



Diversity and Inclusion Calendar 2026

The Diversity and Inclusion Calendar highlights days that may hold special meaning for LTC residents, caregivers and team members. It includes religious and spiritual days of significance, cultural celebrations, awareness days, and health promotion days. Being aware of these days and planning activities around them can help create an inclusive home, 365 days a year.

All events below are hyperlinked for additional information.

The Diversity and Inclusion Calendar is not an exhaustive list and is not intended to be used for accommodation requests. The calendar will be updated as needed. We welcome any feedback you may have: info@clri-ltc.ca

Learn more about our Equity, Diversity, and Inclusion in LTC Program: clri-ltc.ca/resource/EDIinLTC

JANUARY

Date(s)	Name	Description	Category
All Month	Alzheimer's Awareness Month	A month for Canadians to learn about dementia along with its impact on individuals and communities.	Awareness Days
All Month	Tamil Heritage Month	A month for Ontarians to recognize the valuable contributions that Tamil Canadians have made to Ontario's social, economic, political and cultural fabric.	Cultural Celebrations
January 1	New Year's Day	A day when many people celebrate the first day of a new year, commonly known as New Year's Day. It is a statutory holiday in all Canadian provinces, territories, and organizations.	Cultural Celebrations
January 1	Mary, Mother of God	A day when Christians recognize and celebrate the History of the Solemnity of Mary, the Mother of God.	Religious and Spiritual
January 1	Shogatsu / Gantan-sai (Japanese New Year)	A day when Japanese people celebrate Shōgatsu (正月) (New Year), the most important holiday in Japan. Years are traditionally viewed as completely separate, with each providing a fresh start.	Cultural Celebrations
January 1	Feast Day of St Basil (Orthodox Christian)	A day when Eastern Orthodox Christians commemorate St Basil the Great, Archbishop of Caesarea in Cappadocia.	Religious and Spiritual
January 2	Feast Day of St Basil (Roman Catholic)	A day when Roman Catholics commemorate St Basil the Great, who was born at Caesarea of Cappadocia in 330.	Religious and Spiritual
January 3 (date is estimated)	Wiladat Imam Ali Ibn Abu Talib (AS)	A day when Shia Muslims celebrate the birthday of the first infallible Imam Ali Ibn Abi Taleb (A.S.), also known as the cousin of Prophet Mohammed (PBUH) on 13th of Rajab. He is known as the first	Religious and Spiritual

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		person to embrace Islam and for his courage and knowledge.	
January 4	<u>National Ribbon Skirt Day</u>	A day to celebrate the ribbon skirt, a hand-made garment and vibrant symbol of identity, strength and resilience, worn by Indigenous women in Canada.	Awareness Days
January 4	<u>World Braille Day</u>	A day to raise awareness of the importance of braille as a means of communication in the full realization of the human rights for blind and partially sighted people.	Awareness Days
January 5 (date is estimated)	<u>Martyrdom Lady Zainab (SA)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of Lady Zainab, who is the granddaughter of the Prophet Mohammed (PBUH) and the witness of the events of Ashura/ Karbala. She is known for her steadfastness after the martyrdom of her family.	Religious and Spiritual
January 6	<u>Epiphany</u>	A day when Roman Catholics, Lutherans, Anglicans, and other Western Christian communities remember the three wise men's visit to baby Jesus and His baptism, according to events in the Christian Bible.	Religious and Spiritual
January 7	<u>Orthodox Christmas Day</u>	A day when Orthodox Christians celebrate Christmas according to the Julian calendar, which corresponds to January 7 on the Gregorian calendar. It marks the birth of Jesus Christ, believed to be the Son of God.	Religious and Spiritual
January 11	<u>Feast of the Baptism of the Lord</u>	A day when Catholics celebrate the Baptism of the Lord, which brings the Christmas season to an end. It takes on the importance of a second creation in which the entire Trinity intervenes.	Religious and Spiritual
January 13	<u>Lohri (Hindu)</u>	A day when Hindus celebrate Lohri, a popular festival in Hinduism that marks the celebration of harvest and the Sun God's blessings.	Religious and Spiritual
January 13	<u>Lohri (Sikh)</u>	A day when Sikhs celebrate Lohri, a popular festival in Sikhism that marks the celebration of harvest,	Religious and Spiritual

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		honours the legend of Dulla Bhatti, and affirms the Sikh community's resilience and togetherness.	
January 14	<u>Maghi (Makar Sankranti)</u>	A day when Punjabis celebrate Maghi, the Punjabi observance of Makar Sankranti, held on the first day of the month of Magh of the Hindu Calendar.	Religious and Spiritual
January 14	<u>Orthodox New Year</u>	A day when many Orthodox Christians celebrate the New Year according to the Julian calendar, which corresponds to January 14 in the Gregorian calendar.	Religious and Spiritual
January 14-17	<u>Thai Pongal</u>	A multi-day Hindu festival of abundance celebrated in many parts of South Asia and Southeast Asia particularly in the Tamil communities.	Cultural Celebrations
January 15 (date is estimated)	<u>Martyrdom Imam Musa Kazim (AS)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of the seventh infallible Imam Musa Al-Kadhim (A.S.) on 25th Rajab. He was known for his forbearance and patience.	Religious and Spiritual
January 15-16 (estimated date)	<u>Lailat Al Miraj</u>	A day when Muslims commemorate the Prophet Muhammad's night time journey from Mecca to Jerusalem, where he ascended to heaven, was purified, and given the instruction for Muslims to recite Salat (ritual prayer) five times a day. Also known as Isra and Mi'raj, Al Isra'wal Miraj or Laylat al Miraj. Begins at the previous sundown.	Religious and Spiritual
January 17	<u>Raoul Wallenberg Day</u>	A day to commemorate the brave efforts of Raoul Wallenberg, the Swedish diplomat who helped save 400,000 Jewish people by bringing them to the Swedish embassy in Hungary in 1944. In recognition of his heroism, Wallenberg was the first person to be granted honorary Canadian citizenship in 1985.	Awareness Days
January 18	<u>World Religion Day</u>	A day to promote interfaith harmony, understanding, and respect among all religions.	Religious and Spiritual

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January 19	<u>Timkat (Epiphany)</u>	A day when the Ethiopian and Eritrean Orthodox Tewahedo Churches celebrate Timkat (Epiphany), commemorating the baptism of Jesus in the River Jordan.	Religious and Spiritual
January 19	<u>Martin Luther King Jr. Day</u>	A day to honour the birthday and legacy of Dr. Martin Luther King, Jr., leader of the modern American Civil Rights Movement. It is a federal holiday in the United States.	Awareness Days
January 21	<u>Bell Let's Talk</u>	A day to promote open conversations about mental health and reduce the stigma that surrounds it.	Awareness Days
January 21	<u>Lincoln Alexander Day</u>	A day to recognize Lincoln Alexander, one of the most accomplished Ontarians of our time, for being dedicated to fighting for equal rights for all races in our society.	Awareness Days
January 23 (date is estimated)	<u>Wiladat of Hazrat Abbas (AS)</u>	A day when Shia Muslims celebrate the birthday of Al-Abbas ibn Ali (A.S.), son of Imam Ali (A.S.) and brother of Imam Hussain (A.S.). He is one of the martyrs of Karbala and was known for his protectiveness.	Religious and Spiritual
January 23	<u>Vasant Panchami</u>	A day when Hindus celebrate the coming of spring and honour Goddess Saraswati, the Goddess of knowledge, wisdom, and the arts.	Religious and Spiritual
January 24	<u>World Day for African and Afrodescendant Culture</u>	A day to highlight the contributions of the many living cultures of the African continent and the African diasporas around the world, as well as their role in driving sustainable development, dialogue, and peace.	Cultural Celebrations
January 24	<u>International Day of Education</u>	A day to emphasize that everyone, regardless of birthplace, language or economic class, has the fundamental right to access a fair quality education.	Awareness Days
January 25	<u>Burns Night/Burns Supper (Robbie Burns</u>	A day when Scots and lovers of Scottish culture celebrate the poetry and legacy of Robert Burns.	Cultural Celebrations

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	<u>Night)</u>		
January 27	<u>International Day of Commemoration in Memory of the Victims of the Holocaust</u>	A day to mourn those who disappeared in the Holocaust and reflect upon the choices of individuals and governments that allowed this genocide to unfold.	Awareness Days
January 29	<u>National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia</u>	A day to remember victims of the Quebec City mosque attack and to raise awareness of islamophobia in Canada.	Awareness Days

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FEBRUARY

Date(s)	Name	Description	Category
All Month	<u>Black History Month</u>	A month to recognize, celebrate, and learn about the significant contributions of Black Canadians to history, culture, and society, both in Canada and globally.	Awareness Days
All Month	<u>Heart Month</u>	A month to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.	Awareness Days
All Month	<u>Psychology Month</u>	A month to celebrate the work of Canadian psychologists and to highlight how psychology supports people to live happier and healthier lives.	Awareness Days
All Month	<u>Therapeutic Recreation Awareness Month</u>	A month to recognize the role of recreation therapists and promote the benefits of Therapeutic Recreation, which recognizes leisure, recreation and play as integral components of quality of life.	Awareness Days
February 1-2	<u>Imbolc</u>	A two-day festival when Pagans, Wiccans, and people who honour Celtic traditions celebrate the midpoint between the winter solstice and the spring equinox. It is one of the four Gaelic seasonal festivals—along with Bealtaine, Lughnasadh and Samhain.	Religious and Spiritual
February 1-2	<u>Tu Bishvat (Arbor Day)</u>	A day when Jewish people celebrate the beginning of a “new year” for trees by planting trees, eating symbolic fruits, and reflecting on the environment. It begins at sundown on the 15th day of the Hebrew month of Shevat and ends at sundown the next day.	Religious and Spiritual
February 1	<u>World Hijab Day</u>	A day to celebrate all of the Muslim women who choose to wear the hijab and raise awareness of the hijab.	Awareness Days

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February 1	<u>Thaipusam</u>	A day when Tamil Hindus celebrate the importance of good over evil, light over darkness and wisdom over ignorance.	Religious and Spiritual
February 1-7	<u>World Interfaith Harmony Week</u>	A week to celebrate the harmony and connection between religions around the world, and to recognize the importance of dialogue between religious and cultural groups.	Awareness Days
February 1-7	<u>White Cane Week</u>	A week to raise awareness of the experiences of Canadians living with vision loss and to recognize the white cane as a symbol of independence and empowerment.	Awareness Days
February 2	<u>Groundhog Day</u>	A day when Canadians watch a groundhog emerge from its burrow in mid-winter to 'predict' the arrival of spring. According to folklore, if the groundhog sees its shadow, it means six more weeks of winter; if not, spring is on its way.	Cultural Celebrations
February 2 (date is estimated)	<u>Wiladat Imam Zain-ul-Abideen (AS)</u>	A day when Shia Muslims celebrate the birthday of the fourth infallible Imam Ali Ibn al Hussain (A.S.), who is also known as Zayn al-Abidin (Ornament of the Worshippers); Sayyid al-Sajjadeen (Master of the Prostrators). He was the only adult male who survived the onslaught of Ashura.	Religious and Spiritual
February 2-6	<u>National Catholic Health Care Week</u>	A week to showcase the invaluable role, value, and impact of Catholic health care across Canada, which serves over 5 million Canadians each year and employs over 88,000 people.	Awareness Days
February 3 (date is estimated)	<u>Wiladat Imam Mahdi Aakhir Zaman (AJTF)</u>	A day when Shia Muslims celebrate the birthday of the twelfth and last infallible Imam Mahdi (A.S.) He is referred to by many titles, such as al-Hujjah (the proof), al-Qa'im (the one who rises), and Sahib al-Zaman (guardian of the age) and is believed to be in occultation.	Religious and Spiritual
February 4	<u>World Cancer Day</u>	A day to raise worldwide awareness about cancer, improve education, and inspire action around its prevention, detection and treatment.	Awareness Days

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February 4	<u>Thank a Mail Carrier Day</u>	A day to show gratitude to mail carriers, and all other Canadian postal workers, for their hard work and dedication.	Awareness Days
February 5	<u>Anniversary of Toronto Bathhouse Raids</u>	A day to remember the raids of four bathhouses in Toronto, which marked a turning point for the 2SLGBTQI+ community in Canada in their fight to advance 2SLGBTQI+ rights.	Awareness Days
February 6 - 15	<u>Quebec Winter Carnival (Carnaval de Quebec)</u>	A 10-day outdoor festival when people in Québec and visitors from around the World celebrate winter and Nordic culture. It is the world's largest winter carnival.	Cultural Celebration
February 11	<u>International Day of Women and Girls in Science</u>	A day to recognize and celebrate the critical role that women and girls play in science and technology.	Awareness Days
February 11	<u>Safer Internet Day</u>	A day to promote safer and more responsible use of online technology and platforms, emphasizing the significance of cybersecurity, digital well-being, and online privacy for people of all ages.	Awareness Days
February 12-18	<u>Sexual and Reproductive Health Awareness Week</u>	A week to raise awareness of sexual and reproductive health and remove the stigma surrounding topics of sexual and reproductive health.	Awareness Days
February 13	<u>World Radio Day</u>	A day to recognize the radio as a powerful communication tool for sharing information, amplifying diverse voices and connecting communities around the world.	Awareness Days
February 14	<u>Have a Heart Day</u>	A day to bring together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.	Awareness Days
February 14	<u>Valentine's Day</u>	A day when Canadians and many people around the world show love to their friends and families.	Cultural Celebrations

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February 14	<u>Pink Triangle Day</u>	A day to commemorate the persecution and resilience of 2SLGBTQI+ individuals during World War II. It serves as a reminder of the ongoing fight for 2SLGBTQ+ rights and the importance of acceptance and equality for all.	Awareness Days
February 15	<u>National Flag of Canada Day</u>	A day to celebrate the anniversary of the day that the national flag of Canada was inaugurated.	Awareness Days
February 15	<u>Parinirvana Day (Nirvana Day)</u>	A day when Mahayana Buddhists in various parts of Asia—including East Asia, Southeast Asia and beyond—commemorate the death of the Buddha and his attainment of complete Nirvana.	Religious and Spiritual
February 15-16	<u>Maha Shivaratri</u>	A day when Hindus honour the deity Shiva, celebrating his divine marriage to Parvati or his heavenly dance of creation.	Religious and Spiritual
February 15-21	<u>Aromantic Spectrum Awareness Week</u>	A week to raise international awareness and acceptance of aromantic spectrum identities along with the challenges the community faces.	Awareness Days
February 16	<u>Family Day</u>	A day when people in Ontario, Alberta, Saskatchewan and New Brunswick celebrate the importance of families and family life to people and their communities.	Cultural Celebrations
February 16	<u>Nova Scotia Heritage Day</u>	A day to honour the province of Nova Scotia's heroes, events and vibrant history.	Cultural Celebrations
February 16-20	<u>Nonprofit Appreciation Week</u>	A week to recognize and celebrate the nonprofit sector and its nearly 850,000 workers in ongoing efforts to serve the local community.	Awareness Days
February 16-22	<u>Heritage Week</u>	A week when Ontarians celebrate heritage in all its forms: cultural and natural, architectural, archaeological and collections, and its diverse traditions and cultural expressions.	Cultural Celebrations

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February 17	<u>Random Acts of Kindness Day</u>	A day to encourage people to perform simple, thoughtful acts that promote kindness, compassion, and connection within their communities.	Cultural Celebrations
February 17	<u>Shrove Tuesday (Pancake Day)</u>	A day when many Christians in Canada and around the world prepare for the Lenten season, often by indulging in rich foods like pancakes. It is a significant day in the Christian faith, marking the start of the Lenten season.	Religious and Spiritual
February 17- March 3	<u>Lunar New Year</u>	A fifteen-day festival when people in China and other Asian communities celebrate Lunar New Year, which begins with the first new moon of the lunar calendar and ends on the first full moon of the lunar calendar.	Cultural Celebrations
February 17 - March 19 (estimated date)	<u>Ramadan</u>	A month of the Islamic calendar when Muslims fast and engage in prayer, self-reflection and community, marking the month in which the Qur'an was first revealed to the Prophet Muhammad.	Religious and Spiritual
February 18	<u>Ash Wednesday</u>	A day when many Christians in Canada and around the world observe the first day of Lent—a 40-day period of prayer, fasting, and repentance leading up to Easter	Religious and Spiritual
February 18 - March 4	<u>Losar (Tibetan New Year)</u>	A period when Tibetans celebrate the New Year with prayers, rituals, and festivities to cleanse the past year's negativity and welcome blessings, happiness, and good fortune for the year ahead.	Cultural Celebrations
February 18 - April 4	<u>Lent</u>	A 40-day period when Christians prepare for Easter through fasting and prayer. It is a time to reflect on Jesus Christ's suffering, sacrifice, life, death, burial, and resurrection.	Religious and Spiritual
February 20	<u>World Day of Social Justice</u>	A day to recognize that social development and social justice are indispensable for the achievement and maintenance of peace and security within and among nations.	Awareness Days

