

Asian Heritage Month 2025



Source

The theme for the 2025 Asian Canadian Heritage Month is *Asian Canadian Legacy: We Contribute. We serve.*

Asian Heritage Month in Canada is celebrated every May to honor the rich cultural contributions and diverse heritage of Asian communities across the country. It's a time to recognize the achievements and history of Asian Canadians, and to promote understanding and appreciation of their vibrant cultures. Events often include cultural performances, educational workshops, and community gatherings, highlighting the importance of inclusivity and multiculturalism in Canadian society.

Community Events

- [Asian Heritage Month Events \(May 2 – June 14 free\)](#) | Toronto Public Library
- [Asian Heritage Month Celebration at Mel Lastman Square \(May 10\)](#) | Chinese Cultural Centre of Greater Toronto (CCCGT)
- [Asian Heritage Culture Festival at Bridlewood Mall, Warden and Finch \(May 17 – 31\)](#) | Canada One Family Network

Origin of Asian Heritage Month

- Senator Vivienne Poy, a renowned fashion designer and entrepreneur, was the first Asian-Canadian appointed to the Senate. [Source](#)
- In the Senate, Poy advocated strongly for Asian-Canadian rights and successfully proposed a motion to designate May as Asian Heritage Month, which the government officially recognized in 2002. [Source](#)

Did you know....

- In 2021, South Asian (7.1%) and Chinese (4.7%) individuals made up over 10% of Canada's population, while Filipino (2.6%), Southeast Asian (1.1%), West Asian (1.0%), Korean (0.6%), and Japanese (0.3%) individuals accounted for 5.6%. [Source](#)

- The Asian Canadian population is large and diverse and includes groups from East Asia, South Asia, West Asia, Central Asia and Southeast Asia, representing many languages, ethnicities and religious traditions. For more information on each group, refer to [IDEAA's 2024 infographic on Asian Heritage Month \(PDF\)](#)
- [Noteworthy Canadians of Asian heritage](#): These brief biographies showcase the valuable contributions of Canadians of Asian heritage and reflect key historical and cultural milestones that shape the history of these communities in Canada.

Media

- [Asian Heritage Month: Books to Read & Films to Watch](#) | Vancouver Public Library
- [Asian Communities in Canada](#) | National Film Board

Anti-Asian Racism

Asian Heritage Month is also an opportunity to raise our awareness of the community's continued struggle due to anti-Asian racism. This can include educating ourselves on [the Model Minority Myth](#) and [Resources for Combatting Anti-Asian Racism & Learning About Canadians of Asian Descent](#).

- [Anti-Asian discrimination resources](#) | Canadian Centre for Diversity and Inclusion
- [Addressing anti-Asian racism](#) | Canadian Heritage and the Federal Anti-Racism Secretariat

Healthy Team

At Holland Bloorview, we recognize that empowering and elevating diversity is critical to fostering a healthy team. Creating a sense of well-being and belonging for all employees, volunteers, and students is an important part of this work. We're doing this by supporting the formation of employee resource groups (ERGS) or interest groups.

The IDEAA office has a [toolkit](#) with instructions for staff members who want to form a resource group and can assist ERG leads with administrative support for activities. Discretionary funds are available if any ERGS would like to organize an official learning event for their members and the organization.

This resource was developed by the Inclusion, Diversity, Equity, Accessibility and Anti-Racism Office (IDEAA). If you have any comments or would like to suggest additional resources, please e-mail ideaa@hollandbloorview.ca