

MARCH 2024

1

St David's Day

A day for many Canadians of Welsh descent or those with Welsh connections to celebrate the patron saint of Wales. The Welsh flag is often seen, as well as daffodils or leeks pinned to clothing.

1

Zero Discrimination Day

Discrimination and inequalities are closely intertwined, so it is critical when looking to reduce inequalities to address discrimination.

1

World Compliment Day

A day designed to celebrate complimenting and celebrating the people around us.

3

World Hearing Day

World Hearing Day is held annually on March 3rd to promote ear and hearing care, and raise awareness on how to prevent deafness and hearing loss.

4

Black Mental Health Day

A day established to recognize the mental health effects of anti-Black racism on Black communities. This day promotes conversation surrounding systemic change.

8

International Women's Day

A day celebrated on the 8th of March every year around the world. It is a focal point in the movement for women's rights.

8

Maha Shivaratri

An Hindu festival that celebrates the deity Shiva.

10

Daylight Savings Starts

Sunday, March 10, 2024, 2:00:00 am clocks are turned forward 1 hour to Sunday, March 10, 2024, 3:00:00 am local daylight time.

11

Commonwealth Day

A day that commemorates the Commonwealth of Nations, which is a union of some countries that used to be part of the British Empire.

11

National COVID-19 Day of Observance

This date is an opportunity to reflect on the many challenges we have experienced, and remember those who have faced devastating impacts of the pandemic.

Monthly Occasions

Bangladeshi Heritage Month

Colorectal Cancer Awareness Month

Epilepsy Awareness Month

Endometriosis Awareness Month

Francophonie Month

Kidney Health Month

Liver Health Month

Music Therapy Awareness Month

National Pharmacy Awareness Month

National Reading Month

National Social Work Month

Nutrition Month

Red Cross Month

Weekly Occasions

March 10-16

Creative Arts Therapy Week

March 10-16

World Glaucoma Week

March 11-17

Brain Awareness Week

March TBD

Ontario Social Work Week

March TBD

International Francophonie Week



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11

Canadian Women Physicians Day

A day to honour Dr. Jennie Trout, the first woman licensed to practice medicine in Canada, and to celebrate all the women in the medical field.

TBD

Ramadan

Ramadan is the ninth month in the Islamic calendar and is a period of prayer, fasting, charity-giving and self-accountability for Muslims in Canada.

15

Dietitian's Day

Dietitian's Day is dedicated to spotlighting the profession of dietitians and the importance of their roles in promoting reliable nutritional and food advice.

17

St Patrick's Day and Irish Heritage Day

A day that remembers St Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century and also celebrates Irish culture.

18th-
May
4th

Great Lent

The 40-day season of spiritual preparation that comes before the most important Feast of the Christian year, Holy Pascha (which means "Passover" and is commonly called "Easter").

19

March Equinox

There are two equinoxes every year, in March and September, when the Sun shines directly on the equator, and the length of night and day are nearly equal.

20

International Francophonie Day

A day dedicated to promoting the French language and the diversity of Francophone cultures around the world.

20

World StoryTelling Day

A worldwide celebration of oral storytelling. On this day, storytellers around the world try to tell stories in as many languages and at as many places as possible, during the same day.

20-
21

Naw- Rúz (Bahá'í New Year)

Naw-Rúz is the first day of the Bahá'í calendar year and one of nine holy days for adherents of the Bahá'í Faith. Begins in the evening of the first day & ends in the evening of the second day.

21

International Day for the Elimination of Racial Discrimination

An annual observation of the day the police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid "pass laws" in 1960.



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21

International Nowruz Day

Nowruz marks the first day of spring and is celebrated on the day of the astronomical vernal equinox, which usually occurs on 21 March.

21

World Down Syndrome Day

A day dedicated to raising awareness and celebrating the lives and achievements of people with Down Syndrome.

22

World Water Day

World Water Day is about accelerating change to solve the water and sanitation crisis.

23

Ta'anit Esther (Fast of Queen Esther)

A Jewish fast from dawn until dusk on Purim eve, commemorating the three-day fast observed by the Jewish people in the story of Purim.

23-
24

Purim

A Jewish holiday that marks the Jewish people's deliverance from a royal death decree around the 4th century BCE. It begins at sundown on the first day and ends at nightfall on the second day.

24-
25

Holi

One of the most celebrated festivals of India. Sometimes called the "festival of love", this Hindu festival brings people together, forgetting all resentments and bad feelings towards each other.

24

Palm Sunday

Many Christians in Canada remember Jesus Christ's triumphal entry into Jerusalem on Palm Sunday, which marks the beginning of Holy Week.

25

International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade

A day to honour and remember those who suffered and died at the hands of the brutal slavery system. The International Day also aims to raise awareness about the dangers of racism and prejudice today.

25-
27

Holla Mohalla

This Sikh Festival is a gathering of Sikhs for military exercises and mock battles on the day following the festival of Holi. Holla Mohalla is a big festive event for Sikhs around the world.

26

Purple Day

A global grassroots event formed with the intention to increase worldwide awareness of epilepsy and to dispel common myths and fears of this neurological disorder.



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26

Khordad Sal

This day marks the birth anniversary of Prophet Spitaman Zarathushtra (Zoroaster). During the special day, Jashans are recited, large parties are held, large banquets are served, and Parsis (community) gather together.

28

Maundy Thursday

An observance that commemorates Jesus Christ's last supper and the initiation of the Eucharist, which is observed in many Christian churches in Canada.

29

Good Friday

The day when Christians commemorate the crucifixion of Jesus Christ, which plays an important part in the Christian faith and is recognized as a statutory holiday in all Canadian provinces and territories except Quebec.

30

Holy Saturday

Holy Saturday falls between Good Friday and Easter Sunday in Canada and it commemorates the day when Jesus Christ lay in the tomb after his death for the Christian faith.

31

Easter Sunday

Celebrates Jesus Christ's resurrection after his death, which is described in the Christian Bible.

31

International Trans Day of Visibility

A day dedicated to celebrating the accomplishments and victories of transgender and gender non-conforming people while raising awareness of the work that is still needed to save trans lives.

31

National Indigenous Languages Day

An opportunity for Indigenous and non-Indigenous peoples in Canada to recognize and celebrate the very rich and diverse heritage of Indigenous languages.

