

FEBRUARY

Celebrating Black History Month

Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers to leaders in industry, politics, science, culture, and more.

Origins of Black History Month

Harvard-trained historian Carter G. Woodson founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History Week, choosing the second week of February 1926. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs, and host performances and lectures. It was expanded to a month in 1976.

How to Celebrate



• **Research Black history:** Learn more about influential Black leaders who have shaped history and their legacy.



• **Read books by Black authors:** Discover unique perspectives and rich narratives reflecting diverse experiences and cultural histories.



• **Support Black-owned businesses:** Check out local shops, restaurants, and other services to boost these valuable businesses.



• **Organize educational events:** Plan interactive history lessons, social activism projects, and other activities.

For more information:

Your EAP is committed to supporting diverse workforces and strives to fulfill your preferences for culturally competent mental health professionals who can meet your emotional needs. Contact us to learn about what else may be available to you.

- [Association for the Study of African American Life and History](#)
- [Library of Congress](#)
- [National Archives](#)



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