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February 20	Yukon Heritage Day	A day when many people in the Yukon, Canada, celebrate the territory's heritage. It is usually held on the last Friday of February to coincide with the Yukon Sourdough Rendezvous winter festival.	Cultural Celebrations
February 21	International Mother Language Day	A day to recognize that languages and multilingualism can advance inclusion, and the Sustainable Development Goals' focus on leaving no one behind.	Awareness Days
February 23-April 12	Great Lent (Eastern Orthodox)	A 40-day period when many Eastern Orthodox Christians engage in fasting, prayer, and repentance leading up to Holy Pascha (which means "Passover" and is commonly called "Easter").	Religious and Spiritual
February 25-March 1	Ayyám-i-Há (Intercalary Days)	A period of celebration when the Bahá'ís community is devoted to charity, gift-giving and festivities prior to the annual fast.	Religious and Spiritual
February 25	Pink Shirt Day	A day to raise awareness about bullying, where Canadians wear pink shirts to show their support for anti-bullying and to promote a culture of kindness and inclusion.	Awareness Days
February 28	Rare Disease Day	A day to raise awareness among the general public and decision-makers about rare diseases and their impact on people's lives.	Awareness Days
February 28 (date is estimated)	Wiladat Imam Hasan Ibn Ali (AS)	A day when Shia Muslims celebrate the birthday of the second Imam Hassan Ibn Ali (A.S.), who is also the grandson of Prophet Mohammed (PBUH) and the son of his daughter Fatima (A.S.) on 15th Ramadan. He was known for his kindness and justice.	Religious and Spiritual

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MARCH

Date(s)	Name	Description	Category
All Month	Bangladeshi Heritage Month	A month for Ontarians to honour the many significant contributions Bangladeshi Canadians have made and highlight their important role in the community.	Cultural Celebrations
All Month	Colorectal Cancer Awareness Month	A month to raise awareness about the risk and impact of colorectal cancer, which remains the second leading cause of cancer-related deaths in Canada.	Awareness Days
All Month	Endometriosis Awareness Month	A month to raise awareness of endometriosis and conditions that impact people with uteruses, and to advocate for more research into the treatment of the disease.	Awareness Days
All Month	Francophonie Month	A month to celebrate the diversity, richness, and vitality of French Canadians and the French language.	Cultural Celebrations
All Month	Fraud Prevention Month	A month to empower seniors with the knowledge and tools needed to recognize, report, and prevent financial scams and exploitation targeting their demographic.	Awareness Days
All Month	Irish Heritage Month	A month to acknowledge and celebrate the significant contributions of Irish Canadians to Canadian society, history, and culture.	Cultural Celebrations
All Month	Kidney Health Month	A month to raise awareness about kidney health and the growing concern of chronic kidney disease, which affects 1 in 10 people worldwide.	Awareness Days
All Month	Liver Health Month	A month to encourage optimal liver health, highlight that the liver requires high-quality fuel, regular maintenance, hazard protection, and some loving care.	Awareness Days
All Month	Music Therapy	A month to learn how and when to access the services of a Certified Music Therapist.	Awareness Days

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	<u>Awareness Month</u>		
All Month	<u>National Developmental Disabilities Awareness Month</u>	A month to bring attention to the varied and unique experiences of individuals with developmental disabilities.	Awareness Days
All Month	<u>National Epilepsy Awareness Month</u>	A month to raise awareness, challenge myths, and help to dismantle the stigma of epilepsy.	Awareness Days
All Month	<u>National Pharmacy Awareness Month</u>	A month to celebrate the contributions of pharmacists and to help educate Canadians about the health care services and advice that pharmacists are now delivering.	Awareness Days
All Month	<u>National Reading Month</u>	A month to celebrate reading and literature from Canada and around the world.	Awareness Days
All Month	<u>National Social Work Month</u>	A month to celebrate the great profession of social work and recognize their essential contributions to community wellbeing.	Awareness Days
All Month	<u>Nutrition Month</u>	A month to raise awareness of the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information.	Awareness Days
All Month	<u>Red Cross Month</u>	A month to raise awareness of the Red Cross organization and its humanitarian mission.	Awareness Days
March 1	<u>St. David's Day</u>	A day when many Canadians of Welsh descent or those with Welsh connections celebrate the patron saint of Wales. The Welsh flag is often seen, as well as daffodils or leeks pinned to clothing.	Cultural Celebrations
March 1	<u>Zero Discrimination Day</u>	A day to highlight the fundamental right of every individual to live without discrimination, regardless of their race, gender, age, disability, sexual orientation, or any other characteristic. It advocates for a world where all people are treated with equal dignity and respect.	Awareness Days

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March 1	<u>World Compliment Day</u>	A day to spread positivity and appreciation through sincere compliments, encouraging people to recognize the good in others.	Awareness Days
March 1 - March 20	<u>Nineteen Day Fast</u>	A 19-day period when the Bahá'ís community fasts and engages in meditation and prayer. It is a time of spiritual recuperation, during which the believer strives to make the necessary changes in their inner life to refresh and reinvigorate spiritual forces.	Religious and Spiritual
March 2	<u>Ta'anit Esther (Fast of Queen Esther)</u>	A day when Jews fast from dawn until dusk on Purim eve, commemorating the three-day fast observed by the Jewish people in the story of Purim.	Religious and Spiritual
March 2	<u>Black Mental Health Day</u>	A day to recognize the mental health effects of anti-black racism on Black communities, and to promote conversations around systemic change.	Awareness Days
March 2-3	<u>Purim</u>	A day when Jews celebrate their deliverance from a royal death decree around the 4th century BCE. The holiday begins at sundown on the first day and ends at nightfall on the second day.	Religious and Spiritual
March 2-8	<u>Black Mental Health Week</u>	A week to highlight the importance of mental health within the Black community. Individuals and organizations come together to raise awareness, share resources, and provide support.	Awareness Days
March 2-8	<u>Ontario Social Work Week</u>	A week to raise awareness of the Social Work profession and recognize the valuable contributions made by social workers in Ontario every day.	Awareness Days
March 2-8	<u>Social Service Worker Week</u>	A week to recognize Social Service Workers and their role in helping Ontarians on their journey to better health, mental health, and wellbeing.	Awareness Days

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March 3	<u>Lantern Festival</u>	A festival celebrated by Chinese and other Asian communities that marks the end of the Lunar New Year celebrations, with lantern displays, traditional foods, and activities symbolizing hope, unity, and new beginnings.	Cultural Celebrations
March 3	<u>Magha Puja Day</u>	A day when most Theravada Buddhists come together to commemorate a time when 1,250 Buddhists assembled to pay their respect to the Buddha.	Religious and Spiritual
March 3	<u>World Hearing Day</u>	A day to promote ear and hearing care, and raise awareness of how to prevent deafness and hearing loss.	Awareness Days
March 3-4	<u>Holi</u>	A two-day Hindu festival where people in India and around the world celebrate the arrival of spring, the triumph of good over evil, and the joy of togetherness through colors, music, and festive traditions.	Religious and Spiritual
March 4	<u>Chötrul Düchen</u>	A day when Buddhists celebrate the miracles that Buddha Shakyamuni displayed to inspire his disciples' devotion during the first 15 days of the Tibetan calendar.	Religious and Spiritual
March 4-6	<u>Hola Mohalla</u>	A two-day festival where Sikhs gather to showcase military exercises and mock battles on the day following the festival of Holi.	Religious and Spiritual
March 6	<u>World Lymphedema Day</u>	A day to raise awareness about lymphedema and lymphatic diseases, and advocate for increased research, education, and support for people living with the disease.	Awareness Days
March 8	<u>International Women's Day</u>	A day to celebrate women's achievements, raise awareness about discrimination, and take action to forge gender equality. It is a focal point in the movement for women's rights.	Awareness Days
March 8	<u>Daylight Saving Time starts</u>	A day when clocks are set forward by one hour to make better use of the extended daylight during summer. At 2:00 a.m., clocks will be moved ahead one hour to 3:00 a.m. local daylight time.	Awareness Days

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March 8-14	World Glaucoma Week	A week to encourage the public to have regular eye and optic nerve checks in order to detect glaucoma as early as possible.	Awareness Days
March 9	Commonwealth Day	A day to recognize Canada's membership in the Commonwealth of Nations, honouring the shared history, values, and cooperation between member countries.	Cultural Celebrations
March 11 (date is estimated)	Subhe Zarbat: Imam Ali Ibn Abi Talib (AS)	A day when Shia Muslims commemorate the anniversary of the strike that contributed to the martyrdom of the first Imam, Imam Ali Ibn Abi Taleb (A.S.) on the 18th of Ramadan. He died on the 21st day of Ramadan 40 Hijri and was buried in Najaf in Iraq.	Religious and Spiritual
March 11	Canadian Women Physicians Day	A day to honour Dr. Jennie Trout, the first woman licensed to practice medicine in Canada, and to celebrate all the women in the medical field.	Awareness Days
March 11	National COVID-19 Day of Observance	A day to reflect on the many challenges we have experienced, and remember those who have faced devastating impacts of the COVID-19 pandemic.	Awareness Days
March 11	World Delirium Awareness Day	A day to raise awareness about delirium and its impact on residents, families, and healthcare systems.	Awareness Days
March 13 (date is estimated)	Martyrdom Imam Ali Ibn Abi Talib (AS)	A day when Shia Muslims commemorate the anniversary of the martyrdom of the first infallible Imam Ali Ibn Abi Taleb (A.S.) on 21st Ramadan. His words of wisdom have been gathered in a collection known as the Path of Eloquence (Nahj al-Balaghah).	Religious and Spiritual
March 15	International Long COVID Awareness Day	A day to raise awareness of the long-term effects of COVID-19, and educate people about the challenges faced by individuals who continue to experience symptoms after recovering from the initial infection.	Awareness Days

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March 15-21	<u>Creative Arts Therapy Week</u>	A week to celebrate art therapy, promote its benefits, and recognize the support it provides to residents in long-term care.	Awareness Days
March 15 (date is estimated)	<u>Shab-e-Qadr: Quran was revealed</u>	A day when Muslims commemorate the first revelation of the Quran to the Prophet Muhammad. It is celebrated as Laylatul Qadr, or Shab-e-Qadr—one of the holiest nights in the Islamic calendar.	Religious and Spiritual
March 16 (date is estimated)	<u>Laylatul Qadr (Night of Power)</u>	A day when Muslims commemorate the night when Allah (God) revealed the Qur'an (or Koran), which is the Islamic holy book, to the prophet Muhammad (also known as Mohammad).	Religious and Spiritual
March 16-22	<u>International Francophonie Week</u>	A week when French-speaking communities around the world celebrate the French language and the diversity of Francophone cultures through cultural events and educational activities.	Cultural Celebrations
March 16-22	<u>Brain Awareness Week</u>	A week to increase understanding of brain health, raise awareness of neurological disorders, and foster support for brain research.	Awareness Days
March 16-22	<u>Neurodiversity Celebration Week</u>	A week to challenge stereotypes about neurological differences and create more inclusive cultures that celebrate differences and empower every individual.	Awareness Days
March 17	<u>Irish Heritage Day</u>	A day when Ontarians celebrate the contributions of Irish Canadians to the province's history, culture, and society, recognizing their role in shaping Ontario's identity.	Cultural Celebrations
March 17	<u>St. Patrick's Day</u>	A day when people around the world celebrate Irish culture and honour St. Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century.	Cultural Celebrations

TBD = to be determined

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March 17	World Social Work Day	A day to celebrate the incredible impact of social workers all around the world.	Awareness Days
March 18 (date is estimated)	Wiladat Imam Hussain (AS)	A day when Shia Muslims celebrate the birthday of the third infallible Imam Hussain Ibn Ali (A.S.), who is also the grandson of Prophet Mohammed (PBUH) and the son of his daughter Fatima (A.S.) on 3rd Shaban. He is known as the leader of the martyrs in heaven.	Religious and Spiritual
March 18	Dietitians Day	A day to recognize the dietitian profession and highlight their important role in promoting reliable nutritional and food advice.	Awareness Days
March 19	Ugadi/Yugadi	A day when people around the world celebrate New Year's Day according to the Hindu calendar, particularly in the states of Karnataka, Andhra Pradesh, and Telangana in India.	Cultural Celebrations
March 19- March 20 (date is estimated)	Eid ul Fitr	A period when Muslims celebrate the end of the month-long fast of Ramadan and the start of a feast that lasts up to three days in some countries.	Religious and Spiritual
March 20	March Equinox	A day when the sun shines directly on the equator, making day and night nearly equal in length around the world. It marks the beginning of spring in the Northern Hemisphere and autumn in the Southern Hemisphere.	Awareness Days
March 20	World Storytelling Day	A day to celebrate the art of storytelling by sharing stories across cultures, connecting people through the power of oral tradition and imagination. On this day, storytellers worldwide tell stories in as many languages and at as many places as possible.	Awareness Days

TBD = to be determined

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March 20	<u>International Francophonie Day</u>	A day when people around the world celebrate the founding of the Organisation internationale de la Francophonie (OIF), a group of 88 member states and observers that share the French language and common values.	Cultural Celebrations
March 20-21	<u>Naw-Rúz (Bahá'í New Year)</u>	A day when Bahá'ís around the world celebrate the new year, marking the first day of spring and a time of renewal, joy, and spiritual reflection. Beginning at sunset and lasting until the following evening, it is one of the nine holy days observed by followers of the Bahá'í Faith.	Religious and Spiritual
March 21	<u>International Nowruz Day</u>	A day when people around the world celebrate the Persian New Year and the arrival of spring, honouring ancient traditions of renewal and cultural diversity. It coincides with the vernal equinox and is observed by over 300 million people.	Religious and Spiritual
March 21	<u>International Day for the Elimination of Racial Discrimination</u>	A day to commemorate the 1960 Sharpeville massacre in South Africa, where police opened fire on peaceful protestors against apartheid, killing 69 people. On this day, people around the world reflect on the importance of ending racism, promoting equality, and taking action against racial discrimination.	Awareness Days
March 21	<u>World Down Syndrome Day</u>	A day to raise awareness of Down syndrome, highlighting what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.	Awareness Days
March 22	<u>World Water Day</u>	A day to raise awareness about the importance of freshwater and promote action to ensure clean water access for all.	Awareness Days
March 25	<u>International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade</u>	A day to honour and remember those who suffered and died at the hands of the brutal slavery system, and to raise awareness of the dangers of racism and prejudice today.	Awareness Days

TBD = to be determined

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March 26	<u>Purple Day</u>	A day to increase worldwide awareness of epilepsy and to dispel common myths and fears of this neurological disorder.	Awareness Days
March 26	<u>Ram Navami</u>	A day when Hindus celebrate the birth of Ram, the seventh incarnation of the god Vishnu. Observed on the ninth day of the Hindu month of Chaitra, it honours Ram as a symbol of virtue, courage, and devotion.	Religious and Spiritual
March 27 (date is estimated)	<u>Mourning: Jannat-ul-Baqee demolished by Aal-e-Saud</u>	A day when Shia Muslims commemorate the anniversary of the destruction of Jannatul-Baqi, a sacred cemetery in Medina where several family members of the Prophet Muhammad are buried. The demolition is remembered as a profound loss and moment of reflection.	Religious and Spiritual
March 29	<u>Palm Sunday</u>	A day when many Christians in Canada and around the world remember Jesus Christ's triumphal entry into Jerusalem on Palm Sunday, which marks the beginning of Holy Week.	Religious and Spiritual
March 31	<u>Mahavir Jayanti</u>	A day when the Jain community celebrates the birth anniversary of the 24th Tirthankara Mahavir, who played a pivotal role in shaping and spreading the teachings of Jainism.	Religious and Spiritual
March 31	<u>International Trans Day of Visibility</u>	A day to celebrate the accomplishments and victories of transgender and gender non-conforming people, while raising awareness of the work that is still needed to save trans lives.	Awareness Days
March 31	<u>National Indigenous Languages Day</u>	A day for Indigenous and non-Indigenous Peoples in Canada to recognize and celebrate the very rich and diverse heritage of Indigenous languages.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

