CMG Associates

Native Nations Today

Honoring Native American Heritage Month

Native American Heritage Month recognizes the histories and living cultures of Native nations and the strength of Native people today. Native communities are diverse and vibrant, and Native people are leading in law, health, education, food, and the arts. This November, we invite you to learn from Native voices and support Native-led work.

SEVEN WAYS TO HONOR NATIVE AMERICAN HERITAGE MONTH

1. **Learn Whose Land You're On**
   Find the Native nations of your region at native-land.ca (for example, the Lenape in the New York area). Learn their names, histories, and where they are today. Acknowledgment means the most when it is paired with action.

2. **Read and Listen to Native Authors**
   Start with Roxanne Dunbar-Ortiz, Tommy Orange, Louise Erdrich, or Robin Wall Kimmerer. Revisit the Thanksgiving story with the free Native Knowledge 360° resources from the National Museum of the American Indian.

3. **Explore a Native Cultural Institution**
   The National Museum of the American Indian (Washington, DC, and New York City, both free) and tribally run cultural centers share history and living cultures in Native peoples' own words.

4. **Buy from Native-Owned Businesses**
   Look for verified Native-owned makers, restaurants, and food brands, such as Chef Sean Sherman's The Sioux Chef. Be wary of "Native-inspired" products that are not made by Native people.

5. **Attend a Native Event with Respect**
   Many powwows welcome the public. Check PowWows.com, confirm the event is open to visitors, follow the organizers' guidance, ask before taking photos, and listen more than you speak.

6. **Seek Out Native Perspectives on Wellbeing**
   Native communities face health disparities rooted in historical trauma and long-underfunded care. Learn from Native-led health organizations, and honor sacred practices rather than adopting them as wellness trends.

7. **Give Back and Keep Going After November**
   Support Native-led organizations like the Native American Rights Fund, the American Indian College Fund, and Running Strong for American Indian Youth, ideally with a recurring gift or an ongoing commitment.

Contact CMG for free, 24/7, and confidential support.

Access Line: 888-389-6040
TTY Access Line: 855-807-2138
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