



**Latin American Heritage Month,
Hispanic Heritage Month,
and Brazilian heritage**

**Educational resources
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**Canadian Centre for Diversity and Inclusion
Centre canadien pour la diversité et l'inclusion**

www.ccdi.ca

Educational resources on Latin American Heritage Month, Hispanic Heritage Month, and Brazilian heritage

This educational resource guide aims to support employers and individuals in acknowledging and celebrating the Latin American, Hispanic, and Brazilian heritages present in Canadian workplaces. Our goal with this guide is to provide resources to help in understanding the nuances, distinctions, and overlaps between the groups presented in this guide.

Officially, the month of October was designated as Latin American Heritage Month by the Parliament of Canada in 2018. Additionally, Ontario and Quebec recognize October as Hispanic Heritage Month. These commemorative months highlight the significant contribution of Latin American and Hispanic communities to the social, economic, political, and cultural fabric of Canada.

In our 2024 update of this educational guide, we have also chosen to include a separate section celebrating Brazilian Heritage, even though Brazilian Heritage does not have an official date or month of recognition yet in Canada. As such, this guide has three separate sections to honor the nuances found in celebrating Hispanic, Central and South American traditions and culture that overlap and exists across and within these groups. Including these respected heritages and cultures reflects the opportunity for this resource guide to celebrate the diverse traditions and culture each of them uphold.

Contents

Latin American Heritage Month..... 4
Hispanic Heritage Month..... 10
Brazilian heritage..... 13

Indigenous acknowledgement

It is important to mention that the global macro-region known today as Latin America was in ancient times the territory of multiple ancestral peoples, many of whom were exterminated after the massive arrival of European colonizers in 1492. Despite this, there are still more than 800 Indigenous peoples, with a population close to 45 million, who are characterized by a wide linguistic, cultural, demographic, social, territorial, and political diversity. Some groups live in voluntary isolation in remote areas, while others cohabit in large urban settlements with the rest of the population.

- [Indigenous Peoples in Latin America \(PDF\)](#), ECLAC
- [How much do you know about the Indigenous populations of Latin America?](#) The World Bank
- [Indigenous voices from Latin America: We Are the Document of the Earth \(video\)](#), 350.org
- [Who are the Indigenous and Tribal People's of Latin America and the Caribbean?](#) Food and Agriculture Organization of the United Nations

Understanding terminology – Latin American and Hispanic

Bilingual

- [The Difference Between Hispanic and Latino / La différence entre hispanique et latino](#), Thought Co.

English only

- [Hispanic vs. Latino vs. Latinx: A Brief History of How These Words Originated](#), Remezcla
- [Latino and Hispanic identities aren't the same. They're also not racial groups](#), Vox
- [Why Latinx/e?](#) El Centro, Colorado State University

Latin American Heritage Month

Latin American Heritage Month is an opportunity to further explore the shared legacy of colonialism in Canada and Latin America, reflect upon the common challenges posed by coloniality, and generate dialogues for reciprocal solidarity. The term 'Latin American' refers to individuals who identify themselves as such and who were born in the macro-region known as Latin America. Learn more about Latin American Heritage Month from the [Canadian Association for Latin American and Caribbean Studies \(CALACS\)](#).

Latin-American Canadian sources

Bilingual

- [Latin American Canadians / Canadiens d'origine latino-américaine](#), The Canadian Encyclopedia

English only

- [Latin Americans face a stubborn pay gap in Canada, data shows](#), The Conversation
- [What Latin American Heritage Month Means for Canada](#), University of British Columbia
- [Latin American Heritage Month](#), University of British Columbia

Intersectional experiences

Afro-Latinx experience

Bilingual

- [Defining "Afro-Latin@" / Définir "afrolatino"](#)

English only

- [Afro Latinos' Mixed Identity Can Leave Them Out of the Mix](#), NBC News
- [For the Longest Time, I Didn't Identify as Black](#), Flare
- [Ginella Massa, unfiltered: Afro-Latina Muslim TV host speaks her truth](#), Toronto Star
- [The afrolatin@ forum](#)

Asian Latinx experience

- [Asian Latinx community reflects on the rise of anti-Asian racism and violence](#), The Mujerista
- ['I became what I didn't see': Latinx and Hispanic influencers speak up about representation](#), USA Today
- [Understanding the Diverse Origins and Experiences of Asian Latinos](#), UnidosUS
- [What It's Like Being Asian-Latino \(video\)](#), Pero Like