APRIL

Date(s)	Name	Description	Category
All Month	<u>Autism Acceptance Month</u>	A month to raise awareness and end the stigma and discrimination against those who are diagnosed with autism spectrum disorder.	Awareness Days
All Month	<u>Be a Donor Month</u>	A month to raise awareness of the importance of organ and tissue donation and transplantation.	Awareness Days
All Month	<u>Daffodil Month</u>	A month to honour and support those affected by cancer, and to raise awareness of the impact cancer has on individuals, families, and communities across Canada. The daffodil serves as a symbol of strength, hope, and resilience.	Awareness Days
All Month	<u>Genocide Remembrance, Condemnation and Prevention Month</u>	A month to honour the memory of those who have experienced genocide and to raise awareness of the importance of preventing hatred, dehumanization, and violence in all its forms.	Awareness Days
All Month	<u>Irritable Bowel Syndrome (IBS) Awareness Month</u>	A month to raise awareness of irritable bowel syndrome (IBS), which is a common digestive condition that affects the lives of many and often goes undiscussed due to stigma.	Awareness Days
All Month	<u>National Oral Health Month</u>	A month to promote the importance of good oral hygiene and raise awareness about preventing oral disease and maintaining healthy smiles.	Awareness Days
All Month	<u>Parkinson Awareness Month</u>	A month to increase understanding of Parkinson's disease and to support those living with the condition through education and awareness.	Awareness Days
All Month	<u>Poetry Month</u>	A month to celebrate poetry in all its forms and to recognize its role in expressing identity, culture, and lived experience across Canadian communities.	Awareness Days

TBD = to be determined

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All Month	<u>Rosacea Awareness Month</u>	A month to spread awareness and educate the public on the current understanding of Rosacea, a complex skin condition.	Awareness Days
All Month	<u>Sikh Heritage Month</u>	A month to recognize and celebrate the rich history, culture, and valuable contributions of Sikh Canadians.	Cultural Celebrations
April 1-9	<u>Passover</u>	A period when Jews celebrate the deliverance of Jewish people from slavery in Egypt, beginning on the 15th day of the Hebrew month of Nisan and ending in the evening of the last day.	Religious and Spiritual
April 2	<u>World Autism Awareness Day</u>	A day to recognize and celebrate individuals on the autism spectrum, as well as their families, caregivers, and communities.	Awareness Days
April 2	<u>Maundy Thursday</u>	A day when many Christians in Canada and around the world commemorate Jesus Christ's last supper and the initiation of the Eucharist.	Religious and Spiritual
April 2-4	<u>Theravada New Year</u>	A day when Theravada Buddhists celebrate the beginning of the solar new year with rituals, meditation, merit-making, and water ceremonies—symbolizing purification, renewal, and the cultivation of good karma.	Religious and Spiritual
April 3	<u>Good Friday</u>	A day when many Christians in Canada and around the world commemorate the crucifixion of Jesus Christ. It is one of the most sacred days in the Christian calendar and is recognized as a statutory holiday in all Canadian provinces and territories except Quebec.	Religious and Spiritual
April 4	<u>Holy Saturday</u>	A day when many Christians in Canada and around the world reflect on the time Jesus lay in the tomb after his crucifixion, marking a period of waiting and mourning before the celebration of Easter.	Religious and Spiritual
April 5	<u>Easter Sunday</u>	A day when many Christians in Canada and around the world celebrate the resurrection of Jesus Christ from the dead, symbolizing hope and renewal.	Religious and Spiritual

TBD = to be determined

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April 5	<u>Qingming Festival (Pure Brightness Festival/Tomb-Sweeping Day)</u>	A day observed in several East Asian cultures where families gather to clean the graves of their ancestors, making offerings, and reflecting on their ancestral heritage.	Cultural Celebrations
April 6	<u>Easter Monday</u>	A day when many Christians continue the celebration of Jesus Christ's resurrection, according to the Christian Bible.	Religious and Spiritual
April 6	<u>Hansik (Cold Food Festival)</u>	A traditional Korean festival dedicated to honouring ancestors by visiting gravesites, and consuming cold dishes to symbolize remembrance and reflection—rooted in the ancient custom of refraining from using fire.	Cultural Celebrations
April 6	<u>Tết Hàn Thực (Cold Food Festival)</u>	A Vietnamese festival when families come together and commemorate their ancestors by eating traditional cold dishes, symbolizing the continuity of tradition and family bonds.	Cultural Celebrations
April 6	<u>National Tartan Day</u>	A day to celebrate the rich contributions of Scots and their descendants to Canadian history and culture, marked by the wearing of all varieties of tartan as a tribute to Scottish heritage and identity.	Cultural Celebrations
April 6	<u>International Asexuality Day</u>	A day to raise global awareness of the ace umbrella, including demisexual, grey-asexual and other ace identities, and to recognize and celebrate ace identities.	Awareness Days
April 6-12	<u>National Dental Hygienists Week</u>	A week to emphasize the importance of maintaining good oral health practices, and to help Canadians understand the vital role of the dental hygiene profession.	Awareness Days
April 6-12	<u>Canadian Public Health Week</u>	A week to bring together communities across Canada to recognize the contributions of public health and its workforce, and highlight issues that are vital to improving the health of Canadians.	Awareness Days

TBD = to be determined

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April 7	World Health Day	A day to draw attention to important aspects of global health and encourage action to address these issues. Every year, the day focuses on a specific health topic of concern, as designated by the World Health Organization (WHO).	Awareness Days
April 7	National Caregiver Day	A day to showcase Canadians' experiences in caregiving and recognize the enormous contributions caregivers make to our society.	Awareness Days
April 8	International Day of Pink	A day to encourage people around the world to wear a pink shirt and stand in solidarity with the 2SLGBTQIA+ community to continue fighting for equality and acceptance.	Awareness Days
April 9	Vimy Ridge Day	A day to remember Canadians who victoriously fought in the battle of Vimy Ridge in northern France during the First World War.	Cultural Celebrations
April 10	Khordad Sal	A day when Zoroastrians celebrate the birth anniversary of Prophet Spitaman Zarathushtra (Zoroaster), where Parsis (community) gather together and Jashans are recited, large parties are held, and large banquets are served.	Religious and Spiritual
April 10	Orthodox Good Friday	A day when many Orthodox Christians commemorate the crucifixion and death of Jesus Christ through fasting, prayer, and special church services, observed according to the Julian calendar.	Religious and Spiritual
April 10-16	World Homeopathy Awareness Week	A week to raise awareness and increase access to homeopathy, promoting a paradigm shift in the understanding of healing and holistic healthcare.	Awareness Days
April 12	Orthodox Easter	A day when Orthodox Christians celebrate the resurrection of Jesus Christ, according to the Julian calendar.	Religious and Spiritual

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April 12-18	<u>National Medical Laboratory Week</u>	A week to educate Canadians about medical laboratory professionals and the vital role they play on the health care team.	Awareness Days
April 13	<u>Orthodox Easter Monday</u>	A day when many Orthodox Christians continue the celebration of the Resurrection of Jesus Christ with church services, family gatherings, and festive meals. Observed according to the Julian calendar, it usually falls later than Western Easter.	Religious and Spiritual
April 13-14	<u>Sinhalese New Year</u>	A period celebrated by Sinhalese and Tamil communities to mark the New Year. It includes rituals, festive meals, and cultural traditions that honour the sun and symbolize renewal, prosperity, and togetherness.	Cultural Celebrations
April 13-14	<u>Yom HaShoah</u>	A period when Jews and people around the world solemnly remember and honour the victims of the Holocaust through ceremonies, moments of silence, educational events.	Religious and Spiritual
April 14	<u>Puthandu (Tamil New Year)</u>	A day when the Tamil community celebrates the New Year, marking the first day of the Tamil calendar month of Chithirai. It is a time of renewal and hope, observed with festive meals, family gatherings, prayers, and cultural rituals.	Cultural Celebrations
April 14	<u>Vaisakhi / Baisakhi</u>	A day to celebrate the Sikh spring harvest festival and the founding of the Khalsa. Observed in the Punjab region for many centuries, it is marked with prayer, music, processions, and community gatherings.	Cultural Celebrations
April 15	<u>Vishu</u>	A day celebrated by Malayali communities to mark the Hindu New Year, featuring the Vishu Kani arrangement and other traditions symbolizing good fortune and renewal.	Cultural Celebrations

TBD = to be determined

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April 16	Advance Care Planning Day	A day to recognize the importance of advance care planning, which is the process of thinking and talking about your wishes, values, and preferences for your future care in the event you are unable to speak for yourself.	Awareness Days
April 17	World Hemophilia Day	A day to raise awareness and understanding of hemophilia and other bleeding disorders.	Awareness Days
April 17	Equality Day	A day to recognize the anniversary of the Canadian Charter of Rights and Freedoms, which was signed in 1982 and affirms the principle of equality for all Canadians.	Awareness Days
April 19 (date is estimated)	Martyrdom: Imam Jaafar Sadiq (AS)	A day when Shia Muslims commemorate the anniversary of the martyrdom of the sixth infallible Imam Jafar al-Sadiq (A.S.) on 25th Shawwal. He hosted an Islamic school that quickly became the hub of academic discourse for over four thousand students.	Religious and Spiritual
April 19-25	National Volunteer Week	A week to recognize the contributions of volunteers across Canada and to celebrate the spirit giving, service, and community support.	Awareness Days
April 19-25	National Organ and Tissue Donor Awareness Week	A week to raise awareness of the importance of organ and tissue donation, encouraging individuals to register as donors and save lives.	Awareness Days
April 19-25	Canadian Fertility Awareness Week	A week to raise awareness of fertility health and provide education, support, and resources for individuals and families experiencing infertility.	Awareness Days
April 20	First day of Ridván	A day when Bahá'ís around the world celebrate the beginning of the twelve-day Festival of Ridván, commemorating Bahá'u'lláh's declaration of his mission as the Messenger of God. It begins the evening of the first day and ends in the evening of the second day.	Religious and Spiritual

TBD = to be determined

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April 20-21	<u>Yom HaZikaron (Israeli Memorial Day)</u>	A day when Israelis solemnly remember and honour the fallen soldiers who lost their lives during the struggle to establish the State of Israel. It begins at sundown on the first day and ends at nightfall on the second day.	Cultural Celebrations
April 21-22	<u>Yom HaAtzma'ut</u>	A day when many Jewish Canadians and Jewish communities around the world celebrate the declaration of the State of Israel in 1948 (Israeli Independence Day). It begins at sundown on the first day and ends at nightfall on the second day.	Religious and Spiritual
April 22	<u>Earth Day</u>	A day to promote environmental awareness and global efforts to protect the planet through conservation, advocacy, and sustainable practices.	Awareness Days
April 22	<u>Administrative Professionals Day</u>	A day to recognize the work of secretaries, administrative assistants, receptionists, and other administrative support professionals.	Awareness Days
April 25-May 1	<u>Global Intergenerational Week</u>	A week to promote intergenerational connection, understanding, and collaboration through shared experiences across age groups and communities.	Awareness Days
April 25-May 1	<u>National Victims of Crime Awareness Week</u>	A week to raise awareness of the issues faced by victims and survivors of crime and highlight the services and supports available to them and their families.	Awareness Days
April 26	<u>Lesbian Visibility Day</u>	A day to celebrate lesbian identity and raise awareness about issues facing lesbian individuals, including visibility, inclusion, and equity.	Awareness Days
April 28	<u>National Day of Mourning</u>	A day to commemorate workers who have been killed, injured, or suffered illness due to workplace-related hazards and incidents.	Awareness Days
April 28	<u>World Day for Safety and Health at Work</u>	A day to promote safe, healthy, and decent work environments around the world, and emphasize the importance of protecting workers' rights and well-being.	Awareness Days

TBD = to be determined

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April 29 (date is estimated)	<u>Wiladat: Imam Ali Ridha (AS)</u>	A day when Shia Muslims celebrate the birthday of the eighth infallible Imam Ali ibn Musa al-Ridha (A.S.) who is also a descendent of Prophet Mohammed (PBUH) through his daughter Fatima (A.S.) on 11th Dhul-Qa'dah. He was known for his humility and modesty.	Religious and Spiritual
April 29	<u>Ninth Day of Ridván</u>	A day when Bahá'ís celebrate the arrival of Bahá'u'lláh's family in the Garden of Ridván, symbolizing unity and joy. It begins in the evening of the first day and ends in the evening of the second day.	Religious and Spiritual
April 29	<u>International Dance Day</u>	A day to celebrate the art of dance and its power to unite people across cultures. It commemorates the birthday of Jean-Georges Noverre, a pioneering choreographer who revolutionized ballet production.	Awareness Days
April 30	<u>Journey to Freedom Day/ Black April Day</u>	A day to commemorate the lives lost and the hardships endured by Vietnamese refugees during their exodus following the fall of Saigon in 1975.	Awareness Days

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MAY

Date(s)	Name	Description	Category
All Month	<u>Ankylosing Spondylitis Awareness Month</u>	A month to recognize inflammatory arthritis diseases and the other associated illnesses.	Awareness Days
All Month	<u>Asian Heritage Month</u>	A month to recognize and pay tribute to the contributions that Asians make, and continue to make, to the development and general welfare of Ontario.	Awareness Days
All Month	<u>Bladder Cancer Awareness Month</u>	A month to join together in an effort to increase awareness of bladder cancer and fundraise for bladder cancer research and care.	Awareness Days
All Month	<u>Brain Tumour Awareness Month</u>	A month to bring attention to the severity of brain tumours and educate individuals on how to minimize their risks.	Awareness Days
All Month	<u>Celiac Awareness Month</u>	A month to raise awareness around celiac disease and encourage people who may have typical and atypical symptoms to get tested.	Awareness Days
All Month	<u>Dutch Heritage Month</u>	A month to recognize the important contributions that Dutch Canadians have made to the economic, political, social and cultural fabric of Ontario's society.	Awareness Days
All Month	<u>Food Allergy (Anaphylaxis) Awareness Month</u>	A month to raise awareness of food allergies, educate the public on the impact and management of these conditions, and advocate for improved safety for people with food allergies.	Awareness Days
All Month	<u>Hemochromatosis Awareness Month</u>	A month to bring attention to hemochromatosis, which is an iron storage disorder that can cause the body to absorb too much iron.	Awareness Days

TBD = to be determined

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All Month	<u>Hypertension Awareness Month</u>	A month to educate individuals on the risk of hypertension which is the leading preventable cause of death and disability around the world.	Awareness Days
All Month	<u>Jewish Heritage Month</u>	A month to recognize and celebrate the contributions of Jewish Canadians to the country's social, cultural, political, and economic fabric.	Awareness Days
All Month	<u>National Caregiver Month</u>	A month to honour and support individuals who provide care to family members, friends, and community members in need.	Awareness Days
All Month	<u>National Physiotherapy Month</u>	A month to celebrate the vital role that physiotherapists and physiotherapist assistants play in improving the health, mobility, and quality of life of Canadians.	Awareness Days
All Month	<u>National Sun Awareness Month</u>	A month to promote safe sun habits, raise awareness about skin cancer prevention, and encourage skin protection while enjoying the outdoors.	Awareness Days
All Month	<u>Polish Heritage Month</u>	A month to celebrate Polish heritage and culture, commemorating Constitution Day in Poland and honouring the contributions of Polish Canadians across the country.	Awareness Days
All Month	<u>South Asian Heritage Month</u>	A month to recognize and pay tribute to the contributions South Asians have made, and continue to make, to the development and general welfare of Ontario.	Awareness Days
All Month	<u>Speech and Hearing Month</u>	A month to raise awareness of communication health and highlight the importance of early detection and intervention.	Awareness Days
All Month	<u>Vision Health Month</u>	A month to promote eye health and encourage regular eye exams as a way to detect, treat, and prevent vision-related issues.	Awareness Days

