

At Holly Ridge Center, we celebrate the differences and unique qualities that make each one of us an individual. In October, we celebrate ADHD Awareness Month, Depression Awareness Month, Down Syndrome Awareness Month, Dwarfism Awareness Month, National Learning Disability Awareness Month, National Disability Awareness Month, Rhett Syndrome Awareness Month, Selective Mutism Awareness Month, and Spina Bifida Awareness Month.



World Cerebral Palsy Day is on October 6th, and Blind America Equality Day is on October 13th. October is also Indigenous People Day on October 10th. Defender of Ukraine Day on October 14th.

Below are some books highlighting the diverse cultures and disabilities celebrated in the month of October:

47 Strings. Tessa's Special Code by Becky Carey

I AM CONNOR: I am Connor is about a boy with Down Syndrome by Connor Rodriguez and Fred Rodriguez, illustrated by Marian Tinnelly

My Sister has Down Syndrome: One family's story about life with a child with Down syndrome by Stephanie Bentley, illustrated by Sofia Koma

This Is Ella by Krista Ewert, illustrated by Celia Marie Baker

A Friend Like Anian by Meeka Caldwell

You Are Enough: A Book About Inclusion by Margaet O'Hair and Sofia Sanchez, Sofia Cardoso

<https://www.youtube.com/watch?v=eyuywM5GR6k>

Not So Tall by Dianna Hutts Aston and illustrated by Frank Dormer

The abilities in me: Spina Bifida by Gemma Keir, Illustrated by Adam Walker-Parker

Mama, Do You Love Me? By Barbra M Joosse, illustrated by Barbra Lavallee (Inuit nation, Northern Alaska)

Raven, a trickster tale from the Pacific Northwest by Gerald Mc Dermott

Brother Eagle, Sister Sky by Susan Jeffers (message from Chief Seattle Suquamish and Duwamish tribe)

Good Morning World, Artwork by Paul Windsor, Haisla, Heiltsuk

Northwest Coast Native Animals, Original Artwork by Kelly Robinson, Nuxalk, Chan-Nulth

I am Dreaming of...Animals of the Native Northwest by Melaney Gleeson-Lyall

Goodnight World: Animals of the Native Northwest