2SLGBTQIA+ Latinx experience

English only

- ["We carry pride within ourselves": LGBTQ Latinx celebrate victories, worry about ongoing violence](#), NBC News
- [5 LGBTQ Latinx Heroes for Every Classroom](#), GLSEN
- [Religion and Coming Out Issues for Latinxs](#), Human Rights Campaign

French only

- [La communauté LGBTQ+ Latino-Canadienne : entre activisme et résilience](#), La converse

Arab Latinx Experience

- [The Surprisingly Deep Centuries-Old Ties Between the Middle East and Latin America](#), Americas Quarterly
- [¡Viva los Arabes!: Underreported stories of the Arabs of the Americas](#), MENASource

Jewish Latinx Experience

- [The Jewish People of Latin America](#), Chosen People Ministries
- [I am Jewish. But I'm Also Latina.](#), Hey Alma
- [Growing Up Latina and Jewish, I Was A Contradiction](#), Forward
- [The Jews of Central and South America](#), Jewish Policy Center

Roma People in Latin America

- [Emerging Romani Voices from Latin America](#), European Roma Rights Centre
- [Colombia recognizes Roma People as ethnic minority group](#), CGTN America

Arts and culture events and organizations

- [aluCine Latin Film + Media Arts Festival \(Toronto, ON\)](#)
- [Carnaval del Sol / Latincover \(Vancouver, BC\)](#)
- [Creato: A dedicated space and platform for Latinx creatives in Canada](#)
- [Expo Latino \(Calgary, AB\)](#)
- [Fuego Fuego Latin Music Festival \(Montreal, QC\)](#)
- [Latin American Festival Latino \(Ottawa – Gatineau, ON\)](#)
- [Latin American-Canadian Art Projects \(LACAP\)](#)
- [Latin Sparks Festival \(Toronto, ON\)](#)
- [LatinArte \(Montreal, QC\)](#)
- [Mississauga Latin Festival \(Mississauga, ON, available virtually\)](#)
- [Toronto Latin American Film Festival \(Toronto, ON\)](#)
- [Vancouver Latin American Cultural Centre \(Vancouver, BC\)](#)
- [Vancouver Latin American Film Festival \(Vancouver, BC\)](#)

Other resources



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

Bilingual – English / Spanish

- A Long Petal of the Sea / Largo pétalo de mar (Isabel Allende)
- Darkroom: A Memoir in Black and White / Cuarto Oscuro : Recuerdos en Blanco y Negro (Lila Quintero Weaver)
- Hopscotch / Rayuela (Julio Cortázar)
- Kiss of the Spider Woman / El beso de la mujer araña (Manuel Puig)
- Like Water for Chocolate / Como agua para chocolate (Laura Esquivel)
- Love in the Time of Cholera / El amor en los tiempos del cólera (Gabriel García Márquez)
- Nine Moons / Nueve lunas (Gabriela Wiener)
- One Hundred Years of Solitude / Cien años de soledad (Gabriel García Márquez)
- The House of the Spirits / La casa de los espíritus (Isabel Allende)

English only

- [Allers simples / Sin retorno \(Anthology\)](#)
- [Amerika \(Sergio Kokis\)](#)
- [Black Alley \(Mauricio Segura\)](#)
- [Cloudburst \(Anthology\) Luis Molina Lora / Julio Torres Recinos](#)
- [I Am Not Your Perfect Mexican Daughter \(Erika L. Sánchez\)](#)
- [Las imposturas de Eros \(Anthology\) Luis Molina Lora/ Julio Torres Recinos](#)
- [Lettres de Nootka \(Alejandro Saravia\)](#)
- [Outsiders \(Jorge Etcheverry\)](#)
- [Voices for Change Anthology: A Collection of Short Stories, Poetry, Statements and Art Work by Latinx Youth in Toronto \(PDF\)](#) (Christelle Money Penny and Keith González Sujo, Eds.)
- [Voices from the Ancestors: Xicanx and Latinx Spiritual Expressions and Healing Practices](#) (Lara Medina and Martha R. Gonzales, Eds.)

French only

- [L'homme polyphonique](#) (Alejandro Saravia)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

Bilingual – English / French

- [Latin American Heritage Month / Amérique latine](#) (National Film Board of Canada)

Bilingual – English / Spanish

- [Contra el Mar / Against the Sea](#) (Vimeo)
- [El secreto de sus ojos](#) (ES - rtve play) / [The secret in their eyes](#) (Google Play)
- [“La Fábula del dibujante”](#) (Vimeo)
- [Pain and Glory](#) (Amazon Prime Video) / [Dolor y gloria](#) (ES - Cinefile) / [Douleur et gloire](#) (FR - ICI TOU.TV)
- [Relatos salvajes / Wild tales](#) (Amazon Prime Video)
- [También la lluvia / Even the rain](#) (Netflix)

