2026 Diversity Calendar

ANNUAL CALENDAR OVERVIEW





JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 New Year's Day	2	3
World Braille Day National Ribbon Skirt Day	5	6 Epiphany	7 Christmas / Feast of the Nativity (Orthodox / Eastern)	8	9	10
11	12	13 Lohri	14 Pongal Orthodox New Year	15 Pongal Lailat al Miraj	16 Pongal Lailat al Miraj	17 Pongal Raoul Wallenberg Day
18	19 Martin Luther King Jr Day	20	21 Lincoln Alexander Day	22	23 Vasant Panchami	24 International Day of Education World Day for African and Afrodescendant Culture
25	26	27 International Holocaust Remembrance Day	28	29 National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia Sadeh	30	31

January 2026

Alzheimer's Awareness Month (Canada)
Tamil Heritage Month (Canada)

14 - 17	Pongal	Pongal is a harvest festival celebrated by the Tamil community. It is a celebration to thank the Sun, Mother Nature and the various farm animals that help to contribute to a bountiful harvest. (Hinduism)
1	New Year's Day	The first day of the year of the modern Gregorian calendar. (International)
4	World Braille Day	Observed 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. Celebrated on Louis Braille's birthday, the inventor of braille. (International)
4	National Ribbon Skirt Day	National Ribbon Skirt Day was declared by parliament in 2022 after Isabella Kulak, a young girl from the Cote First Nation in Saskatchewan, was shamed for wearing a ribbon skirt at her school. Ribbon skirts represent an important part of the identity and history of Indigenous women and girls. On National Ribbon Skirt Day, Indigenous women and girls across Canada are encouraged to wear ribbon skirts to celebrate their culture, strength, and connection. (Canada)
6	Epiphany	A Christian festival that primarily commemorates the coming of the Wise Men (Magi) to the infant Jesus Christ. Celebrated on January 19 in some Orthodox churches that celebrate Christmas on January 7. (Christianity)
7	Christmas / Feast of the Nativity (Orthodox / Eastern)	The equivalent of December 25 on the Julian calendar. Many Orthodox Christians celebrate Christmas day on or near this date. (Orthodox Christianity)
13	Lohri	A popular wintertime Punjabi folk festival, celebrated primarily by Sikhs and Hindus from the Punjab region of Indian subcontinent. (Sikhism / Hinduism)
14	Orthodox New Year	The start of the new year under the Julian calendar. (Orthodox Christianity)
15 (sundown) - 16	Lailat al Miraj	A Muslim holiday that commemorates the Prophet Muhammad's nighttime 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. (Islam)
17	Raoul Wallenberg Day	Raoul Wallenberg Day honours Raoul Wallenberg, Canada's first honorary citizen, who is credited with saving the lives of tens of thousands of Hungarian Jews. (Canada)
19	Martin Luther King Jr Day	An American federal holiday marking the birthday of Martin Luther King Jr. It falls on the third Monday of January, close to King's actual birthday on January 15. (United States)
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21	Lincoln Alexander Day	A day commemorating The Honourable Lincoln Alexander, who was a pioneer in the fight for racial equity in Canada as the first Black Member of Parliament in the House of Commons, the first Black federal Minister, and the first Black Chair of the Worker's Compensation Board of Ontario. (Canada)
23	Vasant Panchami	A Hindu festival that highlights the coming of spring, and is dedicated to the Hindu Goddess Saraswati, the goddess of knowledge, wisdom, learning, and art. (Hinduism)
24	International Day of Education	United Nations designated day to advance Sustainable Development Goal 4, to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. (International)
24	World Day for African and Afrodescendant Culture	Established by UNESCO, World Day for African and Afrodescendant Culture celebrates the many vibrant cultures of the African continent and African Diasporas around the world and promotes them as an effective lever for sustainable development, dialogue and peace. (International)
27	International Holocaust Remembrance Day	Designated by the United Nations (UN), this day marks the anniversary of the liberation of Auschwitz-Birkenau and commemorates the six million Jewish victims of the Holocaust and millions of other victims of Nazism. (International)
29	National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia	A day commemorating the Islamophobic attack that took place at the Grand Mosque in Quebec City, which took the lives of six people and seriously injured 19 others. The Government of Canada established this commemorative day in 2021 to honour the victims and express solidarity with the survivors of this tragedy. (Canada)
29	Sadeh	An ancient Persian mid-winter festival, celebrating the end of the coldest days. Sadeh, meaning "one hundred" in Farsi, marks 50 days and 50 nights before the beginning of spring. (Persian/Iranian/Zoroastrianism)



Black History Month (Canada)African Heritage Month (Nova Scotia)

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Interfaith Harmony Week White Cane Week Thaipusam World Hijab Day Imbolc / Imbolg / Oimelc / Candlemas	World Interfaith Harmony Week White Cane Week	World Interfaith Harmony Week White Cane Week	World Interfaith Harmony Week White Cane Week World Cancer Day	World Interfaith Harmony Week White Cane Week	6 World Interfaith Harmony Week White Cane Week International Day of Zero Tolerance for Female Genital Mutilation	World Interfaith Harmony Week White Cane Week
8	9	10	11 International Day of Women and Girls in Science	12	13	14
Aromantic Spectrum Awareness Week Maha Shivaratri National Flag of Canada Day Parinirvana / Nirvana Day	Aromantic Spectrum Awareness Week Family Day Islander Day Nova Scotia Heritage Day Louis Riel Day Chinese New Year / Lunar New Year / Spring Festival	Aromantic Spectrum Awareness Week Chinese New Year / Lunar New Year / Spring Festival Shrove Tuesday / Mardis Gras / Carnival	Aromantic Spectrum Awareness Week Lent (Western) Ramadan Losar (Tibetan New Year) Ash Wednesday	Aromantic Spectrum Awareness Week Lent (Western) Ramadan	Aromantic Spectrum Awareness Week Lent (Western) Ramadan World Day of Social Justice	Aromantic Spectrum Awareness Week Lent (Western) Ramadan International Mother Language Day
Lent (Western) Ramadan	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern)	24 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern)	25 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern)	26 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Pink Shirt Day	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern)	28 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern)

February 2026

Black History Month (Canada) African Heritage Month (Nova Scotia)

World Interfaith Harmony Week	World Interfaith Harmony Week is an annual event observed during the first week of February, after General Assembly designation in 2010. The General Assembly pointed out that mutual understanding and interreligious dialogue constitute important dimensions of a culture of peace and established World Interfaith Harmony Week as a way to promote harmony between all people regardless of their faith. (International)
White Cane Week	White Cane Week, occurring the first full week of February, was created by the Canadian Council of the Blind to raise public awareness of the reality of life for Canadians living with vision loss. (Canada)
Aromantic Spectrum Awareness Week	Aromantic Spectrum Awareness Week (ASAW) is an annual, international event meant to spread awareness and acceptance of aromantic spectrum identities and the issues we face, as well as making more people aware of our existence while celebrating it. (International)
Lent (Western)	A 40-day period of fasting (excluding Sundays) in preparation for Easter. This period is observed by abstaining from certain foods, drinks, and activities, increased prayer, personal improvement, and participating in charity (almsgiving). (Christianity)
Ramadan	In Islam, Ramadan is the holy month whereby Muslims fast during daylight hours. It is a period that aims to cleanse one's body and soul from impurities and re-focus oneself to the worship of God. Prayers begin in the evening and fasting begins on the next day. (Islam)
Great Lent, or the Great Fast (Orthodox / Eastern)	A 40-day period of fasting (including Sundays) in preparation for the feast of Pascha. This period is observed by abstaining from certain foods, drinks, and activities, increased prayer, personal improvement, and participating in charity (almsgiving). Fasting is continued during the Great and Holy Week between Lent and Pascha. (Orthodox Christianity)
Thaipusam	A Hindu festival celebrated by the Tamil community in India and by the Tamil diaspora worldwide. The festival celebrates the victory of good over evil, light over darkness, and wisdom over ignorance. (Hinduism)
World Hijab Day	Founded by Nazma Khan, World Hijab Day recognizes the millions of Muslim women who choose to wear the hijab and was created to foster religious tolerance and understanding by inviting women (non-Hijabi Muslims/non-Muslims) to experience the hijab for one day. (International)
Imbolc / Imbolg / Oimelc / Candlemas	Imbolc is a festival of the returning light when days are getting noticeably longer, and signs of new plant life emerge. "Imbolc" comes from an archaic Gaelic expression "in the belly", which signaled the first stirrings of life within the womb of mother earth. Traditionally, Imbolc is a time of cleansing and purification. (Paganism/Wicca/Druid)
World Cancer Day	An international awareness day led by the Union for International Cancer Control to raise worldwide attention and inspire action for a cancer-free world. (International)
	White Cane Week Aromantic Spectrum Awareness Week Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Thaipusam World Hijab Day Imbolc / Imbolg / Oimelc / Candlemas

6	International Day of Zero Tolerance for Female Genital Mutilation	To promote the elimination of female genital mutilation, and to engender greater focus on human rights, gender equality, sexual education, and attention to the needs of women and girls who suffer from its consequences. (International)
11	International Day of Women and Girls in Science	A day designated for the dismantling of gender stereotypes – specifically to end institutional and systemic gender imbalances in science. (International)
15	Maha Shivaratri	Sanskrit for "Great Night of Shiva", Maha Shivaratri is a Hindu festival celebrated annually in honour of the god Shiva. The festival is one of the one of the most significant Hindu spiritual festivals, and is observed by fasting, jagran (all-night vigil), and worship. (Hinduism)
15	National Flag of Canada Day	A day that commemorates the inauguration of the Canadian flag in 1965. The day is marked by flying the flag, occasional public ceremonies, and educational programs in schools. (Canada)
15	Parinirvana / Nirvana Day	An annual Mahayana Buddhist festival that commemorates of the death of Buddha and his entry into Nirvana, which is believed to be a release from the cycle of death and rebirth. Sometimes celebrated on February 8th. (Buddhism)
16	Family Day	Civic holiday in Alberta, British Columbia, Ontario, Saskatchewan, and New Brunswick, which celebrates the importance of family. (Canada)
16	Islander Day	A civic holiday observed in Prince Edward Island in celebration of family and community. (Canada)
16	Nova Scotia Heritage Day	Civic holiday in Nova Scotia to remember the province's storied past and honour the remarkable people, places and events that have contributed to the province's unique heritage. (Canada)
16	Louis Riel Day	Civic holiday in Manitoba which commemorates the life of Louis Riel, Métis leader of the Red River Resistance of 1869-70 and the driving force behind Manitoba becoming Canada's fifth province. (Canada)
16 (evening) - 17	Chinese New Year / Lunar New Year / Spring Festival	The day marks the start of the new year in the Chinese lunisolar calendar and dates back over 3,000 years, with roots in ancient agricultural rituals and myths. It is the most important festival in China and is celebrated widely across Asia and in global diaspora communities. (International)
17	Shrove Tuesday / Mardis Gras / Carnival	Observed the day before Ash Wednesday, Shrove Tuesday, also known as Mardi Gras, marks the beginning of Lent in many Christian traditions. Around the world, this day is also known as Carnival (or Carnaval), especially in the Caribbean and Brazil, where it represents cultural pride and joy. These celebrations are rooted in both Christian and African diasporic traditions that include music, dance, and parades that have evolved into a day of cultural heritage and celebration across the world. (Christianity)
18	Losar (Tibetan New Year)	A new year's festival celebrated on the first day of the lunisolar Tibetan calendar, which corresponds to a date in February or March in the Gregorian calendar. It is one the most festive periods of the year observed with many religious and cultural events. (Tibet)
18	Ash Wednesday	Marks the first day of Lent. The name is derived from the symbolic use of ashes to signify penitence. (Christianity)