TBD = to be determined

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May 1	Vesak (Buddha Day)	A day when Buddhists celebrate the birth, enlightenment, and passing of Gautama Buddha, reflecting on his teachings of compassion, peace, and wisdom through prayer, meditation, and acts of kindness.	Religious and Spiritual
May 1	Bealtaine	A day rooted in ancient Celtic tradition that marks the halfway point between the spring equinox and summer solstice. It is celebrated with fire, dance, and rituals that honour fertility, renewal, and the return of light and warmth.	Religious and Spiritual
May 1-2	Twelfth Day of Ridván	A day when Bahá'ís commemorate Bahá'u'lláh's departure from the Garden of Ridván with His family to begin His journey to Constantinople, marking the end of the Ridván Festival. It begins on the evening of the first day and ends on the evening of the second day.	Religious and Spiritual
May 1	National Physicians' Day (Doctor's Day)	A day to recognize the commitment and care of physicians, and highlight their role in delivering quality health care and supporting patient well-being.	Awareness Days
May 2	World Axial Spondyloarthritis Day	A day to raise awareness of axial spondyloarthritis (axSpA), a chronic inflammatory disease that primarily affects the spine and the sacroiliac joints.	Awareness Days
May 3-9	National Hospice Palliative Care Week	A week to celebrate and share achievements of hospice palliative care throughout the nation and provide a platform to look at any shortcomings.	Awareness Days
May 3-9	Emergency Preparedness Week	A week to encourage Canadians to take concrete actions to be better prepared and to protect themselves and their families during emergencies.	Awareness Days
May 3-9	National Tourism Week	A week to celebrate and appreciate the incredible diversity and unique experiences that tourism brings to Canada.	Awareness Days
May 3-9	Safety and Health Week	A week to educate employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home, and in the community.	Awareness Days

TBD = to be determined

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May 4-5	<u>Lag B'Omer</u>	A day when many Jewish people celebrate a joyful break in the mourning period of the Omer, often marked by bonfires, music, and reflection. It begins at sundown and continues until nightfall the following day.	Cultural Celebrations
May 4-8	<u>Education Week</u>	A week to celebrate student achievement, teaching excellence, and the contributions of educators, families, and communities to the education system in Ontario.	Awareness Days
May 4-10	<u>Naturopathic Medicine Week</u>	A week to raise awareness about naturopathic medicine and its role in modern healthcare, as doctors across Canada share the benefits of natural therapies, healthy living, and preventive care.	Awareness Days
May 4-10	<u>Mental Health Week</u>	A week to reflect, connect, and support mental well-being across Canada, and encourage social connection to reduce loneliness and isolation.	Awareness Days
May 5	<u>World Hand Hygiene Day</u>	A day to raise awareness of the importance of washing hands and hand hygiene.	Awareness Days
May 5	<u>National Day of Awareness for Missing and Murdered Indigenous Women and Girls</u>	A day to raise awareness of the disproportionate rates of violence, disappearance, and murder of women and girls in Indigenous communities. It calls for justice, support for families, and action to address the root causes of this national crisis.	Awareness Days
May 5	<u>South Asian Arrival Day</u>	A day to recognize and honour the contributions, history, and cultural heritage of South Asian communities who arrived and helped shape Canada's diverse society.	Cultural Celebrations
May 5	<u>World Pulmonary Hypertension Day</u>	A day to raise awareness of pulmonary hypertension, which is a frequently misdiagnosed disease, and to celebrate the lives of people living with it.	Awareness Days

TBD = to be determined

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May 7	<u>National Child and Youth Mental Health Day</u>	A day to raise awareness, foster understanding, and support the mental well-being of young people, so they feel seen, heard, and supported.	Awareness Days
May 8	<u>International Thalassaemia Day</u>	A day to raise awareness about thalassaemia and advocate for better care, prevention, and support worldwide for this severe blood disease.	Awareness Days
May 8	<u>World Red Cross and Red Crescent Day</u>	A day to celebrate humanitarian work and the principles of the International Red Cross and Red Crescent Movement.	Awareness Days
May 10	<u>World Lupus Day</u>	A day to raise awareness of the serious impacts of lupus, an autoimmune disease that often presents with unpredictable and life-changing results.	Awareness Days
May 10	<u>Mother's Day</u>	A day when many Canadians show their appreciation for mothers or mother figures in their lives.	Cultural Celebrations
May 11-17	<u>National Nursing Week</u>	A week to recognize the dedication, skill, and compassion of nurses nationwide, and highlight their contributions to the well-being of Canadians.	Awareness Days
May 12	<u>International Nurses Day</u>	A day to celebrate the contributions of nurses around the world, commemorated by the distribution of the International Nurses Day (IND) resources and evidence.	Awareness Days
May 12	<u>International Awareness Day for Chronic Immunological and Neurological Diseases</u>	A day to raise awareness about chronic immunological and neurological diseases, and amplify the voices of people who live with these conditions.	Awareness Days
TBD	<u>Canadian Innovation Week</u>	A week to celebrate Canadian innovation across all sectors, recognizing the achievements of individuals and organizations making positive impacts locally and globally.	Awareness Days

TBD = to be determined

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May 14	<u>Ascension Day</u>	A day when many Christians commemorate the ascension of Jesus Christ into heaven, occurring 40 days after Easter and symbolizing his return to God the Father, according to the New Testament of the Bible.	Religious and Spiritual
May 14-15	<u>Yom Yerushalayim (Jerusalem Day)</u>	A day when Israelis commemorate the reunification of Jerusalem and the establishment of Israeli governance over the Old City. It begins at sundown and ends the next evening.	Religious and Spiritual
May 15	<u>Nakba Day</u>	A day to commemorate the displacement and loss experienced by Palestinians during the 1948 Palestine War and the establishment of Israel.	Cultural Celebrations
May 15	<u>International Day of Families</u>	A day to raise awareness of issues related to families and to increase the knowledge of the social, economic and demographic processes affecting families.	Awareness Days
May 16	<u>International Day of Living Together in Peace</u>	A day to foster understanding, respect, and solidarity among all people, encouraging people around the globe to embrace diversity and work together to build a more peaceful and inclusive world.	Awareness Days
May 16 (date is estimated)	<u>Martyrdom: Imam Mohammad al-Jawad (AS)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of the ninth infallible Imam, Imam Ali Al Ridha (A.S.) on 10th Rajab. He was martyred in Baghdad at the age of 25 after becoming Imam of his time at the age of 9 years old.	Religious and Spiritual
May 17	<u>International Day Against Homophobia, Transphobia & Biphobia (IDAHOT)</u>	A day to support human rights for 2SLGBTQIA+ individuals and raise awareness about the impact of discrimination based on sexual orientation, gender identity, or expression.	Awareness Days
May 17	<u>World Hypertension Day</u>	A day to raise awareness of high blood pressure (hypertension) and to encourage people around the world to adopt healthy habits to help prevent and manage it.	Awareness Days

TBD = to be determined

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May 17-23	Paramedic Services Week	A week to recognize the dedication, skill, and compassion of Canadian paramedics who provide essential emergency care and lifesaving services across communities nationwide.	Awareness Days
May 18	Global Porphyria Awareness Day	A day to raise awareness of porphyria, a group of rare genetic disorders affecting the skin and nervous system.	Awareness Days
May 18	International Museums Day	A day to raise awareness of the important contributions of museums and how they contribute to cultural exchange and development.	Awareness Days
May 18	Victoria Day	A Canadian statutory holiday that commemorates the birthday of Queen Victoria and marks the unofficial start of summer. It is observed on the Monday preceding May 25, and is also known as May Two-Four and May Long Weekend.	Cultural Celebrations
May 19	Personal Support Worker Day	A day to recognize the essential role of Canada's personal support workers in supporting the physical and psychosocial needs of clients and their families.	Awareness Days
May 19	World IBD Day	A day to unite people worldwide in the fight against Crohn's disease and ulcerative colitis, known as inflammatory bowel diseases.	Awareness Days
May 20	World Autoimmune /Autoinflammatory Arthritis Day	A day to raise awareness of autoimmune and autoinflammatory arthritis conditions and their impact on individuals and communities.	Awareness Days
May 21	World Day for Cultural Diversity for Dialogue and Development	A day to celebrate the richness of the world's cultures and the essential role of intercultural dialogue for achieving peace and sustainable development.	Awareness Days

TBD = to be determined

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May 21	<u>Ontario Flag Day</u>	A day to pay tribute to the Ontario flag and celebrate all Ontario citizens and their countless contributions while honouring our history, heritage, values and successes.	Cultural Celebrations
May 21	<u>Moose Hide Campaign Day</u>	A day to raise awareness and take action against violence towards women and children, particularly within Indigenous communities, and to encourage men and boys to be part of the solution.	Awareness Days
May 21	<u>Global Accessibility Awareness Day</u>	A day to raise awareness about digital accessibility and inclusion, and to encourage developers, designers, and organizations to create technology that everyone can use, regardless of ability.	Awareness Days
May 21-23	<u>Shavuot</u>	A period when many Jewish Canadians celebrate the giving of the Torah at Mount Sinai. It begins at sundown and ends at nightfall the next day, and is the second of three major Jewish festivals with historical and agricultural significance.	Religious and Spiritual
May 23 (date is estimated)	<u>Martyrdom: Imam Mohammad Baqir (AS)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of the fifth infallible Imam, Mohammed al-Baqir (Splitter of Knowledge) (A.S.) on 7th Dhul-Hijjah. He was martyred at the age of 57 and was known for his knowledge and piety. Begins at sundown on the first date, and ends at sundown on the following date.	Religious and Spiritual
May 23-24	<u>Declaration of the Báb</u>	A period when the Bahá'í community celebrates the Báb's announcement of His mission in 1844, which began the Bahá'í faith.	Religious and Spiritual
May 24	<u>Pentecost</u>	A day when Christians commemorate the descent of the Holy Spirit on Jesus Christ's disciples, according to the Bible.	Religious and Spiritual
May 24	<u>Pansexual Visibility Day</u>	A day to celebrate the pansexual and panromantic community and raise awareness about diverse identities and experiences.	Awareness Days

TBD = to be determined

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May 25	<u>Africa Day</u>	A day to commemorate the founding of the Organization of African Unity (now the African Union) in 1963, and to celebrate the unity, diversity, and achievements of African nations.	Cultural Celebrations
May 25	<u>Whit Monday</u>	A day when Christians commemorate the descent of the Holy Spirit upon Jesus Christ's disciples, celebrated the day after Pentecost Sunday.	Religious and Spiritual
May 25 (date is estimated)	<u>Wedding: Imam Ali (AS) and Bibi Fatima Zahra (SA)</u>	A day when Shia Muslims celebrate the wedding anniversary of the first infallible Imam Ali Ibn Abi Taleb (A.S.) and Lady Fatima Zahra, daughter of the Prophet Mohammed (PBUH).	Religious and Spiritual
May 25-26 (date is estimated)	<u>Day of Arafah</u>	A day when millions of Muslims gather on the plain of Arafat near Mecca, standing in devotion and prayer as the most essential part of the Hajj pilgrimage. It falls on the 9th day of Dhul Hijja, the twelfth and final month of the Islamic calendar. Begins at sundown on the first date, and ends at sundown on the following date.	Religious and Spiritual
May 25-31	<u>Citizenship Week</u>	A week to welcome new Canadians and to reflect on and celebrate the rights and responsibilities shared by all citizens.	Awareness Days
May 26-30 (date is estimated)	<u>Eid-Al Adha</u>	A four-day period when Muslims around the world commemorate the willingness of the Prophet Ibrahim, known as Abraham in Christianity and Judaism, to sacrifice his son, Ismail as ordered by Allah. It is one of Islam's most important holidays.	Religious and Spiritual
May 27	<u>Red Shirt Day</u>	A day to wear red to show support for disabled people and their families, celebrate the achievements of disabled Canadians, and commit to helping to create a fully accessible and inclusive society.	Awareness Days
May 29-30	<u>Ascension of Bahá'u'lláh</u>	A period when the Bahá'í community observes the passing of Bahá'u'lláh, the founder of the Bahá'í faith, in 1892.	Religious and Spiritual

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May 30	<u>World MS Day (World Multiple Sclerosis Day)</u>	A day to raise awareness about multiple sclerosis (MS), support people affected by MS, and advocate for better research, access to care, and global understanding of this often invisible disease.	Awareness Days
May 31	<u>World No Tobacco Day</u>	A day to raise awareness of the health risks of tobacco use, promote quitting, and encourage governments and individuals worldwide to take action against tobacco-related harm.	Awareness Days
May 31	<u>Trinity Sunday</u>	A day when many Christians in Canada celebrate and reflect on the doctrine of the Holy Trinity as one God in three persons: the Father, the Son, and the Holy Spirit. It is celebrated on the first Sunday after Pentecost.	Religious and Spiritual
May 31	<u>Saga Dawa Düchen</u>	A day when Tibetan Buddhists celebrate the Birth, Enlightenment, and Parinirvana of Buddha Shakyamuni—one of the most sacred days in the Tibetan lunar calendar—marked on the Full Moon of this month.	Religious and Spiritual
May 31- June 6	<u>National AccessAbility Week</u>	A week to recognize the valuable contributions of Canadians with disabilities and to promote accessibility and inclusion by removing barriers in all aspects of society.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

JUNE

Date(s)	Name	Description	Category
All Month	ALS Awareness Month	A month to raise awareness and funds for research for a cure for Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's Disease.	Awareness Days
All Month	Brain Injury Awareness Month	A month to raise awareness of the effects of brain injuries and the measures that can be taken to help prevent them.	Awareness Days
All Month	Deaf-Blind Awareness Month	A month to raise awareness about the experiences, challenges, and achievements of people who are deaf-blind, and to promote inclusion, accessibility, and equal opportunities for the deaf-blind community.	Awareness Days
All Month	Filipino Heritage Month	A month to learn about and celebrate the rich heritage and histories of the Filipino Canadian community.	Cultural Celebrations
All Month	International CDKL5 Awareness Month	A month to raise awareness, support research, and advocate for individuals and families affected by CDKL5 Deficiency Disorder (CDD)—a neurological condition caused by mutations in the CDKL5 gene.	Awareness Days
All Month	Italian Heritage Month	A month to recognize the important contributions that Italian immigrants have made in building Ontario's communities and economic, political, social and cultural achievements.	Cultural Celebrations
All Month	National Indigenous History Month	A month to honour the rich history, heritage and diversity of Indigenous Peoples in Canada.	Awareness Days
All Month	National Spina Bifida and Hydrocephalus Awareness	A month to raise awareness of spina bifida and hydrocephalus, which are physically disabling birth defects in newborns.	Awareness Days

TBD = to be determined

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	<u>Month</u>		
All Month	<u>Portuguese Heritage Month</u>	A month to recognize the efforts of the Portuguese Canadian community and celebrate the life of Luis de Camoes and his famous epic poems.	Cultural Celebrations
All Month	<u>Post-Traumatic Stress Disorder Awareness Month</u>	A month to raise awareness of post-traumatic stress disorder (PTSD), encouraging understanding, reducing stigma, highlighting the experiences of individuals affected by trauma, and promoting access to effective treatment.	Awareness Days
All Month	<u>Pride Season</u>	A month to celebrate the 2SLGBTQI+ community, which includes individuals who identify as two-spirit, lesbian, gay, bisexual, transgender, queer and intersex, as well as a range of other gender and sexual identities and expressions.	Awareness Days
All Month	<u>Recreation and Parks Month</u>	A month to promote the benefits of recreation and parks for physical, social, and environmental health.	Awareness Days
All Month	<u>Seniors Month</u>	A month to recognize and celebrate the contributions that older adults make in communities across Ontario and beyond.	Awareness Days
All Month	<u>Stroke Month</u>	A month to raise awareness of the signs, risks, and impacts of stroke, which affects nearly 50,000 Canadians each year.	Awareness Days
All Month	<u>Thyroid Awareness Month</u>	A month to raise awareness about thyroid health, highlight the signs and symptoms of thyroid disorders, and promote early detection and treatment.	Awareness Days
June 1	<u>Intergenerational Day</u>	A day to raise awareness of the many benefits that simple and respectful connections between generations bring to education, health and communities.	Awareness Days

TBD = to be determined

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June 1	Global Day of Parents	A day to recognize that the family has the primary responsibility for the nurturing and protection of children.	Awareness Days
June 2	International Sex Workers' Day	A day to raise awareness of injustice and discrimination sex workers face around the world.	Awareness Days
June 3	Clean Air Day	A day to recognize the importance of good air quality to our health, environment, and the economy, and to become aware of the dangers of air pollution.	Awareness Days
June 3-4 (date is estimated)	Eid Al-Ghadir	A period when Shia Muslims celebrate Eid al-Ghadir to commemorate the divine appointment of Ali ibn Abi Talib (A.S.) as the Prophet's (PBUH) successor and first infallible Imam.	Religious and Spiritual
June 4	Corpus Christi	A day when many Christians in Canada, especially those of the Roman Catholic faith, honour the presence of Jesus in the Holy Eucharist with a special feast and religious celebrations.	Religious and Spiritual
June 5	World Environment Day	A day to raise global awareness and take action to protect our environment, which involves engaging governments, businesses, celebrities and citizens to focus their efforts on a pressing environmental issue.	Awareness Days
June 6	National Health and Fitness Day	A day to encourage Canadians to get out and get active in any way they wish, and to challenge Canada to become the Fittest Nation on Earth.	Awareness Days
June 7	National Cancer Survivors Day	A day to honour everyone living with a cancer diagnosis and to highlight that life after a cancer diagnosis is possible.	Awareness Days
June 6-13	Family Council Week	A week to recognize the important, rewarding, and sometimes challenging work that Family Council members do every day to improve long-term care home residents' quality of life.	Awareness Days
June 7-13	Canadian Environment	A week to celebrate Canada's environmental accomplishments and encourage Canadians to contribute	Awareness Days