English only

- [Argentina, 1985](#) (Amazon Prime Video)
- [Cesar Chavez](#) (AppleTV)
- [City of God \(Cidade de Deus\)](#) (Apple TV)
- [Coco](#) (Disney+)
- [Cólera](#) (Vimeo)
- [I'm No Longer Here \(Ya No Estoy Aqui\)](#) (Netflix)
- [Narcos](#) (Netflix)
- [Pan's Labyrinth](#) (CRAVE)
- [ROMA](#) (Netflix)
- [The Golden Dream](#) (Amazon Prime Video)
- [Y Tu Mama Tambien](#) (Amazon Prime Video)



Bilingual

- [How a team of chefs fed Puerto Rico after Hurricane Maria / Face aux ravages de l'ouragan Maria, une équipe de chefs a nourri les réfugiés de Porto Rico](#) (José Andrés; 2017)
- [The story of Marvel's first queer Latina superhero / L'histoire de la première super-héroïne latine homosexuelle de Marvel](#) (Gabby Rivera; 2018)
- [What six years in captivity taught me about fear and faith / Ce que six ans en captivité m'ont enseigné sur la peur et la foi](#) (Íngrid Betancourt; 2017)
- [My identity is a superpower – not an obstacle / Mon identité est un super-pouvoir, pas un obstacle](#) (America Ferrera; 2019)

English only

- [Afro-Latina: How Systemic Racism Followed Me](#) (Ednin Martinez; 2022)
- [Representation Matters: Latinx in Mainstream Media](#) (Raquéel Pérez; 2019)
- [What Being Hispanic and Latinx Means in the United States](#) (Fernanda Ponce; 2017)



PODCASTS

- [En la Sala with Becky G](#)
- [In The Thick](#)
- [Latina to Latina](#)
- [Latino Rebels Radio](#)
- [Latinos who Lunch](#)
- [Lattin Magazine](#)
- [Two Gringos with Questions](#)
- [Yeah No, I'm Not Ok](#)



INSTAGRAM ACCOUNTS

CCDI is not responsible for the content posted by any of these accounts.

- [@afrolatinas_](#)
- [@hispaniccanada](#)
- [@latinarebels](#)
- [@latinofoodie](#)
- [@latinxparenting](#)
- [@latinxtherapy](#)
- [@lolascocina](#)
- [@maryinvancity](#)
- [@unclepagong.studio](#)
- [@weallgrowlatina](#)

Hispanic Heritage Month

The section of this guide is to learn more about Hispanic Heritage Month, which serves as an opportunity for people of Hispanic origin to come together and celebrate their shared culture. The term Hispanic refers to people who speak Spanish or who are descended from a Spanish speaking lineage. Recognizing Hispanic Heritage largely refers to the connections to an ancestral language but is also based upon a shared ethnicity and culture. It is important to note that both Hispanic and Latin American communities are diverse and have a culturally rich Indigenous heritage, and in Canada, this plurality is celebrated. Learn more about Hispanic Heritage Month from the [Hispanic Canadian Heritage Council](#).

Hispanic Canadian Sources

Bilingual

- [Spanish Canadians / Hispano-Canadiens](#), The Canadian Encyclopedia

English only

- [Canadian Hispanic Congress](#)
- [Celebrating Achievements of Hispanic and Latin-American Peoples in Canada](#), PsyMood
- [Hispanic Canadian Heritage Council](#)
- [Hispanic Canadian Heritage Month](#), Edmonton Catholic Schools

Arts and culture events and organizations

- [Canadian Hispanic-Latin American Virtual Museum](#)
- [Ciclo de Cine Hispano](#) (Hispanic Film Series; Toronto, ON)

Other resources



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

Bilingual – English / Spanish

- A Long Petal of the Sea / Largo pétalo de mar (Isabel Allende)
- Hopscotch / Rayuela (Julio Cortázar)
- Like Water for Chocolate / Como agua para chocolate (Laura Esquivel)
- Love in the Time of Cholera / El amor en los tiempos del cólera (Gabriel García Márquez)
- One Hundred Years of Solitude / Cien años de soledad (Gabriel García Márquez)
- The House of the Spirits / La casa de los espíritus (Isabel Allende)

English only

- No Stars in the Sky (Martha Bátiz)
- Once I Was You: A Memoir of Love and Hate in a Torn America (Maria Hinojosa)
- The House on Mango Street (Sandra Cisneros)
- Woman of the Light (Kali Fajardo-Anstine)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