20	World Day of Social Justice	A day which recognizes the International Labour Organization's 'Declaration on Social Justice for a Fair Globalization'. It is premised on the tenet that social development and social justice are indispensable for the achievement and maintenance of peace and security within and among nations. This is done by promoting gender equality, or the rights of indigenous peoples and migrants or by working in concert to remove barriers that people face because of gender, age, race, ethnicity, religion, culture, or disability. (International)
21	International Mother Language Day	A worldwide annual observance to promote awareness of linguistic and cultural diversity and to promote multilingualism. (International)
26	Pink Shirt Day	An international awareness day to promote anti-bullying. (International)



MARCH 2026

Women's History Month (International)
Irish Heritage Month (Canada)
Bangladeshi Heritage Month (Ontario)
Multiculturalism Month (Newfoundland and Labrador)
Epilepsy Awareness Month (Canada)
Endometriosis Awareness Month (Nova Scotia & Ontario)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Zero Discrimination Day Self-harm Awareness Day Disability Day of Mourning	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast Black Mental Health Day Purim	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast Purim Māgha Pūjā Lantern Festival Chötrul Düchen	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast Hola Mohalla Holi Employee Appreciation Day	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast Hola Mohalla	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast Hola Mohalla	7 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast
Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Black Mental Health Week Nineteen Day Fast International Women's Day	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr
Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr International Day to Combat Islamophobia	16 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Oadr Neurodiversity Celebration Week	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr Neurodiversity Celebration Week Saint Patrick's Day Chaharshanbe Suri	18 Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr Neurodiversity Celebration Week	Lent (Western) Ramadan Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Laylat al-Qadr Neurodiversity Celebration Week Navratri / Navaratri Ugadi / Yugadi Nowruz / Norouz	Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Nineteen Day Fast Neurodiversity Celebration Week Nowruz / Norouz Eid Al-Fitr Ostara / Spring Equinox International Francophonie Day International Day of Happiness Two-Spirit and Indigenous LGBTQQIA+ Awareness to Celebration Day	21 Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Neurodiversity Celebration Week International Day for the Elimination of Racial Discrimination World Down Syndrome Day
Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Neurodiversity Celebration Week World Water Day	23 Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern)	Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) International Day for the Right to the Truth Concerning Gross Human Rights Violations and for the Dignity of Victims	25 Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade	26 Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Khordad Sal Purple Day Ram Navami	Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Muslim Women's Day	28 Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern)
Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western) Palm Sunday (Western)	30 Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western)	Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western) Mahavir Jayanti / Mahavir Janma Kalyanak International Transgender Day of Visibility	1	2	3	4

March 2026

Women's History Month (International)
Irish Heritage Month (Canada)
Bangladeshi Heritage Month (Ontario)
Multiculturalism Month (Newfoundland and Labrador)
Epilepsy Awareness Month (Canada)
Endometriosis Awareness Month (Nova Scotia & Ontario)

2 - 8	Black Mental Health Week	Started in 2021, Black Mental Health Week aims to provide greater opportunity to cultivate greater awareness of the impacts of anti-Black racism on Black communities, families and individuals. (Toronto)
2 - 20	Nineteen Day Fast	A period when adult Bahá'ís fast from sunrise to sunset each day, coinciding with the 19-day Bahá'í month of Alá (loftiness) and immediately preceding the Bahá'í new year. This period of fasting is a time of prayer, meditation, and spiritual rejuvenation. (Bahá'í)
4 - 6	Hola Mohalla	This annual festival was started by the tenth Sikh Guru, Guru Gobind Singh, as a gathering of Sikhs for military exercises and mock battles on the day following the festival of Holi (sometimes coinciding with Holi). The festival exists to remind people of valor and defense preparedness. (Sikhism)
9 - 19	Laylat al-Qadr	Laylat al-Qadr (Arabic: "Night of Power") is an Islamic festival that commemorates the night on which God first revealed the Qurʾān to the Prophet Muhammad through the angel Gabriel (Jibrīl). It is most commonly observed on the 23rd night of Ramadan for Shiʿah Muslims and on the 27th for Sunni Muslims. (Shiʿah Islam)
16 - 22	Neurodiversity Celebration Week	Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual. (International)
29 - Apr 4	Holy Week (Western)	A period of continued fasting and religious observance following Lent, beginning on Palm Sunday and ending with Easter. (Christianity)
1	Zero Discrimination Day	Zero Discrimination Day celebrates the right of everyone to live a full and productive life—and live it with dignity. It highlights how people can become informed about and promote inclusion, compassion, peace, and a movement for change in order to end all forms of discrimination. (International)
1	Self-harm Awareness Day	Self-harm Awareness Day (also known as Self-injury Awareness Day) is dedicated to ending the stigma around self-harm and raising awareness about available supports and alternative coping methods. (International)
1	Disability Day of Mourning	Every year on March 1st, the disability community comes together to remember the victims of filicide – people with disabilities killed by their family members. Vigils are held on the Day of Mourning in cities around the world. (International)

2	Black Mental Health Day	First recognized in 2020 by the City of Toronto, Taibu Community Health Center, CAFCAN and Strides Toronto, Black Mental Health Day is observed
	· · · · · · · · · · · · · · · · · · ·	each year on the first Monday in March. Black Mental Health Day is a call to recognize the ongoing impact on mental health that results from experiences of anti-Black racism and to raise awareness of the specific mental health needs of Black communities. (Toronto)
2 (sundown) - 3	Purim	The festival of Purim commemorates the heroism of Esther, and the salvation of the Jewish people from Haman in the Achaemenid Empire (Persian Era). Begins at previous sundown. (Judaism)
3	Māgha Pūjā	An important Buddhist festival, celebrated on the full moon day of the third lunar month in Cambodia, Laos, Thailand, Sri Lanka and on the full moon day of Tabaung in Myanmar. It celebrates a gathering between the Buddha and 1,250 of his first disciples. (Buddhism)
3	Lantern Festival	The Lantern Festival, celebrated in China and other Asian countries by decorating homes and streets with colourful lanterns, honours deceased ancestors and promotes reconciliation, peace, and forgiveness. The holiday occurs on the 15th day of the first month of the lunar calendar and marks the first full moon of the new lunar year and the end of the Spring Festival. (International)
3	Chötrul Düchen	Chötrul Düchen, the "Festival of Miracles", takes place on the 15th day of the first Tibetan lunar month during the full moon. It is one of the four Buddhist festivals commemorating four events in the life of the Buddha and celebrates the first fifteen days of the year when Buddha displayed a different miracle on each day. (Buddhism)
4	Holi	A Hindu spring festival celebrated predominantly in India by both Hindu and non-Hindu people, also known as the "festival of colours" or the "festival of love". Holi represents the arrival of spring and the triumph of good over evil, and on this one day, the usual rankings of caste, gender, status, and age are ignored in favour of celebrating together by throwing colored water and powders on one another. (Hinduism)
4	Employee Appreciation Day	Employee Appreciation Day falls on the first Friday of March and acts as a reminder of the importance of showing appreciation to employees and building a culture of appreciation. (International)
8	International Women's Day	A global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. (International)
15	International Day to Combat Islamophobia	In 2022, the UN General Assembly decided to proclaim March 15 the International Day to Combat Islamophobia and called for strengthened international efforts to foster a global dialogue on the promotion of a culture of tolerance and peace at all levels, based on respect for human rights and the diversity of religions and beliefs. (International)
17	Saint Patrick's Day	St. Patrick's Day is a global celebration of Irish culture with at least two distinct traditions. One tradition originates in Ireland marking the anniversary of the death of St. Patrick, the patron saint of Ireland, which has been observed in Ireland as a religious holiday for over 1,000 years. The second tradition centering largely in North America originated with the Irish diaspora starting in the 17th century as a celebration of Irish identity outside of Ireland. (International)
17	Chaharshanbe Suri	An ancient Persian festival dating back to 1700 BCE, marks the eve of the last Wednesday before the New Year (Nowruz). The celebration symbolizes the triumph of light over darkness and purity over pollution. (Persian/Iranian/Zoroastrianism)

19	Navratri / Navaratri	A Hindu festival of nine nights in worship of the Hindu goddess Durga, celebrated with various traditions and rituals in honour of a different form of the goddess each night. (Hinduism)
19	Ugadi / Yugadi	Ugadi / Yugadi is derived from two Sanskrit words, "yuga" (age) and "ādi" (beginning), to mean "the beginning of a new age". It is celebrated as the first day of the year as it is believed that it was on this day that Lord Brahma created the universe. (Hinduism)
19 (sundown) - 20	Nowruz / Norouz	The word "Nowruz" (spelling varies by region: Now Ruz, Naw-Ruz, Now Roz, Novruz, Navruz, Nooruz, Nevruz, or Nauryz) translates to "new day". It marks the first day of spring and is celebrated as the beginning of the new year by more than 300 million people all around the world. Nowruz has been celebrated for over 3,000 years in the Balkans, the Black Sea Basin, the Caucasus, Central Asia, the Middle East and other regions. Originally celebrated by the Zoroastrians, it is also a holy day in the Bahá'í, Sufi, and Ismaili faiths. Date may vary based on faith. (International)
20	Eid Al-Fitr	A Muslim celebration to mark the end of Ramadan, the holy month of dawn to sunset fasting. This day is celebrated with feasts, gifts, and prayers in honour of God. Eid Al-Fitr falls on the sighting of the crescent moon at the end of the month of Ramadan, which may vary between 29 and 30 days. The exact date remains uncertain until the night before and may differ among countries due to variations in moon sightings. Celebrations may last up to 3 days. (Islam)
20	Ostara / Spring Equinox	Ostara, the Spring Equinox, marks the time of year when the days and nights are of approximately equal length. Many attribute the origins of the festival to the Anglo-Saxon goddess Eostre. It is a time of rebirth and renewal, often associated with symbols such as rabbits, eggs, and pastel colours. (Northern Hemisphere)
20	International Francophonie Day	A day to celebrate the French language, culture, and values. (International)
20	International Day of Happiness	Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world. (International)
20	Two-Spirit and Indigenous LGBTQQIA+ Awareness to Celebration Day	Advocated by the Two-Spirit community and created in partnership with the Two-Spirit Program at the CBRC, this annual event will recognize and celebrate the diverse sexualities and gender expressions that exist within Indigenous communities. (Canada)
21	International Day for the Elimination of Racial Discrimination	Declared by the UN, this day remembers the damaging effects of racial discrimination and is a reminder to continue building a world with justice and equality. (International)
21	World Down Syndrome Day	A day to raise public awareness of Down syndrome and the effective and meaningful inclusion and participation of all people with Down Syndrome in spaces where decisions are being made about matters relating to or affecting their lives. (International)
22	World Water Day	World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal 6: water and sanitation for all by 2030. (International)
24	International Day for the Right to the Truth Concerning Gross Human Rights Violations and for the Dignity of Victims	This day was started in remembrance of Archbishop Oscar Romero of El Salvador who was assassinated in 1980 for denouncing violations of human rights. Its purpose is to honour the memories of victims and heroes whose lives were devoted or lost in the pursuit of human rights or its denial therein. (International)

