

Juneteenth:

COMMEMORATING FREEDOM AND PROGRESS

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Observed annually on June 19, **Juneteenth** commemorates the date in 1865 when enslaved people in Galveston, Texas, learned they were free—more than two years after the Emancipation Proclamation had been issued. It is considered **the longest-standing celebration of the end of slavery in the United States**. At its core, Juneteenth is about **honoring the American promise of freedom** and a meaningful time to reflect on the ideals of liberty, resilience, and the ongoing pursuit of equality for all.

Here are some ways to engage with the history and spirit of the observance:

LEARN SOMETHING NEW

- Read about Black history or American civil rights.
- Watch a documentary such as *Juneteenth: Faith & Freedom, High on the Hog*, or *Miss Juneteenth*.
- Listen to a podcast or discussion focused on social progress.

CELEBRATE CULTURE

- Attend a local Juneteenth festival, concert, or event.
- Enjoy red foods such as watermelon, red velvet cake, and hibiscus soda to symbolize resilience and joy.
- Incorporate music, storytelling, or poetry that connects with the day's meaning.

PAUSE AND REFLECT

- Talk with household members, friends, and coworkers about what freedom means today.
- Think about or journal on what Juneteenth represents to you.
- Reflect on ways to support greater inclusion and opportunity in your workplace, school, or community.

FOR ADDITIONAL EXPLORATION

- [Juneteenth Digital Toolkit](#)
- [Juneteenth Event Listings](#)
- [Juneteenth Reading List](#)

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Juneteenth may mark just one moment in the struggle for emancipation, but the holiday gives us an occasion to reflect on the profound contributions of enslaved Black Americans to the cause of human freedom.”

Jamelle Bouie
Columnist and Political Analyst

LOOKING FOR MORE?

The Johns Hopkins Employee Assistance Program can help with locating events, resources, or other support you may need, any time, any day.

PHONE: 888-978-1262
WEB: myccaonline.com