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	<u>Week</u>	to conserving and protecting their environment.	
June 8-14	<u>Rivers to Oceans Week</u>	A week to celebrate and raise awareness of the vital connection between Canada's freshwater systems and oceans. It recognizes species, such as the American Eel and Chinook Salmon, which are vital to their ecosystems and culturally significant to Indigenous Peoples.	Awareness Days
June 8-14	<u>Loneliness Awareness Week</u>	A week to raise awareness of the widespread issue of loneliness, reduce the stigma associated with it, and promote ways to address social isolation.	Awareness Days
June 10	<u>Portugal Day</u>	A day to recognize the anniversary of the death of Luis de Camoes, and commemorate his life and his famous epic poems.	Cultural Celebrations
June 10	<u>Action Anxiety Day</u>	A day to raise awareness of anxiety disorders, when Canadians wear blue and orange to show support and eliminate the stigma around anxiety disorders.	Awareness Days
June 10-11 (date is estimated)	<u>Eid Mubahalah</u>	A period when Shia Muslims commemorate the historic event of Mubahala, where a miracle took place between the Muslims and Christians of Arabia. It is celebrated on 24th Dhul Hijja as a key point in Islamic History.	Religious and Spiritual
June 12	<u>World Day Against Child Labour</u>	A day to focus attention on the global extent of child labour and the action and efforts needed to eliminate it.	Awareness Days
June 12	<u>Philippines Independence Day</u>	A day to commemorate the freedom of the Philippines and its people. On this day in 1898, Filipino leader Emilio Aguinaldo declared independence from Spain after more than 300 years of rule.	Cultural Celebrations

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June 13	<u>National Long-term Care Day</u>	A day to raise awareness of the importance of long-term care, and recognize the contributions of caregivers and staff in providing essential services to individuals who require ongoing assistance with daily activities due to aging, illness, or disability.	Awareness Days
June 13	<u>International Albinism Awareness Day</u>	A day to raise awareness of the human rights of people with albinism, promote understanding of the condition, and advocate for safety, dignity, and inclusion worldwide.	Awareness Days
June 14	<u>World Blood Donor Day</u>	A day to thank blood donors around the world for their lifesaving donations, including more than 400,000 Canadian donors who help to save lives each year.	Awareness Days
June 14-20	<u>National Blood Donor Week</u>	A week to recognize and celebrate the essential role that volunteer blood donors play in strengthening Canada's Lifeline and in uniting to save the lives of individuals across the country.	Awareness Days
June 15	<u>World Elder Abuse Awareness Day</u>	A day to raise awareness of elder abuse and neglect, and promote the rights of older adults to live with dignity, security, and respect. It is an official United Nations International Day acknowledging elder abuse as a significant public health and human rights issue.	Awareness Days
June 15 (date is estimated)	<u>Ashura/Martyrdom: Imam Hussain (AS)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of the third infallible Imam, Imam Hussain (A.S.) on the 10th of Muharram (Ashura) in Karbala, marking a pivotal moment in Shia Islam.	Religious and Spiritual
June 15 (date is estimated)	<u>Sham-e-Ghariban</u>	A day when Shia Muslims mark the night following Ashura, remembering the grief and solitude of Imam Hussain's (AS) family after the Battle of Karbala.	Religious and Spiritual
June 15-21	<u>Men's Health Week</u>	A week to show support for men's health and to inspire guys to live healthier, happier lives.	Awareness Days

TBD = to be determined

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June 16-17 (estimated date)	<u>Muharram/Islamic New Year</u>	A day when many Muslims in Canada and around the world observe the start of the Islamic New Year on the first day of Muharram. It begins in the evening of the first day and ends in the evening of the second day.	Religious and Spiritual
June 17	<u>CDKL5 Awareness Day</u>	A day to raise awareness of CDKL5 Deficiency Disorder, which is a rare genetic mutation that prevents the body from making essential proteins needed for brain development.	Awareness Days
June 18	<u>Autistic Pride Day</u>	A day to recognize and celebrate the unique identities, experiences, and contributions of autistic individuals worldwide.	Awareness Days
June 18	<u>International Day of Countering Hate Speech</u>	A day to raise awareness of the harmful effects of hate speech, promote tolerance and understanding, and encourage efforts to combat hate speech worldwide. It is recognized by the United Nations to support global peace and human rights.	Awareness Days
June 18	<u>World Kidney Cancer Day</u>	A day to raise awareness of kidney cancer, the psychological impacts of diagnosis, and strategies to reduce risk factors.	Awareness Days
June 19	<u>Dano</u>	A traditional Korean celebration held on the 5th day of the 5th lunar month to welcome summer and ensure health, protection, and good harvests.	Cultural Celebrations
June 19	<u>Plaid For Dad</u>	A day to raise awareness of prostate cancer, where Canadians wear plaid to support fundraising for research that helps improve and save the lives of people affected by the disease.	Awareness Days
June 19	<u>Tuen Ng Festival / Duanwu (Dragon Boat Festival)</u>	A day when Chinese communities around the world honour the ancient poet Qu Yuan with dragon boat races, celebrate traditional Chinese culture, and eat zongzi (sticky rice dumplings). It has been celebrated for millennia on the fifth day of the fifth month of the Chinese lunar calendar.	Cultural Celebrations

TBD = to be determined

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June 19	<u>United Empire Loyalists' Day</u>	A day when the people of Ontario recognize and celebrate their heritage of loyalty to the Crown.	Cultural Celebrations
June 19	<u>World Sickle Cell Day</u>	A day to raise awareness and help reduce the stigma and discrimination experienced by families with children, youth, and adults living with Sickle Cell Disease.	Awareness Days
June 19	<u>Juneteenth</u>	A day to commemorate the ending of slavery in the United States, recognizing June 19, 1865 as the day enslaved African Americans in Texas were finally informed of their freedom. Today, it honours African American freedom and emphasizes education and achievement.	Awareness Days
June 20	<u>World Refugee Day</u>	A day to honour refugees worldwide, raise awareness of their situation, and celebrate the strength and courage of people who have been forced to flee their home country.	Awareness Days
June 20 (date is estimated)	<u>Martyrdom: Imam Hasan Askari (AS)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of the thirteenth Imam Hasan Askari (A.S.) on 8th Rabii Awwal, 260 Hijri. He was known for his devotion to prayers during his years of arrest and eloquence.	Religious and Spiritual
June 21 (date is estimated)	<u>Eid-e-Zehra (SA)</u>	A day when Shia Muslims mark the end of the mourning period and the start of the Imamate and leadership of the 12th and living Imam Mahdi Ibn Hasan al-Askari (AJTF).	Religious and Spiritual
June 21	<u>June Solstice</u>	A day when the Sun reaches its highest point, marking the longest day in the Northern Hemisphere (summer Solstice) and the shortest day in the Southern Hemisphere (winter solstice).	Cultural Celebrations
June 21	<u>Father's Day</u>	A day for people to show their appreciation for fathers and father figures, which may include stepfathers, fathers-in-law, guardians (e.g. foster parents), and family friends.	Cultural Celebrations
June 21	<u>National Indigenous Peoples Day</u>	A day to celebrate the unique heritage, diverse cultures, and outstanding achievements of Indigenous Peoples in Canada.	Cultural Celebrations

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June 24	<u>Fête nationale du Québec</u>	A day when people in Québec celebrate their culture, history, and identity. It is held annually on the feast day of St. John the Baptist, a Jewish preacher who baptized Jesus in the River Jordan.	Cultural Celebrations
June 24-25 (date is estimated)	<u>Milad un Nabi (Mawlid)/ Mawlid al-Nabi</u>	A day in which many Muslims in Canada celebrate the Prophet Muhammad's birth and life or mourn his death on Eid Milad ul-Nabi.	Religious and Spiritual
June 26	<u>International Day Against Drug Abuse and Illicit Trafficking</u>	A day to raise awareness of the dangers of drug abuse, and promote action and cooperation to achieve the goal of an international society free of drug abuse.	Awareness Days
June 26	<u>National Cancer Wellness Awareness Day</u>	A day to promote more accessible Cancer Wellness Programs for Canadians and improve all the challenges that come with a cancer diagnosis.	Awareness Days
June 27 (date is estimated)	<u>Wiladat: Prophet Mohammad Mustafa (SAWW) / Wiladat: Imam Jaafar Sadiq (AS)</u>	A day Shia Muslims celebrate the birthdays of Prophet Muhammad (PBUH) and Imam Jaafar al-Sadiq (A.S.) who is the sixth infallible Imam.	Religious and Spiritual
June 27	<u>Canadian Multiculturalism Day</u>	A day to honour and celebrate the many cultural communities that help build a strong and vibrant Canadian society. It encourages Canadians to reaffirm commitments to equity, inclusion, and mutual respect.	Cultural Celebrations
June 27	<u>PTSD Awareness Day</u>	A day to raise awareness about post traumatic stress disorder (PTSD), which is a type of anxiety disorder that can appear following a traumatic event in one's life.	Awareness Days
June 27- July 9 (date is estimated)	<u>Moharram: Shia Mourning Period</u>	A period when Shia Muslims mourn and reflect on the life and death of Imam Hussain (A.S.) and his companions in Karbala. It occurs during the first 13 nights of Muharram.	Religious and Spiritual

TBD = to be determined

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JULY

Date(s)	Name	Description	Category
All Month	Tibetan Heritage Month	A month when Canadians celebrate Tibetan culture, heritage, and the contributions of Tibetan-Canadians to society.	Cultural Celebrations
July 1	Canada Day	A day when Canadians mark the anniversary of Canada becoming a self-governing dominion and federation in 1867.	Cultural Celebrations
July 1	Chinese People's Railroad Day	A day to honour the contributions and sacrifices of over 17,000 Chinese workers who faced dangerous conditions, discrimination, and high mortality rates while building the Canadian Pacific Railway.	Awareness Days
July 3 (date is estimated)	Wiladat: Imam Ali al-Hadi (AS)	A day when Shia Muslims celebrate the birthday of the tenth infallible Imam Ali Al-Hadi (A.S.), also known as Imam Ali un-Naqi (A.S.), on 15th Dhu al-Hijjah or 2nd Rajab according to a different narration in the year 212 Hijri in Madinah.	Religious and Spiritual
July 5	National Injury Prevention Day	A day to raise awareness of the impact of predictable and preventable injuries, and promote safety measures to reduce risk.	Awareness Days
July 9	Nunavut Day	A day when Nunavummiut and Canadians celebrate the creation of Nunavut in 1999 and the recognition of Inuit self-governance.	Cultural Celebrations
July 10 (date is estimated)	Martyrdom of the Báb	A day when Bahá'ís commemorate the execution of the Báb in 1850, honouring his sacrifice and teachings.	Religious and Spiritual

TBD = to be determined

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July 10 (date is estimated)	<u>Martyrdom: Imam Zain-ul-Abideen (AS)</u>	A day when Shia Muslims commemorate the martyrdom of Imam Ali ibn al-Hussain (AS), the fourth Imam and survivor of Ashura.	Religious and Spiritual
July 11	<u>World Population Day</u>	A day to raise awareness about global population issues and their impact on development, health, and sustainability.	Awareness Days
July 11	<u>Imamat Day</u>	A day when Ismaili Muslims celebrate the Imamat of His Highness Prince Karim Aga Khan IV as their 49th hereditary Imam.	Religious and Spiritual
July 14	<u>International Non-Binary People's Day</u>	A day to recognize and celebrate the diversity, experiences, and contributions of non-binary people worldwide.	Awareness Days
July 14-21	<u>National Drowning Prevention Week</u>	A week to raise awareness, provide education, and encourage actions to prevent drowning and promote water safety.	Awareness Days
July 15	<u>World Youth Skills Day</u>	A day to raise awareness of the importance of equipping young people with skills for work, entrepreneurship, and lifelong opportunities.	Awareness Days
July 15	<u>Glioblastoma Awareness Day</u>	A day to honour people affected by glioblastoma, and raise awareness about the need for research, treatment, and support.	Awareness Days
July 16 (date is estimated)	<u>Martyrdom of Imam Hasan ibn Ali (A.S)</u>	A period when Shia Muslims commemorate the martyrdom of Imam Hassan ibn Ali (AS), the second Imam and grandson of Prophet Mohammed (PBUH).	Religious and Spiritual
July 18	<u>Nelson Mandela International Day/ Mandela Day</u>	A day to honour Nelson Mandela's legacy by promoting peace, freedom, and social justice, and encouraging people to make a positive difference in their communities by helping others.	Awareness Days

TBD = to be determined

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July 18	Parks Day	A day to celebrate the role of parks in supporting ecosystems, promoting human well-being, and providing spaces for recreation and community connection.	Awareness Days
July 19 (date is estimated)	Martyrdom: Imam Ali Ridha (AS)	A period when Shia Muslims commemorate the martyrdom of Imam Ali ibn Musa al-Ridha (AS), the eighth Imam, known for his humility and modesty.	Religious and Spiritual
July 21	Uterine Fibroid Awareness Day	A day to raise awareness of uterine fibroids, promote understanding of their symptoms and treatment options, and support women's health.	Awareness Days
July 21-22 (date is estimated)	Wiladat: Imam Musa Kazim (AS)	A period when Shia Muslims celebrate the birth of Imam Musa al-Kadhim (AS), the seventh Imam, known for his forbearance and knowledge.	Religious and Spiritual
July 24	International Self-Care Day	A day to promote healthy self-care practices and raise awareness of their importance for physical, mental, and emotional well-being.	Awareness Days
July 25 (date is estimated)	Arba'in / Arba'een	A period when Shia Muslims commemorate forty days after Ashura, mourning Imam Hussain ibn Ali (AS) and the sacrifice at Karbala.	Religious and Spiritual
July 28	World Hepatitis Day	A day to raise awareness of hepatitis and encourage global action to improve prevention, testing, and treatment.	Awareness Days
July 28 (date is estimated)	Martyrdom of Bibi Sukaina	A period between the 3rd and 13th of Safar when Shia Muslims commemorate the martyrdom of Lady Sakina (SA), the young daughter of Imam Hussain (AS) who died in a Damascus prison after Karbala.	Religious and Spiritual

TBD = to be determined

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July 28	<u>Day of Commemoration of the Great Upheaval</u>	A day for Canadians to remember the 18th-century expulsion of the Acadians and the hardships they endured in exile, and to highlight their resilience and perseverance, which ensured the survival of Acadian culture and heritage.	Awareness Days
July 28-29	<u>Tu B'Av</u>	A day when Jewish people celebrate love, joy, and new beginnings. It begins at sundown and ends at nightfall the following day.	Religious and Spiritual
July 29	<u>Asalha Puja (Dharma Day)</u>	A day when Buddhists commemorate the Buddha's first sermon, the founding of the Sangha, and the teaching of the Four Noble Truths.	Religious and Spiritual
July 30	<u>World Day Against Trafficking in Persons</u>	A day to raise awareness of the dangers of human trafficking, and promote efforts to protect and support people who are trafficked.	Awareness Days
July 30	<u>International Day of Friendship</u>	A day to celebrate friendship between peoples, countries, cultures, and individuals, inspiring peace efforts and building bridges between communities.	Awareness Days

TBD = to be determined

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AUGUST

Date(s)	Name	Description	Category
All Month	<u>Gastroparesis Awareness Month</u>	A month to raise awareness of gastroparesis, along with its symptoms and treatment options, while encouraging support for people affected by this digestive disorder.	Awareness Days
August 1	<u>Lughnasadh</u>	A day when people, particularly in Pagan and Wiccan traditions, celebrate the first harvest of the season, giving thanks for abundance and community.	Religious and Spiritual
August 1	<u>Emancipation Day</u>	A day to commemorate the abolition of slavery on August 1, 1834, and to honour the resilience of Black and Indigenous Peoples. It invites reflection, education, and action against racism.	Cultural Celebrations
August 1-7	<u>World Breastfeeding Week</u>	A week to highlight the importance of breastfeeding for infant health, maternal well-being, and community support, while promoting policies that protect and encourage it.	Awareness Days
August 2-3	<u>Tisha B'Av</u>	A day when Jewish people mourn tragedies in history, including the destruction of the First and Second Temples in Jerusalem. It begins at sundown and ends at nightfall the following day.	Religious and Spiritual
August 3	<u>Civic/Provincial Day</u>	A day when many Canadians pause mid-summer to connect and celebrate community. It is a uniquely Canadian tradition and a statutory holiday in some provinces and territories.	Cultural Celebrations
August 9	<u>International Day of the World's Indigenous People</u>	A day to recognize and celebrate the diverse cultures, knowledge, and contributions of Indigenous Peoples worldwide, while reaffirming support for Indigenous rights, dignity, and self-determination.	Cultural Celebrations
August 11-13 (date is estimated)	<u>Martyrdom of Prophet Mohammad (PBUH)</u>	A day when Muslims commemorate the martyrdom of the Prophet Mohammad (PBUH), reflect on his life and teachings, and honour his legacy through prayer, remembrance, and acts of devotion.	Religious and Spiritual