25	International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade	This is a United Nations international observation that offers the opportunity to honour and remember those who suffered and died at the hands of the brutal slavery system. First observed in 2008, the international day also aims to raise awareness about the dangers of racism and prejudice today. (International)
26	Khordad Sal	Khordad Sal is the birthday of Zoroaster (Zarathustra), the prophet and founder of Zoroastrianism. (Zoroastrian)
26	Purple Day	Purple Day is an international grassroots epilepsy awareness initiative created in Nova Scotia by Cassidy Megan. People are encouraged to wear purple on March 26 to promote epilepsy awareness worldwide. (International)
26	Ram Navami	Ram Navami is a Hindu celebration of commemorating the birth of Lord Rama, an incarnation of Lord Vishnu and son of King Dasharatha of Ayodhya. (Hinduism)
27	Muslim Women's Day	Muslim Women's Day was launched in 2017 by muslimgirl.com with the aim to elevate stories and share experiences from the community in the mainstream media. (International)
29	Palm Sunday (Western)	A Christian celebration of Jesus' entry into Jerusalem the week prior to his death and resurrection, which marks the start of Holy Week. (Christianity)
31	Mahavir Jayanti / Mahavir Janma Kalyanak	Mahavir Janma Kalyanak is one of the most important religious festivals in Jainism. It celebrates the birth of Lord Mahavira, the twenty-fourth and last Tirthankara. (Jainism)
31	International Transgender Day of Visibility	The International Transgender Day of Visibility recognizes the struggles, sacrifices and achievements of those who fought, and continue to fight, for gender equity. This day highlights our friends, family, colleagues and neighbours who contribute to the diversity in Canada, and it encourages us to recognize that transgender and non-binary individuals continue to resist oppression by simply being exactly who they are. (International)



APRIL 2026

- Arab Heritage Month (Canada)
- Autism Acceptance Month (International)
- Genocide Remembrance, Condemnation and Prevention Month (Canada)
- Limb Loss and Limb Difference Awareness Month (International)

- Sikh Heritage Month (Canada)
- Parkinson Awareness Month (Canada)
- PMDD Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western) Passover / Pesach	Lent (Western) Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western) Passover / Pesach Theravada New Year World Autism Awareness Day Sizdah Be-dar Holy Thursday / Maundy Thursday (Western)	Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western) Passover / Pesach Good Friday (Western)	Great Lent, or the Great Fast (Orthodox / Eastern) Holy Week (Western) Passover / Pesach
Great Lent, or the Great Fast (Orthodox / Eastern) Passover / Pesach Great and Holy Week (Orthodox / Eastern) Easter (Western) Palm Sunday (Orthodox / Eastern)	Great Lent, or the Great Fast (Orthodox / Eastern) Passover / Pesach Great and Holy Week (Orthodox / Eastern) International Asexuality Day Easter Monday (Western)	Great Lent, or the Great Fast (Orthodox / Eastern) Passover / Pesach Great and Holy Week (Orthodox / Eastern) National Caregiver Day International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda World Health Day	Great Lent, or the Great Fast (Orthodox / Eastern) Passover / Pesach Great and Holy Week (Orthodox / Eastern) Birthday of Buddha International Roma Day International Day of Pink	Great Lent, or the Great Fast (Orthodox / Eastern) Passover / Pesach Great and Holy Week (Orthodox / Eastern) Day of Valour / Araw ng Kagitingan Holy Thursday (Orthodox / Eastern)	Great Lent, or the Great Fast (Orthodox / Eastern) Great and Holy Week (Orthodox / Eastern) Equal Pay Day Good Friday / Holy Friday (Orthodox / Eastern)	Great Lent, or the Great Fast (Orthodox / Eastern) Great and Holy Week (Orthodox / Eastern)
12 Easter / Pascha (Orthodox / Eastern)	13 Vaisakhi / Baisakhi Yom HaShoah	Yom HaShoah Sinhala and Tamil New Year Vishu	15	16	17	18
19 National Volunteer Week	20 National Volunteer Week	21 National Volunteer Week Ridván	22 National Volunteer Week Ridván Earth Day	23 National Volunteer Week Ridván St. George's Day Girls in ICT (Information and Communication Technology) Day	24 National Volunteer Week Ridván Armenian Genocide Memorial Day	25 National Volunteer Week Ridván
26 Ridván	27 Ridván	28 Ridván Day of Mourning World Day for Health and Safety at Work	29 Ridván	30 Ridván Journey to Freedom Day	1	2

April 2026

Arab Heritage Month (Canada)
Autism Acceptance Month (International)
Genocide Remembrance, Condemnation and Prevention Month (Canada)
Limb Loss and Limb Difference Awareness Month (International)
Sikh Heritage Month (Canada)
Parkinson Awareness Month (Canada)
PMDD Awareness Month

1 - 9	Passover / Pesach	Passover celebrates the deliverance of the Jewish people from slavery in Egypt. The first two nights are commemorated with telling the story of the exodus from Egypt over a special meal called a Seder. (Judaism)
5 - 11	Great and Holy Week (Orthodox / Eastern)	A period of continued fasting and religious observance following the Great Fast (Great Lent), beginning on Lazarus Saturday and ending with the feast of Pascha. (Orthodox Christianity)
19 - 25	National Volunteer Week	National Volunteer Week is a time to celebrate and thank Canada's 24 million volunteers. (Canada)
21 - May 2	Ridván	"Ridván" translates to "paradise". The 12-day festival is the holiest time for Bahá'ís. It commemorates the 12 days that Baha'u'llah spent in the Garden of Ridvan in the last days of his exile in Baghdad and announced that he was the prophet whose coming had been foretold. Bahá'ís do not work on the first, ninth and twelfth day of Ridvan. (Bahá'í)
2	Theravada New Year	Celebrated for three days following the first full moon in April, Theravadan Buddhists celebrate the new year by going to the temple, offering prayers, wearing new clothes, cleaning their homes, and hosting feasts. The date and length vary among different countries and the diaspora. (Buddhism)
2	World Autism Awareness Day	The United Nations General Assembly unanimously declared April 2 as World Autism Awareness Day to highlight the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as an integral part of society. (International)
2	Sizdah Be-dar	Also known as Nature Day, this festivity marks the end of the Nowruz celebrations and is often celebrated by picnicking outdoors in nature. (Persian/Iranian/Zoroastrianism)
2	Holy Thursday / Maundy Thursday (Western)	Falling on the Thursday before Easter, Holy Thursday commemorates the Last Supper of Jesus Christ. (Christianity)
3	Good Friday (Western)	A Christian holiday to commemorate the crucifixion of Jesus. (Christianity)
5	Easter (Western)	This is one of the holiest days in the Christian (Western) calendar. Easter commemorates the resurrection of Jesus from death, three days after his crucifixion. (Christianity)

5	Palm Sunday (Orthodox / Eastern)	A Christian celebration of Jesus' entry into Jerusalem the week prior to his death and resurrection, which marks the start of the Great and Holy Week. (Orthodox Christianity)
6	International Asexuality Day	International Asexuality Day is a coordinated worldwide campaign promoting the asexuality umbrella, including demisexual, grey-asexual and other ace identities. The four themes of International Asexuality Day are: advocacy, celebration, education, and solidarity. (International)
6	Easter Monday (Western)	Easter Monday commemorates the meeting of the women at Jesus' tomb with an angel who assured them that Jesus had been resurrected from death. It is observed as a holiday in some countries. (Christianity)
7	National Caregiver Day	Unanimously adopted by the Members of Parliament of Canada to recognize the importance of the "invisible" unpaid work, this day provides an opportunity for formal recognition of caregivers and their contributions. (Canada)
7	International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda	On April 7, UNESCO commemorates the International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda, which was established by the United Nations General Assembly in 2003. The date marks the beginning of the genocide perpetrated against members of the Tutsi minority by the Hutu extremist-led government. Within just over 100 days, more than 1 million Tutsi were systematically murdered. Moderate Hutu and others who opposed the massacres were also killed during this period. (International)
7	World Health Day	A global observance day where each year draws attention to a specific health topic of concern to people all over the world. (International)
8	Birthday of Buddha	Commemorates the birth of Gautama Buddha, the founder of Buddhism. Buddha's birthday is celebrated by Mahayana Buddhists in East Asia and around the world on the eighth day of the fourth lunar month, April 8 th (Japan), or on the second Sunday of May (Taiwan). The exact date may vary depending on the calendars and calculations used in different traditions and countries. (Mahayana Buddhism)
8	International Roma Day	International Roma Day is devoted to Europe's largest ethnic minority, the Roma, a predominant part of whom suffer from discrimination and isolation. This day also focuses on Roma history, culture, language and aspirations, which remain largely unknown in Europe, even though they are key to mutual understanding and can contribute to closing the gap between communities. (International)
8	International Day of Pink	Celebrated on the second Wednesday of April, this is a day when people around the world are encouraged to put on a pink shirt and stand in solidarity with the LGBTQ2S+ community to continue fighting for equality and acceptance. (International)
9	Day of Valour / Araw ng Kagitingan	Day of Valour, also known as "Araw ng Kagitingan", commemorates the Fall of Bataan and the courage of Filipino and American defenders during WWII. (Philippines)
9	Holy Thursday (Orthodox / Eastern)	Falling on the Thursday before Pascha, Holy Thursday commemorates the Last Supper of Jesus Christ. (Orthodox Christianity)
10	Equal Pay Day	First recognized in Ontario in 2014, Equal Pay Day is dedicated to raising awareness of the gender pay gap by highlighting that women must work longer than men to earn the same amount. Equal Pay Day shifts each year, marking the date that an average woman would have to work into the new year to earn what an average man earned in the previous year. Current date reflects last year's date as we are not yet aware of this year's date. Please see organization website for accurate date. (Ontario)

10	Good Friday / Holy Friday (Orthodox / Eastern)	A Christian holiday to commemorate the crucifixion of Jesus. (Orthodox Christianity)
12	Easter / Pascha (Orthodox / Eastern)	One of the holiest days in the Christian (Eastern) calendar. Easter commemorates the resurrection of Jesus from death, three days after his crucifixion. (Orthodox Christianity)
13	Vaisakhi / Baisakhi	The first day of the solar year, this is an agricultural festival celebrating the harvest, especially in North India. Tamils and Sri Lankans celebrate their New Year on this day. In Kerala, South India this day is called Vishu. Especially important to the Sikhs, it marks this day in 1699, when the tenth Guru, Guru Gobind Singh, established the order of 'Khalsa'. The festival is a mixture of feasting, dancing, and worship. (Sikhism)
13 (sundown) - 14	Yom HaShoah	Yom HaShoah (Holocaust Remembrance Day) is an international day of commemoration, started in Israel, on which the six million Jews murdered in the Holocaust are memorialized. (Judaism / international)
14	Sinhala and Tamil New Year	In Sri Lanka, the Sinhalese and Tamil communities celebrate the new year, known as 'Aluth Avurudha' in Sinhala and 'Puththandu' in Tamil, as the sun moves from Pisces to Aries marking the end of the harvest season. The new year is celebrated by both communities through various rituals and customs. (Sri Lanka)
14	Vishu	Vishu is a spring festival observed by Malayali Hindus in Kerala and in adjacent areas of Tamil Nadu, India. Vishu (Sanskrit: "equal") celebrates the vernal equinox when day and night are roughly equal length. (Hinduism)
22	Earth Day	Earth Day aims to raise awareness and demonstrate support of environmental protection, with many events held around the world. (International)
23	St. George's Day	This day is meant to celebrate the feast day of the Christian saint, St. George, who was a roman solider and martyr. It is also observed as a provincial holiday in Newfoundland and Labrador. (Christianity)
23	Girls in ICT (Information and Communication Technology) Day	This is a designated day for the creation of a global environment that empowers and encourages girls and young women to consider studies and careers in the growing field of information and communication technologies. (International)
24	Armenian Genocide Memorial Day	Armenian Genocide Memorial Day is a public holiday in Armenia and is observed by the Armenian diaspora to commemorate the victims of the Armenian genocide (also called Medz Yeghern in Armenian, meaning "great crime") of 1915. (International)
28	Day of Mourning	The National Day of Mourning, held annually in Canada on April 28, is dedicated to remembering those who have lost their lives, suffered injury or illness on the job or a work-related tragedy. (Canada)
28	World Day for Health and Safety at Work	International day to raise awareness on the adoption of safe practices in workplaces and the role that occupational safety and health play. (International)
30	Journey to Freedom Day	A national day of commemoration of the exodus of Vietnamese refugees and their acceptance in Canada after the fall of Saigon on April 30, 1975. (Canada)



