

FEBRUARY 2024

1

Imbolc

An event that lands about between the winter solstice and the spring equinox. It is one of the four Gaelic seasonal festivals—along with Bealtaine, Lughnasadh and Samhain.

1

World Hijab Day

World Hijab Day celebrates all of the Muslim women who choose to wear the hijab. This day strives to foster religious tolerance by inviting all women to experience the hijab for one day.

2

Groundhog Day

Groundhog Day in Canada focuses on the concept of a groundhog coming out of its home in mid-winter to “predict” if spring is on its way in the Northern Hemisphere.

4

World Cancer Day

A day dedicated to raising worldwide awareness, improving education and catalyzing personal, collective and government action about cancer.

5

Anniversary of Toronto Bathhouse Raids

A day to remember the raids of four bathhouses in Toronto, which marked a turning point for the LGBTQI+ community in Canada.

6-7

Lailat Al Miraj

A Muslim holiday commemorating the Prophet Muhammad's night time journey from Mecca to Jerusalem where he ascended to heaven. Also known as Isra and Mi'raj or Al Isra'wal Miraj. Begins at the previous sundown.

10-12

Losar

A Buddhist day to close out the old year and bid goodbye to all its bad aspects and negativities, with activities that center on the eve of the last night of the year for Tibetans all over the world.

10

Lunar New Year

An event typically celebrated in China and other Asian countries that begins with the first new moon of the lunar calendar and ends on the first full moon of the lunar calendar, 15 days later.

11

International Day of Women and Girls in Science

This day recognizes and celebrates the critical role women and girls play in science and technology.

Monthly Occasions

Black History Month

Heart Month

Psychology Month

Recreation Therapy Month

Weekly Occasions

February 1-7

Interfaith Harmony Week

February 4-10

White Cane Week

February 13-19

Non-Profit Appreciation Week

February 13-17

Sexual and Reproductive Health Awareness Week

February 14 -March 28

Lent

February 19-25

Heritage Week

February 19-25

Aromantic Spectrum Awareness Week



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13

World Radio Day

The radio's ability to reach the widest audience means radio can shape a society's experience of diversity, stand as an arena for all voices to speak out, be represented and heard.

13

Carnival/Shrove Tuesday

Also known as Pancake Tuesday, this is the last day before the long fast for Lent for some Christians in Canada.

14

Valentine's Day

Valentine's Day is an opportunity for people in Canada to show love to their friends and families.

14

Ash Wednesday

Many Christians in Canada mark Ash Wednesday as the first day of Lent. It is the beginning of the Lenten fast and is the day after Shrove Tuesday.

15

Parinirvana Day, or Nirvana Day

Parinirvana Day, or Nirvana Day is a Mahayana Buddhist holiday celebrated in East Asia.

15

National Flag of Canada Day

The anniversary of the day that the national flag of Canada was inaugurated.

17

Random Acts of Kindness Day

Random Acts of Kindness Day is an effort to make kindness the norm.

19

Family Day

A holiday celebrating the importance of families and family life to people and their communities.

19

Nova Scotia Heritage Day

A day dedicated to celebrating provincial heroes and events.

20

World Day of Social Justice

A day that recognizes that social development and social justice are indispensable for the achievement and maintenance of peace and security within and among nations.

21

International Mother Language Day

A day to recognize that languages and multilingualism can advance inclusion, and the Sustainable Development Goals' focus on leaving no one behind.



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23

Yukon Heritage Day

Many people in the Yukon, Canada, celebrate the territory's Heritage Day, usually held on the Friday before the last Sunday of February.

24

Chötrul Düchen

The first fifteen days of the year in the Tibetan calendar celebrate the fifteen days during which the Buddha displayed miracles for his disciples so as to increase their devotion.

24

Magha Puja Day

A day to commemorate a time when 1,250 Buddhists spontaneously came together to pay their respect to the Buddha.

24

Lantern Festival

The Lantern Festival marks the end of the Chinese New Year period. People will go out to look at the moon, send up flying lanterns, fly bright drones, have a meal, and enjoy time together.

26-
29

Ayyám-i-Há

Ayyám-i-Há (also known as the Intercalary Days) is a period of celebration devoted to charity, gift-giving and festivities prior to the annual period of fasting for the Bahá'ís community.

28

Rare Disease Day

The main objective of Rare Disease Day is to raise awareness amongst the general public and decision-makers about rare diseases and their impact on people's lives.

28

Pink Shirt Day

Pink Shirt Day, also known as National Anti-Bullying Day, is a day when people come together by wearing pink shirts to school or work to show that they are against bullying.

29-
March
19

Nineteen Day Fast

A period of meditation and prayer, of spiritual recuperation for the Bahá'ís community, during which the believer must strive to make the necessary changes in their inner life, to refresh and reinvigorate spiritual forces.



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Resource Spotlight:

Digital Equity Diversity and Inclusion Calendar

The Digital Equity, Diversity and Inclusion Calendar is an online version of this calendar. It keeps track of days that may have special meaning for LTC residents, families and team members in Ontario all in one online space: religious and spiritual days of significance, cultural celebrations, awareness days and health promotion days. Visit the online version of the calendar to learn more about these dates, their significance and gain access to resources that you can share with others. The digital calendar also allows for dates to be added to your own calendar to help you keep track. Staying aware of these days and scheduling activities around them will help you create an inclusive home, 365 days a year.

Explore the digital calendar: clri-ltc.ca/diversitycalendar