TBD = to be determined

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August 12	<u>International Youth Day</u>	A day to celebrate youth's voices, actions, and initiatives, highlight their role in equitable and meaningful engagement, and raise awareness of the challenges they face globally.	Cultural Celebrations
August 13	<u>Obon</u>	A day when Japanese people honour the spirits of their ancestors through rituals, gatherings, and remembrance.	Religious and Spiritual
August 15	<u>Feast of the Assumption/Assumption of Mary</u>	A day when many Christians celebrate the belief that the Virgin Mary was assumed body and soul into heaven, honouring her faith and holiness.	Religious and Spiritual
August 15	<u>National Acadian Day</u>	A day when Acadians and other Canadians celebrate Acadian culture, heritage, language, and their contributions to Canadian society.	Cultural Celebrations
August 17	<u>Marcus Garvey Day</u>	A day to honour the life, legacy, and achievements of Marcus Garvey, and to celebrate his contributions to Pan-Africanism and the promotion of Black pride, unity, and self-determination.	Awareness Days
August 19	<u>World Humanitarian Day</u>	A day to honour humanitarian workers who risk their lives to help others in times of crisis, and inspire global compassion and support for people affected by conflict, disaster, and hardship.	Awareness Days
August 23	<u>International Day for the Remembrance of the Slave Trade and its Abolition</u>	A day to remember the tragedies of the transatlantic slave trade, honour the sacrifices of those who fought for its abolition, and reflect on the importance of freedom, dignity, and human rights for all.	Awareness Days
August 28	<u>Raksha Bandhan</u>	A day when Hindu people celebrate the bond between brothers and sisters, with rituals and gifts strengthening family ties.	Religious and Spiritual

TBD = to be determined

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August 31	<u>International Overdose Awareness Day</u>	A day to recognize the lives lost to drug overdoses, raise awareness about prevention, and offer understanding and support to people affected.	Awareness Days
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TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

SEPTEMBER

Date(s)	Name	Description	Category
All Month	Acne Awareness Month	A month to raise awareness about acne, a common skin condition affecting 5 million Canadians.	Awareness Days
All Month	Arthritis Awareness Month	A day to educate the public about arthritis—Canada's most common chronic health condition—honour the six million Canadians affected, and promote prevention and effective management.	Awareness Days
All Month	Big Brothers Big Sisters Month	A month to celebrate the vital role of volunteer mentors, recognize their impact on the lives of 41,000 youth across Canada, and highlight the importance of mentoring relationships in supporting young people.	Awareness Days
All Month	Blood Cancer Awareness Month	A month to raise awareness about blood cancers, including leukemia, lymphoma, myeloma and Hodgkin's disease, and promote early detection, research, and support.	Awareness Days
All Month	Childhood Cancer Awareness Month	A month to raise awareness of childhood cancer, which affects nearly 950 Canadian children each year, and to support research, early detection, and care for young people living with cancer.	Awareness Days
All Month	Craniofacial Awareness Month	A month to raise awareness of craniofacial conditions and promote the emotional, mental, and social well-being of individuals with facial differences.	Awareness Days
All Month	Duchenne Awareness Month	A month to raise awareness of Duchenne muscular dystrophy, the most common fatal genetic childhood disease, and support people living with it.	Awareness Days
All Month	Hunger Action Month	A month to raise awareness of food insecurity, which affects over 1 million Ontarians, and to take action to end hunger in Ontario by educating, advocating, volunteering, and donating.	Awareness Days

TBD = to be determined

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All Month	<u>Muscular Dystrophy Month</u>	A month to raise awareness of muscular dystrophy, a group of diseases that weaken muscles, support individuals living with it, and promote research for better treatment.	Awareness Days
All Month	<u>Ovarian Cancer Awareness Month</u>	A month to raise awareness of ovarian cancer—Canada’s most fatal women’s cancer—support research, and educate the public on symptoms and risk factors.	Awareness Days
All Month	<u>Polycystic Ovarian Syndrome (PCOS) Awareness Month</u>	A month to raise awareness of polycystic ovarian syndrome, encourage early diagnosis and treatment, and support people living with this common hormonal disorder.	Awareness Days
All Month	<u>Prostate Cancer Awareness Month</u>	A month to raise awareness of prostate cancer, promote early detection and screening, and encourage research for better treatments and care.	Awareness Days
All Month	<u>Recovery Month</u>	A month to highlight that recovery from addiction is sustainable and attainable for all Canadians, and to celebrate resilience, reduce stigma, and promote support for people in recovery.	Awareness Days
All Month	<u>Thyroid Cancer Awareness Month</u>	A month to educate the public about thyroid cancer, and inspire action and self-checks for early detection and improved care.	Awareness Days
All Month	<u>World Alzheimer's Month</u>	A month to educate the public about Alzheimer’s disease and other dementias, amplify the voices of people living with dementia, and support individuals and families impacted by it.	Awareness Days
September 4	<u>Krishna Janmashtami</u>	A day when Hindus celebrate the birth of Lord Krishna, honouring his life through prayers, fasting, singing, and devotional activities.	Cultural Celebrations
September 4	<u>Polycystic Kidney Disease (PKD) Awareness Day</u>	A day dedicated to fighting against polycystic kidney disease (PKD) through research programs, education and awareness.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

September 7	<u>Labour Day</u>	A day when Canadians celebrate workers' rights and achievements. Once marked by union parades and picnics, it is now also a late-summer holiday for many to relax, travel, or enjoy time with family and friends.	Cultural Celebrations
September 7	<u>Ukrainian Heritage Day</u>	A day to celebrate the rich history, culture, and impact of Ukrainian Canadians on Ontario's social, cultural, and economic landscape.	Cultural Celebrations
September 7	<u>Still's Disease Awareness Day</u>	A day to raise awareness about Still's Disease, improve care, and support people living with it in managing their health, understanding the condition, and explaining it to others.	Awareness Days
September 7	<u>World Duchenne Day</u>	A day to raise awareness of Duchenne and Becker muscular dystrophy—rare genetic diseases defined by muscle weakness—and inspire action to improve the lives of people living with the diseases.	Awareness Days
September 8	<u>International Literacy Day</u>	A day to highlight the importance of literacy for people and societies, promoting education as a fundamental human right and a key tool for personal and societal development.	Awareness Days
September 9	<u>International Fetal Alcohol Spectrum Disorder Awareness Day</u>	A day to educate the public about fetal alcohol spectrum disorder—a lifelong disability from alcohol exposure in the womb—promoting prevention, early diagnosis, and access to support and resources.	Awareness Days
September 10	<u>World Suicide Prevention Day</u>	A day to raise awareness of suicide, promote understanding and mental health support, and encourage actions that help prevent suicide and save lives.	Awareness Days
September 11	<u>National Day of Service</u>	A day to celebrate and promote the strength, kindness, and generosity that Canadians have demonstrated in the face of hardship.	Awareness Days

TBD = to be determined

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September 11	<u>Enkutatash (Ethiopian New Year)</u>	A day when Ethiopians celebrate the New Year and the close of the rainy season with family, church services, gifts, and festive meals, symbolizing renewal, hope, and joy.	Religious and Spiritual
September 11-13	<u>Rosh Hashanah / Rosh Hashana</u>	A two-day celebration when Jewish people welcome the New Year, reflect on the past, and pray for a prosperous year ahead. It begins at sundown on the first day and ends at nightfall on the second day.	Cultural Celebrations
September 12	<u>World First Aid Day</u>	A day to highlight the importance of first aid training, promote life-saving skills, and encourage people to be prepared to respond in emergencies.	Awareness Days
September 13	<u>National Grandparents' Day</u>	A day to celebrate the vital role of grandparents in family life and their contributions to nurturing, raising, and guiding children.	Awareness Days
September 13-19	<u>Housekeepers Appreciation Week</u>	A week to recognize housekeeping and environmental services teams for their vital role in creating clean, safe, and healthy care environments that support the well-being of patients, residents, visitors, and staff.	Awareness Days
September 14	<u>Tzom Gedaliah (Fast of Gedalia)</u>	A day when Jewish people fast from dawn until dusk to lament the assassination of Gedaliah, the righteous governor of Judah.	Cultural Celebrations
September 14-20	<u>Residents' Council Week</u>	A week to celebrate residents' councils and bringing long-term care residents together as peers, to discuss important issues, stay connected, and participate in home operations and decision-making.	Awareness Days
September 15	<u>Worldwide Lymphoma Awareness Day</u>	A day to raise awareness of lymphoma—an increasingly common cancer of the immune system—focusing on symptom recognition, early diagnosis, and treatment.	Awareness Days
September 15-21	<u>Global Mitochondrial Disease Awareness Week</u>	A week to educate the public about mitochondrial diseases, support people affected by the disease, encourage research, and emphasize early detection and care.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

September 16	<u>International Day for the Preservation of the Ozone Layer</u>	A day to raise awareness of the preservation of the earth's ozone layer, promote actions to protect it, and highlight global efforts to reduce ozone-depleting substances.	Awareness Days
September 16-23	<u>Bisexual Awareness Week</u>	A week to celebrate bisexuality, raise awareness of bisexual experiences, challenge misconceptions, and promote inclusion of the bisexual community.	Awareness Days
September 18	<u>Military Family Appreciation Day</u>	A day to honour and show gratitude to the families of members and Veterans of the Canadian Armed Forces for their support and contributions.	Awareness Days
September 19	<u>Powley Day</u>	A day when Métis people in Canada celebrate the landmark court decision recognizing the unique cultural identity and traditions of Métis people, specifically upholding their right to hunt for food.	Cultural Celebrations
September 19	<u>National Hunting, Trapping and Fishing Heritage Day</u>	A day to recognize and celebrate the contributions of hunting, trapping, and fishing to Canada's history, culture, and conservation efforts.	Awareness Days
September 20	<u>Terry Fox Run</u>	A day to honour Terry Fox's legacy by participating in a non-competitive running or walking event to raise funds for cancer research, and to promote hope and community support.	Awareness Days
September 20-21	<u>Yom Kippur (Day of Atonement)</u>	A day when many Jewish people reflect, seek forgiveness, and atone for past actions through prayer, fasting, and introspection. It begins at sundown on the first day and ends at nightfall on the following day.	Religious and Spiritual
September 20-21 (date is estimated)	<u>Wiladat: Imam Hasan Askari (AS)</u>	A period when Shia Muslims celebrate the birthday of the thirteenth Imam Hasan Askari (A.S.) on 8th Rabii Thani, 232 Hijri. He was known for his devotion to prayers and eloquence.	Religious and Spiritual

TBD = to be determined

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September 20-26	<u>Frontotemporal Degeneration Awareness Week</u>	A week to raise awareness and educate the public about frontotemporal degeneration, a group of neurodegenerative disorders that affect the frontal and temporal lobes of the brain.	Awareness Days
September 21	<u>World Alzheimer's Day</u>	A day to raise awareness of Alzheimer's disease and other dementias, challenge the stigma surrounding them, and promote understanding, inclusion, and support for people living with dementia.	Awareness Days
September 21	<u>World Gratitude Day</u>	A day to celebrate thankfulness, appreciate the good in our lives, and encourage kindness and positivity toward others.	Awareness Days
September 21	<u>International Day of Peace</u>	A day to promote peace among nations and peoples, encourage non-violence and ceasefire, and foster a spirit of unity, understanding, and cooperation across the world.	Awareness Days
September 21-27	<u>International Week of Deaf People</u>	A week to celebrate Deaf culture and sign language, raise awareness about the rights and experiences of Deaf individuals, and promote inclusion and accessibility worldwide.	Awareness Days
September 22	<u>World Chronic Myeloid Leukemia (CML) Day</u>	A day to highlight the experiences of people living with chronic myeloid leukemia, celebrate their resilience, and inspire action toward better care, treatment, and understanding of the disease.	Awareness Days
September 22	<u>September Equinox</u>	A day when the sun shines directly on the equator, making day and night nearly equal in length around the world. It marks the beginning of autumn in the Northern Hemisphere and spring in the Southern Hemisphere.	Awareness Days
September 23	<u>Celebrate Bisexuality Day</u>	A day to recognize and celebrate bisexual people, raise awareness about bisexuality, and promote acceptance, visibility, and equality for the bisexual community.	Awareness Days
September 23	<u>International Day of Sign Languages</u>	A day to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.	Awareness Days

TBD = to be determined

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September 25	Franco-Ontarian Day	A day when people in Ontario recognize the contributions of the Francophone community to the social, economic and political life of the province.	Cultural Celebrations
September 25	Chuseok (Korean Mid-Autumn Festival)	A day when Korean people give thanks for the harvest, honour their ancestors, and share traditional foods in celebration of gratitude and togetherness.	Cultural Celebrations
September 25 - October 2	Sukkot	A week when Jews commemorate the Israelites' 40 years of wandering in the desert by dwelling in temporary shelters called sukkahs and celebrating the harvest. It begins at sundown on the first day and ends at nightfall on the last day.	Religious and Spiritual
TBD	Take Back the Night Week	A day to join a global movement to end sexual, relationship, and domestic violence through marches and rallies that support survivors and reclaim public spaces. Originating in the 1970s, it is the longest-running movement of its kind, holding hundreds of events annually in over 30 countries.	Awareness Days
September 25-27	Mid-Autumn Festival	An event celebrated by many East and Southeast Asian communities to give thanks for the harvest, admire the full moon, and spend time with friends and family.	Cultural Celebrations
September 27	Police and Peace Officers National Memorial Day	A day to formally express appreciation for the dedication of police and peace officers who gave their lives in the line of duty, and offer support and condolences to their families.	Awareness Days
September 28 - October 4	International Right to Know Week	A week to highlight the importance of access to information and transparency in government and public institutions.	Awareness Days
September 30	National Day for Truth and Reconciliation	A day to reflect on the tragic history and ongoing impacts of residential schools, honour the strength and resilience of survivors and their families, and remember the children who were lost. It encourages all Canadians to acknowledge the truths of Canada's past, listen to Indigenous voices, and commit to the ongoing work required for reconciliation.	Awareness Days

TBD = to be determined

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September 30	<u>Orange Shirt Day</u>	A day to honour Indigenous residential school survivors, remember the children who were lost, and acknowledge the ongoing intergenerational impacts of the residential school system. The orange shirt serves as a symbol that “Every Child Matters.”	Awareness Days
September 30	<u>International Translation Day</u>	A day to pay tribute to language professionals, who play an important role in bringing people together by facilitating dialogue, understanding, and cooperation.	Awareness Days

TBD = to be determined

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OCTOBER

Date(s)	Name	Description	Category
All Month	<u>Autism Awareness Month</u>	A month to raise awareness of autism, promote understanding and acceptance, encourage inclusion, and support autistic people and their families.	Awareness Days
All Month	<u>Breast Cancer Awareness Month</u>	A month to raise awareness of breast cancer and to raise funds for research into its cause, prevention, diagnosis, treatment and cure.	Awareness Days
All Month	<u>Caribbean Heritage Month</u>	A month to recognize the contributions of Caribbean-Canadians to Ontario's social, economic, political and cultural fabric.	Cultural Celebrations
All Month	<u>Community Support Month</u>	A month to celebrate and highlight the value of community support services, which provide assistance to many Canadians, including older adults and people with disabilities.	Awareness Days
All Month	<u>Healthy Workplace Month</u>	A month to celebrate organizations that prioritize a thriving, healthy and safe workplace environment.	Awareness Days
All Month	<u>Hispanic Heritage Month</u>	A month to recognize the rich contributions of Hispanic-Canadians to Ontario's social, economic, political and multicultural fabric.	Cultural Celebrations
All Month	<u>Islamic Heritage Month</u>	A month to affirm the important contributions that Muslims make in Ontario as part of the vibrant social, economic, political and cultural fabric of the province.	Religious and Spiritual
All Month	<u>Learning Disabilities Awareness Month</u>	A month to educate the public about learning disabilities, promote understanding, and advance the full participation of people with learning disabilities in society.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