MAY 2026

Asian Heritage Month (Canada)
Jewish Heritage Month (Canada)
National Speech and Hearing Month (Canada)
Vision Health Month (Canada)
Sexual Assault Awareness Month (Canada)
Dutch Heritage Month (Ontario)
Polish Heritage Month (Canada)

MS Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 <u>Ridván</u> Beltane / May Eve / May Day	2 Ridván
3 World Press Freedom Day	4 Mental Health Week Lag Ba'Omer	Mental Health Week Lag Ba'Omer Dutch Heritage Day South Asian Arrival Day Red Dress Day	6 Mental Health Week	7 Mental Health Week	8 Mental Health Week	9 Mental Health Week
10 Mental Health Week	11	12	13	14	15 Nakba Day International Day of Families Moose Hide Campaign Day	16 International Day of Living Together in Peace
17 <u>Québec Intergenerational Week</u> International Day Against Homophobia, <u>Transphobia, and Biphobia</u>	18 Québec Intergenerational Week Victoria Day National Patriots' Day	19 Québec Intergenerational Week	20 Québec Intergenerational Week	Québec Intergenerational Week Shavu'ot Global Accessibility Awareness Day World Day for Cultural Diversity, for Dialogue and Development	22 Québec Intergenerational Week Shavu'ot	23 Québec Intergenerational Week Shavu'ot
24 National AccessAbility Week Pansexual and Panromantic Visibility Day Vesak (Buddha Day)	25 National AccessAbility Week Hajj Anti-Racism Awareness Week Africa Day	26 National AccessAbility Week Hajj Anti-Racism Awareness Week Eid al-Adha Declaration of the Báb	27 National AccessAbility Week Hajj Anti-Racism Awareness Week Eid al-Adha	28 National AccessAbility Week Hajj Anti-Racism Awareness Week Eid al-Adha Red Shirt Day of Action for AccessAbility and Inclusion	29 National AccessAbility Week Hajj Anti-Racism Awareness Week Eid al-Adha Ascension of Baha'u'llah	National AccessAbility Week Hajj Anti-Racism Awareness Week Provincial Francophonie Day World MS Day
31 Anti-Racism Awareness Week Canadian Environment Week Saga Dawa Düchen	1	2	3	4	5	6

May 2026

Asian Heritage Month (Canada)
Jewish Heritage Month (Canada)
National Speech and Hearing Month (Canada)
Vision Health Month (Canada)
Sexual Assault Awareness Month (Canada)
Dutch Heritage Month (Ontario)
Polish Heritage Month (Canada)
MS Awareness Month

4 - 10	Mental Health Week	Each year during the first full week of May, the Canadian Mental Health Association encourages Canadians to focus on mental health. Each year CMHA develops a theme to help spotlight a different element of the mental health landscape. (Canada)
17 - 23	Québec Intergenerational Week	Every year since 1987, Québec has celebrated and promoted initiatives that encourage exchanges between generations. Coordinated by Intergénérations Québec, Québec Intergenerational Week is a unique opportunity to highlight and promote intergenerational activities in Québec. (Québec)
21 (sundown) - 23	Shavu'ot	A Jewish observance of the giving of the Torah, the biblical laws of Judaism, from God to the nation of Israel. (Judaism)
24 - 30	National AccessAbility Week	A week to celebrate the valuable contributions and accomplishments of Canadians with disabilities and to recognize the need to promote a culture of inclusion to combat the ongoing discrimination against persons with disabilities. (Canada)
25 (sundown) - 30 (estimate)	Hajj	One of the five pillars of Islam central to Muslim belief, Hajj is the pilgrimage to Mecca that every Muslim must make at least once in their lifetime if they are able; it is the most spiritual event that Muslims experience, observing rituals in the most sacred places in the Islamic world. (Islam)
25 - 31	Anti-Racism Awareness Week	Anti-Racism Awareness Week is a chance for British Columbians to celebrate and learn about the province's diverse culture, reflect on biases, and stand together against racism. The dates were chosen due to the proximity to the anniversaries of the Komagata Maru and the murder of George Floyd, and Asian Heritage Month. (British Columbia)
26 (sundown) - 29 (estimate)	Eid al-Adha	Eid al-Adha, also known as the Feast of Sacrifice, is symbolic of the lessons of sacrifice, devotion, and willingness as told by the story of Prophet Ibrahim. As one of the most important holidays in Islam, every year, Muslims celebrate by gathering with family and loved ones to pray, showing gratitude for life's blessings, sharing festive meals, and providing food to those in need. (Islam)
31 - Jun 6	Canadian Environment Week	Established in 1971, Canadian Environment Week celebrates Canada's environmental accomplishments and encourages Canadians to contribute to conserving and protecting their environment. (Canada)

1	Beltane / May Eve / May Day	Beltane celebrates love, lust, sexuality, sensuality, and the burgeoning life force. This is when plants are growing, and animals have given birth. It takes its name from the Celtic God Bel, who unites with the Earth Goddess on this day. It was a midsummer fertility festival in Celtic paganism. It is a time to celebrate the season's warmth, romance, and indulgence. (Paganism/Wicca/Druid)
3	World Press Freedom Day	A designated day to remind governments of the need to respect their commitment to freedom of the press and a day of reflection among media professionals about issues of press freedom and professional ethics. (International)
4 (sundown) - 5	Lag Ba'Omer	A day for welcoming the coming of spring. (Judaism)
5	Dutch Heritage Day	Dutch Heritage Day is a time to honour the sacrifices made by past members of the Canadian armed forces in the liberation of the Netherlands during the Second World War. It is also an opportunity to celebrate the many contributions that generations of Dutch Canadians have made—and continue to make—to this country we all know and love. (Canada)
5	South Asian Arrival Day	South Asian Arrival Day and South Asian Heritage Month recognize the presence of South Asian people in Ontario, celebrates their heritage, and commemorates their arrival from the Indian subcontinent to the Americas beginning on May 5, 1838. (Ontario)
5	Red Dress Day	Red Dress Day, also known as the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People, is observed on May 5th. The day honours and brings awareness to the thousands of Indigenous women, girls and two-spirit people who have been subject to disproportionate violence in Canada. Red Dress Day was inspired by Métis artist Jaime Black's REDress Project installation, in which she hung empty, red dresses to represent the missing and murdered women. Red dresses have become symbolic of the crisis as a result of her installation. (Canada)
15	Nakba Day	Commemorates the mass displacement of approximately 750,000 Palestinians following the establishment of the State of Israel in 1948. Over 400 Palestinian villages were destroyed, and many Palestinians became refugees, a legacy that is still impacting generations today. The day is marked with marches, cultural events, and calls for international solidarity, symbolizing grief, resistance, and the hope of return.
15	International Day of Families	A day which provides an opportunity to promote awareness of issues relating to families and to increase the knowledge of the social, economic, and demographic processes affecting families. (International)
15	Moose Hide Campaign Day	The Moose Hide Campaign began as a BC-born Indigenous-led grassroots movement to engage men and boys in ending violence towards women and children. It has since grown into a nationwide movement of Indigenous and non-Indigenous Canadians from local communities, First Nations, governments, schools, colleges/universities, police forces and many other organizations – all committed to taking action to end this violence. (Canada)
16	International Day of Living Together in Peace	A day that embraces the principle of peace, non-violent conflict resolution and the elimination of all forms of conflict and intolerance including those based on race, colour, sex, language, religion, political or other opinion, national, ethnic or social origin, property, disability, birth or other status. (International)
17	International Day Against Homophobia, Transphobia, and Biphobia	The International Day Against Homophobia, Transphobia and Biphobia was created in 2004 to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexual, transgender, intersex people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics. (International)

18	Victoria Day	Victoria Day is celebrated in honour of the birth of Queen Victoria, the first sovereign of Canada, post-Confederation. (Canada)
18	National Patriots' Day	Statutory holiday in Québec to commemorate democracy and patriotic struggles for freedom from British rule during 1837-1838. (Québec)
21	Global Accessibility Awareness Day	Global Accessibility Awareness Day is an awareness day focusing on digital access and inclusion for the more than one billion people who live with disabilities. On the 3rd Thursday of May, we encourage designers, developers, usability professionals, and everyone else to take an hour to experience first-hand the impact of digital accessibility (or lack thereof). (International)
21	World Day for Cultural Diversity, for Dialogue and Development	A day to educate people on the importance of cultural diversity and to raise awareness of the related issues faced in today's society. (International)
24	Pansexual and Panromantic Visibility Day	A day to celebrate the pansexual and panromantic community and educate others. (International)
24	Vesak (Buddha Day)	Commemorates the birth, enlightenment, and death of Gautama Buddha, the founder of Buddhism. Vesak is celebrated by Buddhists in South Asia, Southeast Asia, and around the world on the full moon of the second lunar month, known as Vesākha or Vaiśākha. The exact date may vary depending on the calendars and calculations used in different traditions and countries. (Buddhism)
25	Africa Day	Observed on May 25th, Africa Day marks the founding of the African Union (AU) in 1963. It celebrates African unity, progress, and cultural pride. In Canada, it is an opportunity for African and Afro-descendent communities to honor their heritage, shape their contributions, and reflect on global and local challenges facing the African diaspora.
26	Declaration of the Báb	This day honours the Báb, who was perceived as the messenger of the God and forerunner of Bahá'u'lláh, founder of the Bahá'í Faith. (Bahá'í)
28	Red Shirt Day of Action for AccessAbility and Inclusion	Red Shirt Day of Action for AccessAbility and Inclusion is a day when people across Canada come together and wear red to create a visible display of solidarity: to show their support for disabled people and their families, celebrate the achievements of disabled Canadians, and to pledge their commitment to help create a fully accessible and inclusive society. Red Shirt Day is an Easter Seals initiative and was first celebrated in 2019. It takes place on the Wednesday of National AccessAbility Week each year.
29	Ascension of Baha'u'llah	The day that Baha'u'llah, the Prophet-Founder of the Bahá'í Faith, passed away in 1892. It is one of nine days in the year where work should be suspended. (Bahá'í)
30	Provincial Francophonie Day	Each year on May 30th, the traditional raising of the Franco-Newfoundland and Labrador flag takes place symbolically in each of the province's Francophone regions. This day is an opportunity to celebrate the language and culture of Francophones. (Newfoundland and Labrador)