Bilingual – English / Spanish

- [Contra el Mar / Against the Sea](#) (Vimeo)
- [The Secret In Their Eyes / El secreto de sus ojos](#) (Google Play)
- [Pain and Glory](#) (Amazon Prime Video) / [Dolor y gloria](#) (ES – Cinefile) / [Douleur et gloire](#) (FR – ICI TOU.TV)
- [Relatos Salvajes / Wild tales](#) (Amazon Prime Video)
- [También la lluvia / Even the rain](#) (Netflix)
- [Xico's Journey / El Camino de Xico](#) (Netflix)

English only

- [Cólera](#) (Vimeo)
- [Ferdinand](#) (Disney+)
- [McFarland, USA](#) (Disney+)
- [Neruda](#) (YouTube)
- [No](#) (AppleTV)
- [Post Mortem](#) (Amazon Prime Video)
- [Selena](#) (Amazon Prime Video)
- [SPIDERBOY](#) (Vimeo)
- [The Book of Life](#) (Disney +)
- [Zama](#) (Amazon Prime Video)

Brazilian heritage

Although there is not an official date or month of celebration for Brazilians in Canada, there is an increasing population of Brazilians who are not Hispanic and do not identify with larger Latin American cultural traditions. Historically, Brazil was colonized by the Portuguese in the 16th century, and they continued to have influence within the country until the late 1800s, leaving behind a lasting impact on language, architecture, and customs. One of the strongest legacies is language, where Brazilians speak Portuguese, rather than Spanish, and so are not considered to have Hispanic heritage. The lasting impact of colonization on the Brazilian region, including the forced migration of enslaved Africans, as well as the continued influence of many Indigenous populations in the region, all contribute to the uniqueness of Brazilian Heritage. This fusion shaped by combining Indigenous, European, African, and immigrant influences creates a distinct heritage within the Latin American macro-region that contributes to a vibrant and varied cultural scene which is evident in its arts, music, literature, and traditions. To honor these nuances, we have chosen to distinguish Brazilian Heritage with its own section, including the rich traditions of Canadians of Brazilian origin. Learn more about Brazilian Heritage and Culture from [UNESCO's article on Protecting Heritage, Museums, and Cultural Diversity in Brazil](#).

Brazilian Diaspora

- [Brazilian-Canadians](#), Wave Magazine Canada
- [Brazil – Culture, Diversity, Music](#), Britannica
- [Traditions in Brazil](#), Aventura do Brasil
- [World Heritage in Brazil](#), UNESCO
- [Brazil: Cultural Landscape](#), Latin American and Caribbean Geographic

Arts and Culture Events

- [Luminato Festival Toronto \(Toronto, ON\)](#)
- [BrazilFest \(Toronto, ON\)](#)
- [Uma Nota Culture \(Toronto, ON\)](#)
- [Saravah Brazilian Festival \(Ottawa, ON\)](#)

Other resources



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

- A Breath of Life (Clarice Lispector)
- Água Viva (Clarice Lispector)
- Barren Lives (Graciliano Ramos)
- Captains of the Sands (Jorge Amado)
- Dom Casmurro (Joaquim Maria Machado de Assis)
- Iracema (José de Alencar)
- Macunaíma: The Hero with No Character (Mário de Andrade)
- Os Sertões (Rebellion in the Backlands) (Euclides de Cunha)
- The Devil to Pay in the Backlands (João Guimarães Rosa)
- The Hour of the Star (Clarice Lispector)
- The Posthumous Memoirs of Brás Cubas (Joaquim Maria Machado de Assis)
- The Violent Land (Jorge Amado)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

- [Carandiru](#) (Apple TV)
- [City of God](#) (Amazon Prime Video)
- [City of Men](#) (YouTube)
- [Elite Squad](#) (Amazon Prime Video)
- [Heleno](#) (AppleTV)
- [Marighella](#) (Apple TV)
- [Rio](#) (Disney+)
- [The Invisible Life of Euridice Gusmao](#) (Apple TV)
- [The Second Mother](#) (Apple TV)
- [The Year My Parents Went on Vacation](#) (MUBI)

- [A story of Brazil through a single iconic building](#) (Denise Zmekhol, 2019)
- [The Kingdom Hidden in Brazil](#) (Marc Adam Hertzman and Flavio dos Santos Gomes, 2022)
- [Why Brazil's Indigenous People Fight for the Amazon Rainforest](#) (Nixiwaka Yawanawa, 2014)



PODCASTS

- [Flow Podcast](#) (Estudios Flow)
- [Naruhodo](#)
- [Nerd Cast \(Jovem Nerd\)](#)
- [Radio Novelo](#)
- [Xadrez Verbal](#)

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