage Month offers all Canadians an opportunity to learn more about the history of Canadians of Asian descent and to celebrate their contributions to the growth and prosperity of Canada.

Thereby, we declare May as Asian Heritage Month in Canada."

Mind Forward's EDI Committee is excited to celebrate the accomplishments and contributions of Canadians of Asian descent during the month of May. Throughout this month, we will be providing educational resources, and spotlights. We invite you to celebrate with us.

What are you reading? Check out Asian Canadian authors

1. Seven by Farzana Doctor
2. The Language We Were Never Taught To Speak by Grace Lau
3. The Last Exiles by Ann Shin

What are you listening to? Check out these informative podcasts

1. Made in by Evy & Jas
2. Backstory Podcast by Reel Asian

3. Have Your Say podcast series by APF Canada's Toronto Asia Pacific Youth Council

To Donate:

To stand in solidarity with the Asian community please review the sources listed on this website:

<https://www.canadahelps.org/en/charities/asian-community-aids-services/>