30	World MS Day	World MS Day is an annual event aimed at raising public understanding and support for those living with Multiple Sclerosis (MS), a chronic condition affecting the central nervous system. This day highlights the challenges faced by people with MS, promoting advocacy for improved resources, treatment, and research. Observed internationally, the day includes educational events, fundraising, and support gatherings, symbolized by orange for hope and resilience. (International)
31	Saga Dawa Düchen	Saga Dawa Düchen, the "Festival of Vaishakha", takes place on the 15th day of the fourth Tibetan lunar month during the full moon. It is one of the four Buddhist festivals commemorating four events in the life of the Buddha and celebrates Buddha Shakyamuni's enlightenment and parinirvana. (Buddhism)



JUNE 2026

Deafblind Awareness Month (Canada)

Filipino Heritage Month (Canada)

Indigenous History Month (Canada)

Italian Heritage Month (Canada)

Portuguese Heritage Month (Canada)

Pride Season (International; may vary from June to September)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Canadian Environment Week Global Day of Parents Intergenerational Day	2 Canadian Environment Week	3 Canadian Environment Week Clean Air Day	Canadian Environment Week Treaty Day (New Brunswick)	5 Canadian Environment Week	6 Canadian Environment Week
7	8	9	10	11	12 Araw ng Kasarinlán, Philippines Independence Day	13 International Albinism Awareness Day Men's Mental Health Awareness Day
14	15	16 Martyrdom of Guru Arjan Dev	17	18 Autistic Pride Day International Day for Countering Hate Speech	19	20 World Refugee Day Summer Solstice
21 Litha / Midsummer / Summer Solstice National Indigenous Peoples Day	22	23	24 St. Jean Baptiste Day June Day	25	26 Ashura	27 Canadian Multiculturalism Day
28	29	30	1	2	3	4

June 2026

Deafblind Awareness Month (Canada)
Filipino Heritage Month (Canada)
Indigenous History Month (Canada)
Italian Heritage Month (Canada)
Portuguese Heritage Month (Canada)
Pride Season (International; may vary from June to September)

1	Global Day of Parents	A day for appreciating all parents for their selfless commitment to children and their lifelong sacrifice towards nurturing this relationship. (International)
1	Intergenerational Day	A celebration of the mutual benefits of building relationships across generations. (Canada)
3	Clean Air Day	Clean Air Day is an annual event to recognize the importance of clean air for public health and the environment. It is an opportunity to encourage Canadians to do their part to help keep the air clean, as well as to create awareness of the Government of Canada's clean air initiatives. (Canada)
4	Treaty Day (New Brunswick)	Treaty Day honours the nation-to-nation relationship formed between the federal government and various Indigenous nations, as enshrined in historic treaties. In New Brunswick, this day commemorates the signing and importance of the peace and friendship treaties. (New Brunswick)
12	Araw ng Kasarinlán, Philippines Independence Day	In the Philippines, Independence Day or Day of Freedom, is a national holiday commemorating the declaration of Philippine independence from Spain in 1898. In Canada, it is the central event celebrating Filipino Heritage Month, an opportunity to share in cultural heritage and explore the rich history of the Filipino-Canadian communities across the country.
13	International Albinism Awareness Day	A day to stand in solidarity with people living with albinism through their triumphs and challenges. It is a day to stand up for the rights of persons with albinism to live a life that is free of stigma, discrimination, fear, and violence. (International)
13	Men's Mental Health Awareness Day	Held annually in Canada during International Men's Health Week, this day highlights how mental health issues may present differently in men. First proclaimed in Ottawa in 2014, it aims to reduce stigma and encourage open conversations to support men's mental well-being.
16	Martyrdom of Guru Arjan Dev	Anniversary of the martyrdom of Guru Arjan, the fifth Sikh Guru, in 1606 BCE. Guru Arjan compiled the first rendition of the holy book of Sikhism called Adi Granth. (Sikhism)
18	Autistic Pride Day	Autistic Pride Day is a movement that began in 2005 celebrating Autistic identity, strengths, and community led by Autistic people. It is a day that promotes acceptance over awareness and the removal of systemic barriers while celebrating the endless variation, creativity, and potential within the Autistic community. (International)

18	International Day for Countering Hate Speech	In July 2021, the UN General Assembly highlighted global concerns over "the exponential spread and proliferation of hate speech" around the world and adopted a resolution on "promoting inter-religious and intercultural dialogue and tolerance in countering hate speech". The resolution proclaimed June 18 as the International Day for Countering Hate Speech. (International)
20	World Refugee Day	A day which recognizes the rights of forcibly displaced persons be it refugees, asylum seekers, Internally Displaced Persons (IDPs) and to remind the public that refugees can contribute to society and that every action counts in the effort to create a more just, inclusive, and equal world. (International)
20	Summer Solstice	In the Northern Hemisphere, the Summer Solstice (also known as the June Solstice) occurs when the sun travels along its northernmost path in the sky. The Summer Solstice is the day with the most hours of sunlight in the whole year, making it the "longest day" of the year. This marks the astronomical start of summer in the northern half of the globe. (International)
21	Litha / Midsummer / Summer Solstice	Litha, the Summer Solstice, marks the longest day and shortest night of the year. Litha celebrates the full height of the summer sun and the Sun God's warmth and energy pouring down on the crops as they ripen. It is a time to consider your priorities and focus your energy on where it will bring you the greatest harvest. (Paganism/Wicca/Druid)
21	National Indigenous Peoples Day	This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices, and spiritual beliefs. (Canada)
24	St. Jean Baptiste Day	On June 24, on Saint-Jean-Baptiste Day and the National Day of Quebec, Francophones across the country show their pride by celebrating their language and their traditions. (Canada)
24	June Day	Currently referred to provincially as June Day, and in some municipalities like <u>St. John's as National Indigenous People's Day</u> , June 24 was formerly celebrated as "Discovery Day". In relation to the Truth and Reconciliation Call to Action #79, Newfoundland and Labrador are currently working with local Indigenous communities to update the June statutory holiday to better reflect the complex history of the region.
26	Ashura	The Day of Ashura is marked by Muslims as a whole, but for Shiʿah Muslims it is a major religious commemoration of the martyrdom at Karbala of Hussein, a grandson of the Prophet Muhammad. (Islam)
27	Canadian Multiculturalism Day	Multiculturalism day celebrates Canada's diverse cultures as well as the country's commitment to equality, democracy, and mutual respect. (Canada)



JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Canada Day	2	3	4
5	6	7	8	9 Nunavut Day	10 Martyrdom of the Báb	11 Imamat Day
12	13	14 International Non-Binary People's Day	15 World Youth Skills Day	16 Islamic New Year / Hijri New Year	17	18 Chökhor Düchen Nelson Mandela Day
19	20	21	22 Tisha B'Av	23 Tisha B'Av	24 International Self-Care Day	25
26	27	28 World Hepatitis Day Day of Commemoration of the Great Upheaval	29 Asalha Puja (Dharma Day)	30	31	1

July 2026

Disability Pride Month
Tibetan Heritage Month (Ontario)

1	Canada Day	A day commemorating the enactment of the Constitution Act in 1867 thereby establishing Canada as a new federation with its own constitution. (Canada)
9	Nunavut Day	A day to commemorate the passing of the Nunavut Land Claims Agreement Act and the Nunavut Act in 1993. It is a holiday in recognition of Nunavut's history and traditions. (Nunavut)
10	Martyrdom of the Báb	Commemorates the anniversary of the execution of the Báb in 1850. (Bahá'í)
11	Imamat Day	Imamat Day, also known as Khushali, is celebrated by Ismaili Muslims to mark the anniversary of the day that their present Imam (spiritual leader) succeeded his predecessor to become the Imam of the Time. (Ismaili Muslim)
14	International Non-Binary People's Day	July 14 is recognized around the world as International Non-Binary People's Day. This occasion shines a light on those who identify as non-binary and celebrates the rich diversity of the community. (International)
15	World Youth Skills Day	The aim of World Youth Skills Day is to encourage youth to celebrate the value of acquiring and developing skills through technical and vocational education and training. (International)
16	Islamic New Year / Hijri New Year	The first of Muharram marks the first day of the first month (Muharram) of the Islamic year. It is one of the four sacred months of the year, held to be the second holiest month after Ramadan. (Islam)
18	Chökhor Düchen	Chokhor Düchen, the "Festival of Turning the Wheel of Dharma", takes place on the fourth day of the sixth Tibetan lunar month. It is one of the four Buddhist festivals commemorating four events in the life of the Buddha and celebrates the day that the Buddha Shakyamuni turned the Wheel of Dharma for the first time, at Sarnath, by teaching the 'Four Noble Truths'. (Buddhism)
18	Nelson Mandela Day	Declared by the UN, Mandela Day is a day to honour the legacy of Nelson Mandela and his values, through volunteering and community service, to fight poverty and promote peace, reconciliation, and cultural diversity. (International)
22 (sundown) - 23	Tisha B'Av	Tisha B'Av is a period of fasting, lamentation, and prayer to remember the destruction of the First and Second Temples of Jerusalem, as well as other tragedies that have occurred on this day. It is described as the saddest day on the Jewish calendar. (Judaism)
24	International Self-Care Day	International Self-Care Day raises awareness of the important role self-care plays in the health of Canadians and the sustainability of the health care system. (International)
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28	World Hepatitis Day	This is a day which spotlights the importance of stepping up national and international efforts on hepatitis, encourage actions and engagement by individuals, partners and the public and highlight the need for a greater global response. (International)
28	Day of Commemoration of the Great Upheaval	In 2003, a Royal Proclamation recognized the wrongs suffered by the Acadians when they were forcibly deported from Acadie in 1755. July 28 was declared as the Day of Commemoration of the Great Upheaval beginning with the 250th anniversary in 2005. (Canada)
29	Asalha Puja (Dharma Day)	This celebration marks the day when the Buddha started teaching. Dharma Day is considered a time to reflect on the scriptures and express gratitude for the Buddha's teachings. (Buddhism)



AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	Morld Breastfeeding Week Emancipation Day Lammas / Lughnasadh / Lugnasad
World Breastfeeding Week	World Breastfeeding Week Civic Holiday	4 World Breastfeeding Week	5 World Breastfeeding Week	6 World Breastfeeding Week	7 World Breastfeeding Week	8 Paryushana
9 Paryushana International Day of the World's Indigenous People	10 Paryushana	11 Paryushana	12 Paryushana International Youth Day	13 Paryushana Obon	14 Paryushana Obon	15 Paryushana Obon National Acadian Day
16 Paryushana	Public Service Pride Week Discovery Day	18 Public Service Pride Week	Public Service Pride Week World Humanitarian Day	20 Public Service Pride Week	21 Public Service Pride Week	22
23 International Day for the Remembrance of the Slave Trade and its Abolition	24	25 Mawlid al-Nabī / Eid-Maulad-un-Nabi	26 Onam	27	28 Raksha Bandhan	29
30	31 International Overdose Awareness Day	1	2	3	4	5