All Month	<u>LGBTQ History Month</u>	A month to honour the history and celebrate the achievements of the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community.	Awareness Days
All Month	<u>National Disability Employment Awareness Month</u>	A month to recognize the contributions of workers with disabilities, highlight the importance of creating inclusive workplaces, and encourage collaboration to increase inclusive hiring.	Awareness Days
All Month	<u>Occupational Therapy Month</u>	A month to celebrate occupational therapists, raise awareness of their role in promoting health and independence, and highlight their impact on individuals and communities.	Awareness Days
All Month	<u>Rett Syndrome Awareness Month</u>	A month to raise awareness about Rett syndrome—a rare neurodevelopmental condition characterized by the loss of spoken language and hand use—and promote research, understanding, and support.	Awareness Days
All Month	<u>Sudden Infant Death Syndrome (SIDS) Awareness Month</u>	A month to raise awareness of sudden infant death syndrome (SIDS), educate the public on prevention, and promote safe sleep practices.	Awareness Days
All Month	<u>Women's History Month</u>	A month to celebrate the contributions and achievements of women throughout history, recognize their impact on society, and promote gender equality.	Awareness Days
October 1	<u>International Day for Older Persons</u>	A day to recognize and celebrate the contributions of older persons, raise awareness of aging-related issues, and promote well-being and inclusion at every age.	Awareness Days
October 1-7	<u>Human Papillomavirus (HPV) Prevention Week</u>	A week to raise awareness of human papillomavirus (HPV), and promote vaccination, screening, and education to prevent this most common sexually transmitted infection.	Awareness Days
October 2	<u>International Day of Non-Violence</u>	A day to celebrate the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence.	Awareness Days

TBD = to be determined

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October 2-3	Shemini Atzeret	A day when Jews, on the 8th day of Sukkot, conclude the festival with prayers for rain and a day of rest and spiritual reflection. It begins at sundown the first day and ends at nightfall the second day.	Religious and Spiritual
October 3-4	Simchat Torah	A day when many Jewish people in Canada celebrate the completion and immediate beginning of the annual cycle of Torah readings. It begins at sundown on the first day and ends at nightfall on the second day.	Religious and Spiritual
TBD	Canadian Malnutrition Awareness Week	A week to raise awareness about the signs, risks, and impacts of malnutrition and to promote proper nutrition and screening in healthcare settings across Canada.	Awareness Days
TBD	Community Health and Wellbeing Week	A week to promote the vital role of community health organizations in improving access to care and supporting the overall health and wellbeing of people across Ontario.	Awareness Days
October 4	Feast of St. Francis of Assisi	A day when Christians, especially Catholics, honour St. Francis of Assisi for his love of peace, humility, and care for all creation.	Religious and Spiritual
October 4	National Day of Action for Missing and Murdered Indigenous Women and Girls	A day to honour the lives of missing and murdered Indigenous women, girls, and 2SLGBTQI+ people, and to call for justice, awareness, and action to end gender-based violence.	Awareness Days
October 4	World Habitat Day	A day to reflect on the state of our towns and cities and to promote the basic right of all people to adequate shelter and sustainable human settlements.	Awareness Days
October 4-10	World Space Week	A week to celebrate science, technology, and the contributions of space exploration to the betterment of humanity.	Awareness Days

TBD = to be determined

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October 4-10	<u>Mental Illness Awareness Week</u>	A week to raise awareness of mental health conditions, reduce stigma, and promote support, understanding, and access to mental health resources.	Awareness Days
October 5	<u>World Meningitis Day</u>	A day to raise awareness of meningitis, promote prevention through vaccination, and support people affected by the disease.	Awareness Days
October 5	<u>World Teachers' Day</u>	A day to honour and appreciate teachers for their contributions to education and to highlight the importance of quality teaching worldwide.	Awareness Days
October 6	<u>World Cerebral Palsy Day</u>	A day to raise awareness about cerebral palsy, support people living with the condition, and promote inclusion, accessibility, and equal opportunities.	Awareness Days
October 8	<u>International Lesbian Day</u>	A day to celebrate lesbian women, raise awareness of their experiences, and promote visibility, equality, and acceptance.	Awareness Days
October 8	<u>World Sight Day</u>	A day to raise awareness of vision impairment and blindness, promote eye health, and encourage access to quality eye care for all.	Awareness Days
October 9	<u>Ageism Awareness Day</u>	A day to educate the public about age-related discrimination, challenge stereotypes, and promote respect, inclusion and equality for all ages.	Awareness Days
October 10	<u>World Mental Health Day</u>	A day to raise awareness of mental health issues around the world and mobilize efforts in support of mental health.	Awareness Days
October 10	<u>World Hospice and Palliative Care Day</u>	A day to raise awareness of end-of-life care and advocate for dignity, comfort, and support for people with life-limiting illnesses and their families.	Awareness Days

TBD = to be determined

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October 11	<u>National Coming Out Day</u>	A day to celebrate 2SLGBTQI+ individuals, recognize the personal and often challenging process of coming out, and promote safer and more inclusive communities for people of all sexual orientations and gender identities.	Awareness Days
October 11-20	<u>Navaratri (Durga Puja)</u>	A nine-day festival when Hindu people worship Goddess Durga, celebrate the triumph of good over evil, and take part in prayer, fasting, dance, and cultural festivities.	Religious and Spiritual
October 12	<u>World Arthritis Day</u>	A day to raise awareness of rheumatic and musculoskeletal diseases (RMDs), their impact on people's lives, and the importance of research, education, and support.	Awareness Days
October 12	<u>Thanksgiving Day</u>	A day when Canadians give thanks for the harvest, blessings of the past year, and spend time with family and friends.	Cultural Celebrations
October 15	<u>Pregnancy and Infant Loss Remembrance Day</u>	A day to acknowledge and remember the loss of pregnancies and infants, honour the unique grief of bereaved parents, and show support to families across Canada.	Awareness Days
October 15-16	<u>Wiladat Lady Zainab (S.A)</u>	A day when Shia Muslims celebrate the birthday of Lady Zainab (A.S.), the daughter of Imam Ali (A.S.) and Lady Fatima Zahra (A.S.) on the 5th of Jummada Awwal.	Religious and Spiritual
October 16	<u>World Spine Day</u>	A day to encourage spinal health, prevent back pain and injuries, and promote healthy posture and lifestyle habits.	Awareness Days
TBD	<u>Community Health and Wellbeing Week</u>	A week to promote the vital role of community health organizations in improving access to care and supporting the overall health and wellbeing of people across Ontario.	Awareness Days
October 17	<u>International Day for the Eradication of Poverty</u>	A day to educate people about poverty, raise awareness of its impact, and promote actions to eliminate extreme poverty and inequality worldwide.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

October 18	<u>Persons Day</u>	A day to commemorate the 1929 historic decision that recognized women as “persons” under Canadian law, celebrate their achievements, and promote gender equality and women’s rights.	Awareness Days
October 18-24	<u>Invisible Disabilities Week</u>	A week to raise awareness about disabilities that are not immediately visible, promote understanding and empathy, and advocate for accessibility, support, and inclusion for people with invisible disabilities.	Awareness Days
TBD	<u>Canadian Malnutrition Awareness Week</u>	A week to raise awareness about the signs, risks, and impacts of malnutrition and to promote proper nutrition and screening in healthcare settings across Canada.	Awareness Days
TBD	<u>YWCA Week Without Violence</u>	A week to raise awareness of gender-based violence in Canada, and promote justice, safety, and dignity for women, girls, Two-Spirit, and gender-diverse people.	Awareness Days
October 19	<u>National Psoriatic Arthritis Day</u>	A day to raise awareness of psoriatic arthritis, educate the public on its symptoms and impacts, and support people living with the condition.	Awareness Days
TBD	<u>Ontario Public Library Week</u>	A week to promote the value of public libraries in Ontario, highlight their services and resources, and encourage community engagement and learning.	Awareness Days
October 20	<u>Dussehra</u>	A day when Hindus celebrate the victory of good over evil, marking Lord Rama’s triumph over Ravana and Goddess Durga’s victory over Mahishasura.	Cultural Celebrations
October 20	<u>Pharmacy Technician Day</u>	A day to recognize the contributions of pharmacy technicians, celebrate their role in healthcare, and highlight their dedication to supporting the health and well-being of Canadians.	Awareness Days
October 21	<u>International Pronouns Day</u>	A day to raise awareness of the importance of sharing and respecting personal pronouns, promote inclusivity, and support gender diversity.	Awareness Days

TBD = to be determined

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TBD	<u>Ace Week (Asexual Awareness Week)</u>	A week to educate people about asexuality, raise awareness of asexual experiences, and promote understanding, visibility, and inclusion.	Awareness Days
TBD	<u>Spiritual, Religious, and Pastoral Care Awareness Week</u>	A week to recognize and celebrate the important work of spiritual caregivers and chaplains in providing individuals with support and comfort.	Religious and Spiritual
TBD	<u>Canadian Down Syndrome Awareness Week</u>	A week to educate the public about Down syndrome, celebrate the abilities and contributions of people with Down syndrome, and promote inclusion and acceptance across Canada.	Awareness Days
TBD	<u>Media Literacy Week</u>	A week to educate Canadians about media literacy, promote critical thinking about digital and traditional media, and empower individuals to navigate information responsibly and safely.	Awareness Days
October 22	<u>International Stuttering Awareness Day</u>	A day to educate the public about stuttering, raise awareness of the challenges faced by people who stutter, and promote understanding, support, and inclusion.	Awareness Days
October 24	<u>Brain Cancer Awareness Day</u>	A day to raise awareness of brain tumors, support people living with brain tumors, and drive research through initiatives like wearing gray, participating in events, and fundraising.	Awareness Days
October 24	<u>United Nations Day</u>	A day to celebrate the founding of the United Nations, promote its goals of peace, human rights, and international cooperation, and raise awareness of global issues.	Cultural Celebrations
October 25-31	<u>Canadian Intensive Care Week</u>	A week to recognize the dedication of Canadian intensive care teams, raise awareness about critical care, and highlight the importance of supporting people and their families.	Awareness Days
October 26	<u>Intersex Awareness Day</u>	A day to celebrate intersex people—born with sex characteristics that don't fit typical definitions of male or female—challenge misconceptions, and promote understanding, rights, and inclusion for all.	Awareness Days

TBD = to be determined

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October 27	Dress Purple Day	A day to raise awareness of the important role that individuals and communities play in supporting vulnerable children, youth, and families, with people wearing purple to show their support.	Awareness Days
October 27	World Occupational Therapy Day	A day to recognize the role of occupational therapists in helping people of all ages to participate in daily life, promote independence, and improve their health and well-being through the therapeutic use of everyday activities.	Awareness Days
October 28-29	Karva Chauth	A day when married Hindu women, particularly in northern India and Nepal, fast from sunrise to moonrise, praying for the longevity and well-being of their husbands.	Religious and Spiritual
TBD	Canadian Patient Safety Week	A week to raise awareness of patient safety, promote best practices in healthcare, and encourage actions that support the well-being of people receiving care in Canada.	Awareness Days
October 31	Halloween	A day when many people, primarily in North America, dress in costumes, carve pumpkins, and go trick-or-treating, marking the night when spirits and the dead can cross into the world of the living, according to ancient Celtic beliefs.	Cultural Celebrations
October 31-November 1	Samhain	A day when people, especially in Celtic and Pagan traditions, mark the end of the harvest and the start of winter, a time when the veil between the living and spirit worlds is thought to be thin.	Religious and Spiritual
October 31-November 7	International Brain Tumour Awareness Week	A week to raise awareness of brain tumours, highlight the challenges faced by people living with them, and promote research and support through activities like walks, seminars, and fundraisers.	Awareness Days

TBD = to be determined

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NOVEMBER

Date(s)	Name	Description	Category
All Month	<u>Albanian Heritage Month</u>	A month where people of Albanian origin celebrate the Albanian Declaration of Independence, which declared Albania an independent sovereign nation on November 28th, 1912.	Cultural Celebrations
All Month	<u>Arts & Health Month</u>	A month to promote the integration of the arts – including literary, performing, and visual arts and design – into a variety of healthcare and community settings.	Awareness Days
All Month	<u>Crohn's and Colitis Awareness Month</u>	A month to raise awareness about Crohn's and Colitis, debilitating and lifelong diseases caused by an abnormal response from the body's immune system.	Awareness Days
All Month	<u>Diabetes Awareness Month</u>	A month to raise awareness about diabetes, promote education on prevention and management, and support people living with the condition.	Awareness Days
All Month	<u>Fall Prevention Month</u>	A month to raise awareness about the risks of falls, especially among older adults, and to promote strategies for prevention through community programs, safety initiatives, and sharing evidence-based information.	Awareness Days
All Month	<u>Hindu Heritage Month</u>	A month to recognize that Hindu Canadians have helped build Ontario into the multicultural success story that it is and acknowledge the significant contributions they have made.	Cultural Celebrations
All Month	<u>Incontinence Awareness Month</u>	A month to raise awareness about incontinence, reduce stigma, and promote education on its causes, management, and treatment options. It reminds the 3.3 million Canadians who manage incontinence daily that they are not alone.	Awareness Days

TBD = to be determined

Visit our digital calendar to learn more about each of these dates: clri-ltc.ca/diversitycalendar

All Month	<u>Indigenous Disability Awareness Month</u>	A month to raise awareness of and celebrate the significant social, economic and cultural contributions that Indigenous people experiencing disability bring to our communities.	Awareness Days
All Month	<u>Lung Cancer Awareness Month</u>	A month to raise awareness about lung cancer, promote early detection, support research efforts, and provide education on risk factors, such as smoking and environmental exposures.	Awareness Days
All Month	<u>Movember</u>	A month to raise awareness of men's health issues, including prostate cancer, testicular cancer, mental health, and suicide prevention. Men grow mustaches as a symbol of support and fundraise for research initiatives.	Awareness Days
All Month	<u>National Domestic Violence Awareness Month</u>	A month to take action and raise awareness about domestic violence, which is a form of gender-based violence.	Awareness Days
All Month	<u>Osteoporosis Awareness Month</u>	A month to raise awareness about ways to positively impact our bone health and prevent the deterioration of bone tissue – also known as osteoporosis.	Awareness Days
All Month	<u>Pancreatic Cancer Awareness Month</u>	A month to share life-saving knowledge and stand up as a community to demand better for pancreatic cancer patients and their loved ones.	Awareness Days
All Month	<u>Pulmonary Hypertension Awareness Month</u>	A month dedicated to raising awareness about Pulmonary Hypertension and the need for earlier diagnosis, more effective and accessible treatments, and a cure.	Awareness Days
All Month	<u>Woman Abuse Prevention Month</u>	A month to raise awareness of violence against women, promote prevention efforts, and support survivors through education and advocacy. It highlights the need for community-based support to end violence against women.	Awareness Days

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November 1	All Saints' Day	A day when Christians, particularly in the Roman Catholic, Anglican and Protestant churches, honour all the saints, especially those who have no special feast days of their own.	Religious and Spiritual
November 1	World Compassionate Communities Day	A day to mobilize and connect people through local compassionate actions related to dying, death, caregiving and grief.	Awareness Days
November 1	Daylight Saving Time Ends	A day when clocks are set backward by one hour to return to standard time, typically to make better use of daylight during the shorter days of fall and winter. At 2:00 a.m. local daylight time, clocks are moved back one hour to 1:00 a.m. standard time.	Awareness Days
November 1	Trans Parent Day	A day to recognize and support parents and families of transgender individuals, raising awareness of the importance of acceptance and advocacy within families and communities.	Awareness Days
November 1	Lhabab Düchen	A day when Buddhists, particularly in Tibetan traditions, commemorate the anniversary of Buddha Shakyamuni's descent from heaven after repaying the kindness of his mother by liberating her from Samsara and teaching Dharma to the gods.	Religious and Spiritual
November 2	All Souls' Day	A day when Christians, especially in the Roman Catholic tradition, remember and pray for all the faithful departed—souls believed to be in purgatory—seeking their purification and eventual entrance into heaven.	Religious and Spiritual
November 2	Día de los Muertos (Day of the Dead)	A day when families and communities, especially in Mexico and other Latin American countries, honour and remember deceased loved ones by offering food, flowers, candles, and personal mementos, celebrating their lives and inviting their spirits to return.	Awareness Days

