



## MONTH-LONG OBSERVANCES

- Breast Cancer Awareness Month
- Bullying Prevention Month
- Disability Employment Awareness Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Family History Month
- Filipino American Heritage Month
- German American Heritage Month
- Italian American Heritage Month
- LGBTQIA+ History Month
- National Work and Family Month
- Polish American Heritage Month

**2** International Day of Nonviolence

**10** World Mental Health Day

**11** National Coming Out Day

**11-19** Navratri (Hindu)

**12** Indigenous Peoples' Day / Columbus Day

**13** Military Branch Birthday: Navy

**16** Bosses' Day

**31** Halloween

**10/31-11/2** Dia De Los Muertos (Mexico)

# October 2026