August 2026

1 - 7	World Breastfeeding Week	World Breastfeeding Week is a global campaign to raise awareness and galvanise action on themes related to breastfeeding. (International)
8 - 16	Paryushana	Paryushan (Shwetamabar Jains) is the holiest time of the year and is marked by fasting and worship of the 24 realized teachers of the Jain faith known as Tirthankaras or Jinas. (Jainism)
13 - 15	Obon	A Japanese Buddhist custom to honour one's spiritual ancestors. Obon is observed from the 13th to the 15th day of the 7th month. In the majority of Japan, Obon is celebrated between August 13-15, however the dates can vary depending on the region. (Buddhism)
17 - 21	Public Service Pride Week	Public Service Pride (PSP) is a movement that began in 2018 by a network of federal employees committed to making the public service a diverse, safe, respectful, and healthy workplace for LGBTQ2S+ public servants. In 2019, the PSP Network launched the first ever Public Service Pride Week (PSPW) with the goal in mind to send a clear message to Canadians that their federal public service is diverse and inclusive. (Canada)
1	Emancipation Day	August 1 is now recognised across Canada as Emancipation Day, marking the end of slavery in the British Empire in 1834. Emancipation Day celebrates the strength and perseverance of Black communities in Canada. (Canada)
1	Lammas / Lughnasadh / Lugnasad	Lammas is a harvest festival when Pagans reap those things they have sown and celebrate the fruits of the mystery of Nature. At Lughnasadh, Pagans give thanks for the bounty of the Goddess as Queen of the Land. Its name is taken from the Celtic God Lugh, or Samildanach, which means 'he of many gifts'. The festival's themes are self-sacrifice for the community or individual initiation to a higher level of spiritual existence. (Paganism/Wicca/Druid)
3	Civic Holiday	The August Civic Holiday is known by a variety of names across Canada and is celebrated according to local municipal traditions and history. (Canada)
9	International Day of the World's Indigenous People	Pronounced by the UN, this is a day to promote and protect the rights of the world's Indigenous populations and recognize the achievements and contributions that Indigenous peoples make to improve world issues such as environmental protection. (International)
12	International Youth Day	Held on August 12, this is a day to celebrate and mainstream young peoples' voices, actions, and initiatives, as well as their meaningful, universal, and equitable engagement. (International)
15	National Acadian Day	Since 1881, Acadians have celebrated National Acadian Day on August 15. The federal and provincial governments officially recognized National Acadian Day in 2003 and 2004 respectively. It is a day marked by colourful community festivals and family events that bring Acadian culture and history to life. (Canada)
17	Discovery Day	Discovery Day is a provincial holiday celebrated on the third Monday in August in the Yukon. It commemorates the discovery of gold by George Carmack, Kate Carmack, Skookum Jim, and Dawson Charlie in 1896. (Yukon)

19	World Humanitarian Day	This day is dedicated to humanitarians worldwide, as well as to increase public understanding of humanitarian assistance activities. (International)
23	International Day for the Remembrance of the Slave Trade and its Abolition	A day designated by the UNESCO to memorialize the transatlantic slave trade. (International)
25	Mawlid al-Nabī / Eid-Maulad-un-Nabi	Anniversary of the birth of Prophet Muhammad. Some Muslims mark this occasion by special prayers, whilst other Muslims may mark the occasion by dedicating more time to reading the Qur'an. (Islam)
26	Onam	Onam is a Hindu festival celebrated by the people of Kerala in India and its neighbouring states. Lasting for four to ten days, it is a harvest festival commemorating the homecoming of the legendary Emperor Mahabali from Patala (the underworld) who visits every Malayali home and during this time. (Hinduism)
28	Raksha Bandhan	The Hindu festival celebrates the love, bond and duty that exists between brothers and sisters. It can also be used to celebrate any brother-sister-like relationships even for those who are not biologically related. (Hinduism)
31	International Overdose Awareness Day	A day to remember without stigma those who have died and to acknowledge the grief of the family and friends left behind. (International)



SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4 Krishna Janmashtami	5 International Day of Charity
6	Mennonite Heritage Week Ukrainian Heritage Day (Ontario) Ukrainian-Canadian Heritage Day (Alberta) Ukrainian Heritage Day (Manitoba) Labour Day	8 Mennonite Heritage Week International Literacy Day	9 Mennonite Heritage Week	Mennonite Heritage Week World Suicide Prevention Day	Mennonite Heritage Week Rosh HaShanah Ethiopian New Year / Enkutatash	12 Rosh HaShanah
13 Rosh HaShanah	14 Ganesh Chaturthi	15 Das Lakshan	16 Das Lakshan	17 Das Lakshan	18 Das Lakshan International Equal Pay Day	19 Das Lakshan
20 Das Lakshan	21 Das Lakshan Gender Equality Week International Week of Deaf People International Day of Peace	22 Das Lakshan Gender Equality Week International Week of Deaf People	Das Lakshan Gender Equality Week International Week of Deaf People International Day of Sign Languages Bi Visibility Day Mabon / Harvest Home / Fall Equinox	24 Das Lakshan Gender Equality Week International Week of Deaf People	25 Das Lakshan Gender Equality Week International Week of Deaf People Franco-Ontarian Day	26 Gender Equality Week International Week of Deaf People
27 Gender Equality Week International Week of Deaf People	28	29	30 National Day for Truth and Reconciliation / Orange Shirt Day	1	2	3

September 2026

Acne Awareness Month (Canada)

7 - 11	Mennonite Heritage Week	On May 29, 2019, the Government of Canada adopted a motion to officially declare the second week of September as Mennonite Heritage Week. This week is an opportunity to learn more about Mennonite Canadians, their unique history, their vibrant culture, and their contributions that have helped shape our country. (Canada)
11 (sundown) - 13	Rosh HaShanah	Rosh HaShanah celebrates the creation of the universe. (Judaism)
15 - 25	Das Lakshan	Das Lakhshan (Digambar Jains) is the holiest time of the year and is marked by fasting and worship of the 24 realized teachers of the Jain faith known as Tirthankaras or Jinas. (Jainism)
21 - 27	Gender Equality Week	Gender Equality Week, the fourth week in September, is an opportunity to raise awareness of the important contributions women and gender diverse communities have made to the growth, development, character and identity of Canada; to celebrate the significant achievements and accomplishments that we have made in advancing gender equality; and to reconfirm our commitment to address persistent gender equality gaps in our country. (Canada)
21 - 27	International Week of Deaf People	The International Week of Deaf People was first celebrated in September 1958 and has since evolved into a global movement of deaf unity and concerted advocacy to raise awareness of the issues deaf people face in their everyday lives. (International)
4	Krishna Janmashtami	Celebrates the birth of Lord Krishna and his rescue from potential death by the demon Kasna. Lord Krishna was born in a prison, then carried by his father to another village where he was secretly exchanged with a cow herder's daughter for his safety. (Hinduism)
5	International Day of Charity	This is a UN designated day which promotes charitable efforts made to alleviate poverty worldwide. (International)
7	Ukrainian Heritage Day (Ontario)	Ukrainian Heritage Day was created in March 2011, when the Ontario Legislature unanimously passed Bill-155 – the Ukrainian Heritage Day Act, which proclaimed September 7 of each year Ukrainian Heritage Day. September 7, 1891 is the date on which the first Ukrainian immigrants, Vasyl Eleniak and Ivan Pylypiw, arrived in Canada. (Ontario)
7	Ukrainian-Canadian Heritage Day (Alberta)	Ukrainian-Canadian Heritage Day was established in Alberta in 2016 with the passing of the Ukrainian-Canadian Heritage Day Act, which proclaimed September 7 of each year Ukrainian-Canadian Heritage Day. September 7, 1891 is the date on which the first Ukrainian immigrants, Vasyl Eleniak and Ivan Pylypiw, arrived in Canada. (Alberta)
7	Ukrainian Heritage Day (Manitoba)	Ukrainian Heritage Day was established in Manitoba in 2016 with the passing of the Ukrainian Heritage Day Act, which proclaimed September 7 of each year Ukrainian Heritage Day. September 7, 1891 is the date on which the first Ukrainian immigrants, Vasyl Eleniak and Ivan Pylypiw, arrived in Canada. (Manitoba)

7	Labour Day	Labour Day, the first Monday in September, has been a statutory holiday in Canada since 1894. It originated in the first workers' rallies of the Victorian era. (Canada)
8	International Literacy Day	A day to raise people's awareness of and concern for literacy issues in the world. (International)
10	World Suicide Prevention Day	World Suicide Prevention Day is observed on September 10 each year to raise awareness of suicide and to promote action through proven means that will reduce the number of suicides and suicide attempts globally. (International)
11	Ethiopian New Year / Enkutatash	Enkutatash is the name for the Ethiopian New Year in Amharic, it is also called Ri'se Awde Amet which means the Head of the Holy days. Ethiopia ushers her new year on September 11, which is the first day of the Ethiopian month of Meskerem. (Ethiopia)
14	Ganesh Chaturthi	This Hindu festival honours of one of Hinduism's major deities, Ganesh, the elephant-headed god. He is known as the 'remover of all obstacles' and is invoked at the beginning of all new undertakings. The date of this holiday may vary depending on region. (Hinduism)
18	International Equal Pay Day	International Equal Pay Day, celebrated on September 18, represents the longstanding efforts towards the achievement of equal pay for work of equal value. It further builds on the United Nations commitment to human rights and against all forms of discrimination, including discrimination against women and girls. (International)
21	International Day of Peace	This is a day to recognize the efforts of those who have worked hard to end conflict and promote peace. It is also considered to be a day of ceasefire – personal or political. (International)
23	International Day of Sign Languages	The International Day of Sign Languages is a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users. Celebrated annually across the world on 23 September every year along with the International Week of Deaf People. (International)
23	Bi Visibility Day	Marked each year since 1999, Bi Visibility Day raises bi awareness and challenges bisexual & biromantic erasure. (International)
23	Mabon / Harvest Home / Fall Equinox	Mabon, the Fall Equinox, is the second harvest festival. It is when days and nights are of approximately equal length. The holiday is named for Mabon, who appeared in The Mabinogion, a collection of Welsh myths. It is a time to count your blessings and show gratitude for those who have helped you on the year's journey. (Paganism/Wicca/Druid)
25	Franco-Ontarian Day	There are more than 622,000 Francophones and 1.5 million Ontarians who can speak French, making Ontario Canada's largest Francophone community outside of Quebec. September 25 is Franco-Ontarian Day, a time to celebrate your community and its history. It was officially named Franco-Ontarian Day in 2010. (Ontario)
30	National Day for Truth and Reconciliation / Orange Shirt Day	The day honours the lost children and Survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. The creation of this federal statutory holiday was through legislative amendments made by Parliament. September 30 is also Orange Shirt Day, a day to wear an orange shirt as a way to remember the story of Phyllis (Jack) Webstad, whose orange shirt was taken away from her when she was sent to a residential school at age six. The date was chosen because this was the time of year children were taken from their homes and placed in residential schools. (Canada)



OCTOBER 2026

- ADHD Awareness Month (International)
- Alternative & Augmentative Communication (AAC) Awareness Month (International)
- Autism Awareness Month (International)
- Canadian Islamic History Month (Canada)
- Disability Employment Awareness Month (Canada)