TBD = to be determined

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November 2-8	Treaties Recognition Week	A week to honour the importance of Treaties and help students and residents of Ontario learn more about Treaty rights and relationships. It helps to create greater understanding and nurture relationships between Indigenous and non-Indigenous peoples.	Awareness Days
November 5	Govatsa Dwadashi	A day when Hindus, particularly in Maharashtra and other regions of India, honour cows and calves for their blessings of prosperity and well-being, marking the start of the Diwali celebrations.	Cultural Celebrations
November 5	International Volunteer Manager Appreciation Day	A day to bring recognition to individual Managers of Volunteers and their roles in the mobilization and support of the world's volunteers.	Awareness Days
November 5-11	Veterans' Week	A week when Canadians honour and remember the sacrifices and service of military veterans and active members of the Canadian Armed Forces. It is a time for reflection, gratitude, and recognition of their contributions to peace and freedom.	Cultural Celebrations
November 6	Dhanteras	A day when Hindus celebrate the first day of Diwali by purchasing precious metals, offering prayers to Lord Dhanvantari for health and prosperity, and performing rituals for wealth and well-being.	Cultural Celebrations
November 6-11	Diwali/Deepavali	A five-day festival celebrated by Hindus, Sikhs, Jains, and others, marked by the triumph of light over darkness, good over evil, and knowledge over ignorance.	Religious and Spiritual
November 6-12	National Seniors' Safety Week	A week to raise awareness of the safety and well-being of older adults, promote education on preventing abuse, accidents, and fraud, and encourage communities to create safe and supportive environments for older adults.	Awareness Days
November 8-14	Medical Radiation Technologists Awareness Week	A week to celebrate the essential role that medical radiation technologists play in the Canadian healthcare system to deliver professional imaging and radiation-related treatment services.	Awareness Days

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TBD	National Pain Awareness Week	A week to raise awareness of chronic pain, its impacts, and how implementing An Action Plan for Pain in Canada can improve equitable access to timely and evidence-based care and support for all people with pain.	Awareness Days
November 7	Inuit Day	A day to celebrate the Inuit populations and to highlight the identities, languages and cultures of over 160, 000 Inuit from several Arctic regions in Canada, Alaska, Greenland and Russia.	Cultural Celebrations
November 8	Indigenous Veterans Day	A day to honour and recognize the service, sacrifices, and contributions of Indigenous veterans in the Canadian Armed Forces, and to raise awareness about their unique experiences and challenges.	Cultural Celebrations
November 8	Intersex Day of Remembrance/Intersex Solidarity Day	A day to honour and remember intersex individuals who have faced discrimination, violence, and human rights abuses, and to promote solidarity, awareness, and advocacy for intersex rights and bodily autonomy worldwide.	Awareness Days
November 8-9	Sigd	A day when the Ethiopian Jewish community celebrates their connection to God, the Torah, and the longing for Jerusalem. It begins at sundown on the first day and ends at nightfall on the second day.	Religious and Spiritual
November 10	Govardhan Puja	A day when Hindus commemorate Lord Krishna lifting the Govardhan Hill to protect the people of Vrindavan, and honour the occasion by preparing a large mountain of food offerings.	Religious and Spiritual
November 10	Twin Holy Birthdays: Birth of the Bab	A day when Bahá'ís celebrate the birth of the Báb, the forerunner of Bahá'u'lláh, marking the beginning of the Bahá'í Faith's twin holy birthdays.	Religious and Spiritual
November 10-16	Nurse Practitioner's Week	A week to celebrate nurse practitioners and raise awareness of the exceptional care they provide to communities across Ontario.	Awareness Days
November 11	Twin Holy Birthdays: Birth of the Bahá'u'lláh	A day when Bahá'ís celebrate the birth of Bahá'u'lláh, the founder of the Bahá'í Faith, honouring his life and teachings.	Religious and Spiritual

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November 11	<u>Remembrance Day</u>	A day when Canadians honour and remember the people who have served, and continue to serve, Canada during times of war, conflict and peace.	Cultural Celebrations
November 12	<u>World Pneumonia Day</u>	A day to raise awareness about pneumonia, promote interventions that protect against, prevent, and treat it, and inspire action to support people affected by pneumonia.	Awareness Days
November 13-19	<u>Transgender Awareness Week</u>	A week to raise awareness about transgender people and the issues they face, promote understanding and acceptance, and advocate for transgender rights and equality.	Awareness Days
TBD	<u>Digital Health Week</u>	A week to promote awareness of digital health technologies, encourage the adoption of innovative healthcare solutions, and highlight the benefits of digital tools in improving health outcomes and patient care in Canada.	Awareness Days
TBD	<u>National Francophone Immigration Week</u>	A week to recognize the valuable cultural, linguistic, and economic contributions of French-speaking immigrants to Canada.	Awareness Days
November 14	<u>World Diabetes Day</u>	A day to raise global awareness of diabetes and its impacts on individuals and communities, and promote the development of national policies for the prevention, treatment and care of diabetes.	Awareness Days
November 15	<u>National Philanthropy Day</u>	A day to recognize and pay tribute to the great contributions that philanthropy has made in our lives, our communities, and our world.	Awareness Days
November 15-December 24	<u>Nativity Fast</u>	A period when Christians, particularly those in the Eastern Orthodox, Oriental Orthodox, and Eastern Catholic churches, observe forty days of fasting, prayer, and spiritual preparation for the celebration of the Nativity of Jesus Christ (Christmas).	Religious and Spiritual

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November 15-21	Restorative Justice Week	A week to promote Restorative Justice, which is a philosophy and an approach that views crime and conflict as harm done to people and relationships.	Awareness Days
November 15-21	Bullying Awareness and Prevention Week	A week to raise awareness of the impacts of bullying, support people affected, and promote kindness, respect, and safe learning environments for all.	Awareness Days
November 15-22	National Addiction Awareness Week	A week to raise awareness about substance use, addiction, and recovery, and to promote understanding, reduce stigma, and encourage prevention and support for those affected.	Awareness Days
November 16	International Day of Tolerance	A day to raise awareness of the importance of tolerance, including respect and appreciation of the rich diversity of our world's cultures, our forms of expression, and ways of being human.	Awareness Days
November 16	Louis Riel Day	A day to honour and celebrate the life, leadership, and legacy of Louis Riel, the Métis leader who led the Métis in the Northwest Resistance, opposing the Canadian government's encroachment on Métis rights and way of life.	Awareness Days
November 17	World Prematurity Day	A day to raise awareness of preterm birth, its causes and impacts on families, and to promote support, research, and care for premature babies and their parents. People often wear purple to show their support.	Awareness Days
November 17	National Grief and Bereavement Day	A day to encourage Canadians to engage in dialogue to identify and support access to the necessary resources for those living with grief and bereavement.	Awareness Days
November 19	World Day of Remembrance for Road Traffic Victims	A day to remember the millions of people who have been killed and seriously injured on the world's roads, often in avoidable collisions, and the impacts on all those affected by the loss.	Awareness Days

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November 19	<u>World Pancreatic Cancer Day</u>	A day to raise global awareness of pancreatic cancer, honour people affected by the disease, and promote early detection, research, and improved treatment options.	Awareness Days
November 19	<u>World Wide Pressure Injury Prevention Day</u>	A day to raise awareness of pressure injuries, and to promote education, prevention strategies, and improved care practices for people at risk.	Awareness Days
November 20	<u>Transgender Day of Remembrance</u>	A day to raise public awareness of hate crimes against transgender people and a chance to publicly mourn and honour the lives that were lost.	Awareness Days
November 20	<u>National Child Day</u>	A day to celebrate children as active participants in their own lives and in communities, as active citizens who can and should meaningfully contribute to decision-making.	Awareness Days
November 25	<u>International Day for the Elimination of Violence Against Women</u>	A day to raise awareness of violence against women - one of the most widespread, persistent and devastating human rights violations - by honouring survivors, and promoting actions to prevent abuse and achieve gender equality.	Awareness Days
November 25-26	<u>Day of the Covenant</u>	A day when Bahá'ís celebrate the appointment of 'Abdu'l-Bahá as the Centre of Baha'u'llah's Covenant, reflecting on unity, guidance, and their shared commitment to the faith.	Religious and Spiritual
November 27	<u>International Buy Nothing Day</u>	A day to pause consumer spending, reflect on the impact of overconsumption, and promote sustainable and mindful living. It encourages people worldwide to not purchase goods for the day.	Awareness Days
TBD	<u>Martyrdom Lady Fatima Zehra (SA)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of Lady Fatima Zahra (A.S.), daughter of the prophet Mohammed (PBUH) and mother of the Imams on 13th Jamada Awwal, or 3 Jamada Thani on 11 Hijri, according to different narrations.	Religious and Spiritual

TBD = to be determined

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November 27-28	<u>Ascension of 'Abdu'l-Bahá</u>	A day when Bahá'ís commemorate the death of 'Abdu'l-Bahá, honouring his life, teachings, and service to the Bahá'í Faith.	Religious and Spiritual
November 28	<u>Holodomor Memorial Day</u>	A day to remember the millions of Ukrainians who were starved to death during the Holodomor (the genocide by famine of 1932-1933), and to reaffirm the commitment to preventing such atrocities in the future.	Awareness Day
November 29	<u>International Day of Solidarity with the Palestinian People</u>	A day to express support for Palestinian people in their quest to achieve their inalienable rights and build a future of peace, dignity, justice and security.	Awareness Days
November 29-December 19	<u>Advent</u>	A period when most Christian denominations prepare for the celebration of the birth of Jesus Christ, reflecting on hope, anticipation, and spiritual renewal.	Religious and Spiritual
November 30	<u>Stomach Cancer Awareness Day</u>	A day to raise global awareness of stomach cancer, educate people on early detection and risk factors, and support individuals affected by the disease.	Awareness Days

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DECEMBER

Date(s)	Name	Description	Category
December 1	World AIDS Day	A day to raise awareness of HIV and AIDS, honour people living with the disease, and promote prevention, treatment, and solidarity in the global fight against HIV and AIDS.	Awareness Days
December 1	Giving Tuesday	A day to encourage generosity, inspire charitable giving, and support causes that make a positive impact in communities around the world. Many Canadian charities and donors participate, helping to offset the consumerism focus of Black Friday and Cyber Monday.	Awareness Days
December 1-2 (date is estimated)	Wiladat Lady Fatima (SA)	A day when Shia Muslims celebrate the birthday of Lady Fatima Zahra (A.S.), daughter of the prophet Mohammed (PBUH) and mother of the Imams on 20 Jumada Thani. It is also known as Shia Mother's day.	Religious and Spiritual
December 2	International Day for the Abolition of Slavery	A day to recognize the existence of modern slavery, honour the 40 million people worldwide who are victims, and promote efforts to end all forms of slavery worldwide.	Awareness Days
December 3	International Day of Persons with Disabilities	A day to raise awareness of the rights and contributions of people with disabilities, promote inclusion, and support efforts to remove barriers to full participation in society.	Awareness Days
December 4-12	Hanukkah	An eight-day Jewish festival commemorating the rededication of the Second Temple and the miracle of the oil that lasted eight days. It is celebrated by lighting the menorah and begins at sundown on the first day, ending at nightfall on the final day.	Religious and Spiritual

TBD = to be determined

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December 5	<u>International Volunteer Day</u>	A day to recognize and celebrate the contributions of volunteers around the world, promote volunteerism, and inspire people to give their time and skills to help others.	Awareness Days
December 6	<u>White Ribbon Day</u>	A day to promote gender equity, healthy relationships, and a new vision of masculinity. It is the world's largest movement of men and boys working to end violence against women and girls.	Awareness Days
December 8	<u>Pansexual Pride Day</u>	A day to celebrate and raise awareness of pansexuality (the attraction to others regardless of gender identity or sex), honour the pansexual community, and promote acceptance, visibility, and understanding of all sexual orientations.	Awareness Days
December 8	<u>Feast of the Immaculate Conception</u>	A day when many Christians, particularly Catholics, commemorate the Immaculate Conception of the Virgin Mary, celebrating the belief that she was conceived free from original sin and honouring her role in the life of Jesus."	Religious and Spiritual
December 8	<u>Bodhi Day</u>	A day when Buddhists celebrate the day Siddhartha Gautama (the Buddha) attained enlightenment under the Bodhi tree, reflecting on wisdom, meditation, and spiritual awakening. It is one of the most significant days in Buddhist history.	Religious and Spiritual
December 10	<u>Human Rights Day</u>	A day to celebrate the anniversary of the United Nations adoption of the Universal Declaration of Human Rights (UDHR) - a landmark document to promote and protect the fundamental rights and freedoms of all individuals.	Awareness Days
December 11 (date is estimated)	<u>Wiladat Imam Mohammad al-Baqir (AS)</u>	A day when Shia Muslims celebrate the birthday of the fifth infallible Imam Mohammad Baqir (A.S.) who was born on the 1st of the month of Rajab, 57th Hijrah, in the city of Madina. He was known for his knowledge and great character. Date is estimated.	Religious and Spiritual

TBD = to be determined

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December 11	<u>Anniversary of the Statute of Westminster</u>	A day to recognize the anniversary of the establishment of the Statute of Westminster - a law that granted full legislative independence to Canada and other British dominions, marking an important step in their path to sovereignty.	Awareness Days
December 18	<u>International Migrants Day</u>	A day to shine a spotlight on the invaluable contributions of millions of migrants around the world, raise awareness of their rights and experiences, and promote respect, dignity, and protection for all.	Awareness Days
December 20	<u>Asara B'Tevet (Tenth of Tevet)</u>	A day when Jewish communities observe Asarah B'Tevet, a minor fast day that commemorates the siege of Jerusalem by Nebuchadnezzar II, leading to the destruction of Solomon's Temple (the First Temple).	Religious and Spiritual
December 21	<u>December Solstice</u>	A day when the Sun reaches its lowest point, marking the shortest day in the Northern Hemisphere (winter solstice) and the longest day in the Southern Hemisphere (summer solstice).	Awareness Days
December 21-22 (date is estimated)	<u>Wiladat Imam Mohammad al-Jawad (AS)</u>	A day when Shia Muslims celebrate the birthday of the ninth infallible Imam Mohammed Taqi (A.S.) also known as Mohammed al Jawad (A.S.) who was born on 10th Rajab on the year 195 Hijri. He became an Imam at the age of 9 years old.	Religious and Spiritual
December 21-January 1	<u>Yule</u>	A period when many people, particularly Pagans, Wiccans, and those who observe modern Germanic and Norse traditions, mark the winter solstice—the longest night of the year—and honour the return of the sun's light and warmth.	Cultural Celebrations
December 22	<u>Dongzhi Festival (Winter Solstice Festival)</u>	A day when many people, particularly in Chinese and other East Asian cultures, celebrate the winter solstice with family gatherings, special foods, and rituals to welcome the return of longer daylight.	Cultural Celebrations

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December 22-23 (date is estimated)	<u>Wiladat Imam Ali al-Hadi (AS)</u>	A period when Shia Muslims celebrate the birth of Imam Ali al-Hadi (AS), the tenth Imam in Shia Islam. Known for his wisdom, humility, and dedication to justice, Imam al-Hadi's life serves as a reminder of steadfast faith and moral guidance.	Religious and Spiritual
TBD (date is estimated)	<u>Martyrdom Imam Ali al-Hadi (AS)</u>	A day when Shia Muslims commemorate the anniversary of the martyrdom of the tenth infallible Imam Ali Al-Hadi (A.S.) also known as Imam Ali un-Naqi (A.S.) on 2nd Rajab, 254 Hijri the age of 42 in Samarra.	Religious and Spiritual
December 24	<u>Christmas Eve</u>	A day when many people, especially Christians, gather with family and friends to celebrate the night before Christmas, often with festive meals, traditions, and anticipation of Christmas Day.	Religious and Spiritual
December 25	<u>Christmas Day</u>	A day when many people, especially Christians, celebrate the birth of Jesus Christ, with religious services, gift-giving, festive meals, and time spent with family and friends.	Religious and Spiritual
December 26	<u>Boxing Day</u>	A day when people in Canada and other Commonwealth countries continue the spirit of giving, and enjoy post-Christmas gatherings, shopping, and sporting events.	Cultural Celebrations
December 26-January 1	<u>Kwanzaa</u>	A week when many African American and Pan-African families celebrate African culture, reaffirm community strength, and practice the Nguzo Saba (the Seven Principles) through meaningful traditions, reflection, and gatherings.	Cultural Celebrations
December 31	<u>New Year's Eve</u>	A day when people around the world celebrate the final day of the year with parties, gatherings, fireworks, and countdowns to welcome the New Year.	Cultural Celebrations

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