- German Heritage Month (Canada)
- Hispanic Heritage Month (Ontario)
- Latin American Heritage Month (Canada)
- Mark it Read for Dyslexia Awareness Month (Canada)
- Mi'kmaq History Month (Nova Scotia)
- Women's History Month (Canada)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	International Day of Older Persons / National Seniors Day Treaty Day (Nova Scotia) Yom Kippur	2 Yom Kippur Dussehra / Vijayadashami	3
4 National Day of Action for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ people	Mental Illness Awareness Week World Teachers' Day	6 Mental Illness Awareness Week Sukkot Mid-Autumn Festival	Mental Illness Awareness Week Sukkot	8 Mental Illness Awareness Week Sukkot International Lesbian Day	9 Mental Illness Awareness Week Sukkot	Mental Illness Awareness Week Sukkot World Mental Health Day
Mental Illness Awareness Week Sukkot International Day of the Girl Child National Coming Out Day	12 Sukkot Workplace Bullying Awareness Week Thanksgiving	Sukkot Workplace Bullying Awareness Week Shemini Atzeret	Workplace Bullying Awareness Week Shemini Atzeret Simchat Torah	Morkplace Bullying Awareness Week Simchat Torah International Day of Rural Women International Pronouns Day	16 Workplace Bullying Awareness Week	17 Workplace Bullying Awareness Week
18 Workplace Bullying Awareness Week Persons Day	19 Invisible Disabilities Week Ace Week	20 Invisible Disabilities Week Ace Week Bandi Chhor Divas	21 Invisible Disabilities Week Ace Week Bandi Chhor Divas	22 Invisible Disabilities Week Ace Week Bandi Chhor Divas International Stuttering Awareness Day	23 Invisible Disabilities Week Ace Week Bandi Chhor Divas	24 Invisible Disabilities Week Ace Week Bandi Chhor Divas
25 Invisible Disabilities Week Ace Week Bandi Chhor Divas	26 Intersex Awareness Day	27	28	29	30	31 Halloween Samhain / Samhuinn / Hallows

October 2026

ADHD Awareness Month (International)

Alternative & Augmentative Communication (AAC) Awareness Month (International)

Autism Awareness Month (International)

Canadian Islamic History Month (Canada)

Disability Employment Awareness Month (Canada)

German Heritage Month (Canada)

Hispanic Heritage Month (Ontario)

Latin American Heritage Month (Canada)

Mark it Read for Dyslexia Awareness Month (Canada)

Mi'kmaq History Month (Nova Scotia)

Women's History Month (Canada)

5 - 11	per	Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. (Canada)
6 (sundown) - 13	Sukkot	Sukkot begins five days after Yom Kippur and lasts seven days. Sukkot is one of the three pilgrimage holidays (along with Passover and Shavu'ot), which commemorates the historical pilgrimage to Jerusalem to celebrate the harvest. (Judaism)
12 - 18	Workplace Bullying Awareness Week	Workplace Bullying Awareness Week aims to provide education and awareness of how workplace bullying affects our lives and our work. (International)
19 - 25	Invisible Disabilities Week	The Invisible Disabilities Association began hosting Invisible Disabilities Week (IDW) in 2014. The goal of IDW is to spread awareness, education, and support around the world for those living with invisible disabilities. (International)
19 - 25	Ace Week	Ace Week, formerly Asexual Awareness Week, is an international campaign dedicated to raising awareness and expanding education of asexuality. The week gives all of us an opportunity to celebrate how far our community has come and to dream about the future we will create together. (International)
20 (sundown) - 25	Bandi Chhor Divas	Bandi Chhor Divas directly translates to "Prisoner Release Day" and marks the release of the sixth guru, Sri Guru Hargobind Sahib Ji, and 52 kings from Fort Gwalior prison and their arrival at the Golden Temple in Amritsar, India. (Sikhism)
1	International Day of Older Persons / National Seniors Day	An international day to recognize the contributions of older persons / seniors and examine the issues that affect their lives. (International)
1	Treaty Day (Nova Scotia)	Treaty Day, held annually on October 1, marks the beginning of Mi'kmaq History Month in Nova Scotia. The purpose of Treaty Day is to promote public awareness about the Mi'kmaw culture and heritage for all Nova Scotians. (Nova Scotia)

1 (sundown) - 2	Yom Kippur	The Jewish Day of Atonement which comprises a 25-hour fast whereby people refrain from working, eating, and drinking. Synagogue services are also attended in worship of this sacred day. (Judaism)
2	Dussehra / Vijayadashami	A Hindu celebration on the last day of Navaratri, celebrating the victory of good over evil. (Hinduism)
4	National Day of Action for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ people	This is a day to stand in solidarity with Indigenous families and communities to honour the lives of missing and murdered Indigenous women, girls, and 2SLGBTQI+ people whose lives have been cut short by violence. (Canada)
5	World Teachers' Day	A day that celebrates the role teachers play in providing quality education to all levels. This enables children and adults of all ages to learn to take part in and contribute to their local community and global society. (International)
6	Mid-Autumn Festival	Originating in China, this traditional festival is also widely observed in Vietnam (Tết Trung Thu), Korea (Chuseok), Japan (Tsukimi), and other East and Southeast Asian countries, observed on the 15th day of the 8th month of the lunisolar calendar, when the moon is at its fullest and brightest. It is a harvest festival that emphasizes family reunion, thanksgiving, and prayer for good fortune, marked by customs such as moon gazing, eating mooncakes, and lighting lanterns.
8	International Lesbian Day	Celebrated on October 8 each year, International Lesbian Day is a day to honour the contributions of lesbians to the women's rights and 2SLGBTQIA+ rights movements. It also serves to raise awareness of the unique issues that lesbians experience in their daily lives. (International)
10	World Mental Health Day	A day with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. (International)
11	International Day of the Girl Child	This is a day which promotes girls' rights and highlights gender inequalities that remain between girls and boys. This day gives governments and organizations the opportunity to raise public awareness about gender bias and discrimination directed at girls. (International)
11	National Coming Out Day	National Coming Out Day in the United States was established in 1988 on the second anniversary of the March on Washington for Lesbian and Gay rights. Now expanded into Canada, this day serves as an opportunity to celebrate LGBTQ2S+ identities, decrease stigma, increase awareness, and advocate for change. For some LGBTQ2S+ folks this day is an opportunity to celebrate their identities publicly. (International)
12	Thanksgiving	A day of giving thanks to the harvest and blessings of the previous year. (Canada)
13 (sundown) - 14	Shemini Atzeret	Shemini Atzeret commemorates the special bond between God and his peoples. (Judaism)
14 (sundown) - 15	Simchat Torah	A Jewish holiday that marks the completion of the annual Torah readings and begins a new reading cycle. (Judaism)
15	International Day of Rural Women	International Day of Rural Women recognizes the critical role and contribution of rural women, including Indigenous women, in enhancing agricultural and rural development, improving food security and eradicating rural poverty. (International)
15	International Pronouns Day	International Pronouns Day is about respect, sharing, education and normalizing personal pronouns. (International)

18	Persons Day	Persons Day in Canada marks the day in 1929 when the historic decision to include women in the legal definition of "persons" was handed down by Canada's highest court of appeal. This gave some women the right to be appointed to the Senate of Canada and paved the way for women's increased participation in public and political life. Though this decision did not include all women, such as Indigenous women and women of Asian heritage and descent, it did mark critical progress in the advancement of gender equality in Canada. (Canada)
22	International Stuttering Awareness Day	International Stuttering Awareness Day is intended to raise public awareness of stuttering, which affects one percent of the world's population. (International)
26	Intersex Awareness Day	A day to encourage dialogue and raise awareness on the human rights violations faced by intersex people. (International)
31	Halloween	Halloween, which takes place on October 31, is thought to have originated with the ancient Celtic festival of Samhain, though it shares important ties with various other celebrations from several faiths and cultures, including Día de los Muertos (or the Day of the Dead), All Saints Day, and All Souls Day. Halloween made its way over to the United States with British and Irish colonists, eventually becoming the holiday we know today, with traditions of door-to-door trick-or-treating and decorations. (International)
31 (evening) - November 1	Samhain / Samhuinn / Hallows	Samhain is the festival of the dead. It is the most solemn of the sabbats but is not a time of fear. It is a time to understand more deeply that life and death are part of a sacred whole, as Pagans celebrate death as part of life. Samhain is the third harvest - the animal harvest - when domesticated animals not likely to make it through the winter were killed and their meat preserved for winter. It is also a time for remembering ancestors and those who have died in the past year. (Paganism/Wicca/Druid)



NOVEMBER 2026

Diabetes Awareness	Month	(International)
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- Family Violence Prevention Month (Alberta and Northwest Territories)
- Hindu Heritage Month (Canada and Ontario)
- Indigenous Disability Awareness Month (Canada)
- National Domestic Violence Awareness Month (Canada)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Samhain / Samhuinn / Hallows Day of the Dead	Treaties Recognition Week Day of the Dead	3 Treaties Recognition Week	4 Treaties Recognition Week	Treaties Recognition Week Veterans' Week	Treaties Recognition Week Veterans' Week	7 Treaties Recognition Week Veterans' Week
Treaties Recognition Week Veterans' Week Diwali Indigenous Veterans Day	Yeterans' Week Memorial of Krisallnacht, or the Night of Broken Glass	10 Veterans' Week Memorial of Krisallnacht, or the Night of Broken Glass Birth of the Báb	11 Veterans' Week Birth of Bahá'u'lláh Remembrance Day Lha Bab Düchen	12	13	14 World Diabetes Day
15	Restorative Justice Week International Day for Tolerance	17 Restorative Justice Week	18 Restorative Justice Week	19 Restorative Justice Week	Restorative Justice Week Transgender Day of Remembrance National Child Day	21 Restorative Justice Week
Restorative Justice Week National Housing Day Holodomor Memorial Day	23 National Addictions Awareness Week	24 National Addictions Awareness Week Canada History Week Martyrdom of Guru Teg Bahadur Guru Nanak Gurpurab	25 National Addictions Awareness Week Canada History Week 16 Days of Activism Against Gender-Based Violence International Day for the Elimination of Violence Against Women	26 National Addictions Awareness Week Canada History Week 16 Days of Activism Against Gender-Based Violence	27 National Addictions Awareness Week Canada History Week 16 Days of Activism Against Gender-Based Violence	28 National Addictions Awareness Week Canada History Week 16 Days of Activism Against Gender-Based Violence
29 National Addictions Awareness Week Canada History Week 16 Days of Activism Against Gender-Based Violence	30 Canada History Week 16 Days of Activism Against Gender-Based Violence	1	2	3	4	5

November 2026

Diabetes Awareness Month (International)
Family Violence Prevention Month (Alberta and Northwest Territories)
Hindu Heritage Month (Canada and Ontario)
Indigenous Disability Awareness Month (Canada)
National Domestic Violence Awareness Month (Canada)

Treaties Recognition Week	Treaties Recognition Week honours the importance of treaties and helps Ontario students and residents understand the significance of treaty rights, treaty relationships and their relevance today. (Ontario)
Veterans' Week	Every year during the lead up to Remembrance Day on November 11, we honour those who have served Canada in times of war, military conflict and peace. (Canada)
Memorial of Krisallnacht, or the Night of Broken Glass	On November 9 and 10, 1938, the Nazi regime orchestrated a nationwide wave of antisemitic violence in Germany, known as Kristallnacht, or the "Night of Broken Glass." The name refers to the shattered windows of Jewish-owned businesses, homes, and synagogues that were destroyed after the attacks. Thousands of Jewish people were arrested or killed. Kristallnacht marked a critical escalation of Nazi persecution and served as a turning point for German Jews, showing that there was no safe future for them under Nazi rule. The event is remembered to honor the victims as a stark warning about the dangers of antisemitism and state-sanctioned violence.
Restorative Justice Week	Restorative Justice Week is recognized every year during the third week of November to acknowledge the impacts and achievements of the RJ approach and its application in Canada. RJ Week is an opportunity to explore how RJ can deal with harm in different situations: families, neighbourhoods, schools, workplaces, etc. It allows us to think about how RJ values and principles can be applied to everyday challenges. (Canada)
National Addictions Awareness Week	National Addictions Awareness Week highlights solutions to help address harms related to alcohol and other drugs. It provides an opportunity for people in Canada to learn more about prevention, to talk about treatment and recovery, and to bring forward solutions for change. (Canada)
Canada History Week	Canada History Week provides all Canadians with opportunities to learn more about the people and events that have shaped the country that we know today. (Canada)
16 Days of Activism Against Gender-Based Violence	Every year, from November 25 (International Day for the Elimination of Violence Against Women) to December 10 (World Human Rights Day), Canadians observe the 16 Days of Activism Against Gender-Based Violence. It is an opportunity to come together to call out, speak up and renew our commitment to end gender-based violence. (Canada)
Day of the Dead	In Mexico and, to a lesser degree, elsewhere in Latin America, the Day of the Dead (or Día de los Muertos) is an opportunity for family and friends to honor and remember deceased loved ones. The observation of the day likely has roots in the rituals of the pre-Hispanic people of Mexico. After Spanish colonization and the arrival of Catholicism, the holiday became intertwined with All Saints' Day and All Souls' Day. (International)
	Veterans' Week Memorial of Krisallnacht, or the Night of Broken Glass Restorative Justice Week National Addictions Awareness Week Canada History Week 16 Days of Activism Against Gender-Based Violence

8	Diwali	Diwali, also known as Deepavali or the Festival of Lights, is a festival celebrated by Hindus, Jains, Sikhs and Buddhists around the world. Diwali takes place on the day of the New Moon in the Hindu month of "Kartika". Diwali is a variation of the Sanskrit word "deepavali" meaning "row of lights" and refers to the earthen lamps or "diyas" that families place around their homes during the celebrations. Jains celebrate Diwali to mark the attainment of "moksha" or spiritual liberation. It is believed that many gods were present on the night when Mahavira reached moksha and that their presence illuminated the darkness. (Hinduism/Jainism/Buddhism)
8	Indigenous Veterans Day	A day to honour the important contributions made by First Nations, Inuit and Métis Veterans in service to Canada. (Canada)
11	Remembrance Day	Commemorates the members of the armed forces who have sacrificed their lives during the World Wars and other military efforts in history and currently. (Canada)
11	Lha Bab Düchen	Lha Bab Düchen, the "Festival of the Descent from Heaven", takes place on the 22nd day of the ninth Tibetan lunar month. It is one of the four Buddhist festivals commemorating four events in the life of the Buddha and celebrates 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. (Buddhism)
14	World Diabetes Day	World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. (International)
16	International Day for Tolerance	In 1996, the UN General Assembly adopted a resolution proclaiming November 16 as International Day for Tolerance. This action followed the adoption of a Declaration of Principles on Tolerance by UNESCO's Member States on November 16, 1995. Among other things, the Declaration affirms that tolerance is neither indulgence nor indifference. It is respect and appreciation of the rich variety of our world's cultures, our forms of expression and ways of being human. (International)
20	Transgender Day of Remembrance	A day to memorialize those who have been murdered as a result of transphobia and to bring attention to the continued violence endured by the transgender community. (International)
20	National Child Day	Canada has declared November 20th as National Child Day to celebrate the rights of children. November 20th was chosen as the day to celebrate National Child Day because the United Nations adopted the United Nations Convention on the Rights of the Child (UNCRC) on November 20, 1989. (Canada)
22	National Housing Day	Each year, National Housing Day is held on November 22. It's a day to recognize the important work done by housing partners across Canada to improve access to housing for everyone in Canada. (Canada)
22	Holodomor Memorial Day	Holodomor Memorial Day is commemorated each year to remember the millions of Ukrainians who were starved to death in Ukraine in 1932 and 1933 during the Holodomor Famine-Genocide. (International)
24	Martyrdom of Guru Teg Bahadur	This day commemorates the martyrdom of Guru Tegh Bahadur, the ninth of the Ten Sikh Gurus. He is remembered for his defence of the Sikh Faith and for willingly giving up his life for religious liberty for all faiths. (Sikhism)

24	Guru Nanak Gurpurab	One of the most sacred festivals in Sikhism, Gurpurab celebrates the birth of the first Sikh gurus Guru Nanak Dev Ji, the founder of Sikhism. Guru Nanak is highly revered by the Sikh community and was one of the most celebrated Sikh gurus. (Sikhism)
25	International Day for the Elimination of Violence Against Women	Designated by the UN, this is a day to raise awareness of the fact that women around the world are subject to multiple forms of violence. Women's rights activists have observed 25 November as a day against gender-based violence since 1981. This date was selected to honour the Mirabal sisters, three political activists from the Dominican Republic who were brutally murdered in 1960 by order of the country's ruler, Rafael Trujillo (1930-1961). (International)



DECEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 16 Days of Activism Against Gender-Based Violence World AIDS Day	2 16 Days of Activism Against Gender-Based Violence International Day for the Abolition of Slavery	3 16 Days of Activism Against Gender-Based Violence International Day of Persons with Disabilities	4 16 Days of Activism Against Gender-Based Violence	5 16 Days of Activism Against Gender-Based Violence International Volunteer Day
6 16 Days of Activism Against Gender-Based Violence The National Day of Remembrance and Action on Violence against Women École Polytechnique Tragedy (Montreal Massacre)	7 16 Days of Activism Against Gender-Based Violence	8 16 Days of Activism Against Gender-Based Violence Bodhi Day / Rōhatsu Pansexual Pride Day Feast of Immaculate Conception	9 16 Days of Activism Against Gender-Based Violence	10 16 Days of Activism Against Gender-Based Violence Human Rights Day	11	12
13 Saligrah / Saligrah Khushiali / Aga Khan's Birthday	14 Chanukah / Hanukkah	15 Chanukah / Hanukkah	16 Chanukah / Hanukkah Day of Reconciliation	17 Chanukah / Hanukkah	18 Chanukah / Hanukkah International Migrants Day	19 Chanukah / Hanukkah
20 Chanukah / Hanukkah International Human Solidarity Day	21 Chanukah / Hanukkah Winter Solstice Yule / Winter Solstice Yaldā / Chella	22 Chanukah / Hanukkah	23	24 Christmas Eve	25 Christmas Day	Z6 Kwanzaa Boxing Day Zartosht No-Diso / Death of Prophet Zarathustra
27 Kwanzaa Guru Gobind Singh Jayanti	28 Kwanzaa	29 Kwanzaa	30 Kwanzaa	31 Kwanzaa	1	2

December 2026

Universal Human Rights Month (International)

14 (sundown) - 22	Chanukah / Hanukkah	Chanukah, the Festival of Lights, is an eight-day Jewish holiday in celebrating the success of the Maccabean Revolt against the Seleucid Empire, and the liberating and rededication of Holy Temple in Jerusalem. (Judaism)
26 - January 1	Kwanzaa	Kwanzaa is an African-American cultural holiday that has been adopted around the world including in Canada to celebrate African family, community and culture. (International)
1	World AIDS Day	Designated on December 1 every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. (International)
2	International Day for the Abolition of Slavery	International Day for the Abolition of Slavery is annually held on December 2 to raise awareness of the atrocities of modern slavery. It is not to be confused with another UN day, the International Day for the Remembrance of the Slave Trade and its Abolition. (International)
3	International Day of Persons with Disabilities	Promoted by the UN, this day is to promote an understanding of disability issues and mobilize support for the dignity, rights, and well-being of persons with disabilities. (International)
5	International Volunteer Day	The United Nations Volunteers Programme coordinates International Volunteer Day on December 5 every year to recognize and promote the tireless work, not just of UN Volunteers, but of volunteers across the globe. (International)
6	École Polytechnique Tragedy (Montreal Massacre)	On December 6, 1989, Marc Lepine entered a classroom at Montréal's Ecole Polytechnique, separated the women from the men, and opened fire on the women, killing 14 and wounding 13. In his suicide note, he blamed feminists for ruining his life and listed 19 women he intended to target. This act of misogynistic violence, later called the Montreal Massacre, sparked national debates about gender-based violence, anti-feminism, and gun control. It led to the creation of the Coalition for Gun Control, contributed to Canada's 1995 federal firearms legislation (Bill C-68), and prompted Parliament to declare December 6 the National Day of Remembrance and Action on Violence against Women, also known as White Ribbon Day.
8	Bodhi Day / Rōhatsu	Bodhi Day celebrates the day Siddhartha Gautama, Sakyamuni Buddha, achieved enlightenment. Known as Rohatsu or Jodo-e in Japan and elsewhere by other names, this holiday is widely observed in the Mahayana traditions of East Asia and across the globe. In regions that follow the lunar calendar, this date varies year to year. In regions that follow the Gregorian calendar, Bodhi Day is celebrated on December 8th. (Buddhism)
8	Pansexual Pride Day	Pansexual Pride Day celebrates the strides taken by the pansexual and panromantic community to be accepted and understood. (International)
8	Feast of Immaculate Conception	The Feast of the Immaculate Conception celebrates the Immaculate Conception of the Blessed Virgin Mary on 8 December. It is one of the most important Marian feasts in the liturgical calendar of the Roman Catholic Church. (Christianity)

10	Human Rights Day	A day to honour the UN General Assembly's adoption and proclamation, on December 10, 1948, of the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights. (International)
13	Saligrah / Saligrah Khushiali / Aga Khan's Birthday	The date of birth of the present and living Imam, spiritual leader of the Shia Ismaili Muslims and 49th hereditary Imam, His Highness Prince Karim Aga Khan. (Ismaili Muslim)
16	Day of Reconciliation	This holiday came into effect in 1994 after the end of Apartheid. It is intended to celebrate the end of apartheid and foster reconciliation between different racial groups. (South Africa)
18	International Migrants Day	Declared by the UN, this is a day to honour the international convention on the protection of the rights of migrants. (International)
20	International Human Solidarity Day	This is annually held on December 20 to celebrate unity in diversity. It also aims to remind people of the importance of solidarity in working towards eradicating poverty. (International)
21	Winter Solstice	In the Northern Hemisphere, the Winter Solstice occurs when the sun travels along its southernmost path in the sky. The Winter Solstice is the day with the fewest hours of sunlight in the whole year, making it the "shortest day" of the year. This marks the astronomical start of winter in the northern half of the globe. (International)
21	Yule / Winter Solstice	Yule celebrates the winter solstice and marks the sun's rebirth. Candles, lights, round sun-shaped decorations, and evergreen plants remind people in mid-winter that warmth and life will return. Giving and receiving are heavy themes at Yule, as well as rebirth and fresh beginnings. (Paganism/Wicca/Druid)
21	Yaldā / Chella	Celebrated on the longest and darkest night of the year, Yaldā or Chella refers to a traditional celebration of the sun and the warmth of life. As an ancient tradition which has been observed for some time, it has been adopted in numerous regions. Countries in which some or all of the population celebrate this festival include Iran, Turkey, Azerbaijan, Afghanistan, Tajikistan, and Iraq. (International)
24	Christmas Eve	Christmas Eve is the evening before Christmas and is often observed with a long meal, usually with family, sometimes accompanied by other celebrations such as midnight mass. (Christianity)
25	Christmas Day	A holiday celebrating the birth of Jesus Christ. It is recognized as a public holiday in many nations around the world and is also celebrated secularly by many non-Christians. (Christianity)
26	Boxing Day	The day after Christmas Day was traditionally celebrated as the day tradesmen and servants would receive gifts from their employers. (International)
26	Zartosht No-Diso / Death of Prophet Zarathustra	This day marks the death of the founder of the Zoroastrian faith. (Zoroastrianism)
27	Guru Gobind Singh Jayanti	Honors the birth of Guru Gobind Singh, the 10th and last human Guru. Date varies based on the Hindu Bikrami and lunar calendars; also celebrated on January 6, 2025. (Sikhism)