

MAY 2024

1

Doctor's Day

A day to highlight and celebrate doctors' expertise and dedication to patient care.

1

Tsuut'ina Day

Tsuut'ina Day marks the beginning of a new year with the arrival of spring and the people of Tsuut'ina would gather and celebrate the population by placing a rock on the community's Rock Cairn.

3

Orthodox Good Friday

Many Orthodox Christian churches in Canada often observe Good Friday at a later date, and the observance focuses on Jesus Christ's death, which is described in the Christian bible.

4

Orthodox Easter

Orthodox Christians in Canada celebrate Jesus' resurrection on Orthodox Easter Sunday.

5

South Asian Arrival Day

A day to recognize and pay tribute to the contributions South Asians have made, and continue to make, to the development and general welfare of Ontario.

5

World Pulmonary Hypertension Day

A day to raise awareness about pulmonary hypertension, which is a frequently misdiagnosed disease, and celebrate the lives of people living with it.

5

National Day of Awareness for Missing and Murdered Indigenous Women and Girls

A day to honour the lives and legacies of the victims and survivors impacted by this tragic and on-going violence. A day for reflection and also for action.

5

World Hand Hygiene Day

A day to raise awareness of the importance of washing hands and hand hygiene.

5

Yom Hashoah

Yom HaShoah is a day of remembrance for the victims of the Holocaust. It is observed to honor and commemorate those who lost their lives during this tragic period in history.

6

World Axial Spondyloarthritis Day

World AS Day is an annual day dedicated to people with Axial Spondyloarthritis (axSpA) globally. The goal is to raise awareness for Axial Spondyloarthritis and related conditions.

Monthly Occasions

Asian Heritage Month

Dutch Heritage Month

Jewish Heritage Month

Polish Heritage Month

South Asian Heritage Month

Ankylosing Spondylitis

Awareness Month

Bladder Cancer Awareness
Month

Brain Tumour Awareness Month

Celiac Awareness Month

Hemochromatosis Awareness
Month

Hypertension Awareness Month

National Physiotherapy Month

National Sun Awareness Month

Speech and Hearing Month

Vision Health Month

Weekly Occasions

May 5-11

Emergency Preparedness
Week

May 5-11

National Tourism Week

May 5-11

National Hospice and
Palliative Care Week

May 6-10

Education Week

May 6-11

Safety and Health Week

May TBD

Mental Health Week



MAY 2024

6

Orthodox Easter Monday

Many Orthodox Christian churches in Canada often observe Easter Monday at a later date than the Easter Monday date observed by many Western churches.

7

National Child and Youth Mental Health Day

A day about building caring connections between young people and the caring adults in their lives to positively impact the mental health of children and youth.

8

International Thalassaemia Day

A day devoted to raising awareness about thalassaemia and strengthening the lifelong struggle of patients against this severe blood disease.

8

World Red Cross and Red Crescent Day

An annual celebration of the principles of the International Red Cross and Red Crescent Movement.

10

World Lupus Day

Educating individuals on the severe impacts of lupus, which often has unpredictable and life-changing results.

12

International Awareness Day for Chronic Immunological and Neurological Diseases

A day to raise awareness about chronic immunological and neurological diseases and commemorate those who have suffered with them.

12

International Nurses Day

A celebration of nurses around the world that is commemorated with the distribution of the International Nurses Day (IND) resources and evidence.

12

Mother's Day

Many Canadians celebrate this day by showing their appreciation for mothers or mother figures.

12-13

Yom HaZikaron (Israeli Memorial Day)

A day of honouring Israeli Memorial Day. Begins at sundown on the first day and ends at nightfall on the second day.

13-14

Yom HaAtzma'ut

A time that begins at sundown on the first day and ends at nightfall on the second day, where many Jewish Canadians remember Israel's Independence Day.

Weekly Occasions

May 6-12
National Nursing Week

May TBD
Naturopathic Medicine Week

May TBD
National Victims of Crime Awareness Week

May TBD
Paramedic Services Week

May 15-19
Canadian Innovation Week



MAY 2024

15

International Day of Families

This day 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.

16

Global Accessibility Awareness Day

A day to raise awareness about digital access/inclusion and people with different disabilities. Accessibility should be a core requirement of technology.

16

International Day of Living Together in Peace

Living together in peace is all about accepting differences and having the ability to listen to, recognize, respect and appreciate others, as well as living in a peaceful and united way.

17

International Day Against Homophobia, Transphobia & Biphobia (IDAHOT)

A celebration bringing people together in recognition of human rights for all, irrespective of sexual orientation, gender identity or expression.

17

World Hypertension Day

A day to promote public awareness of hypertension and to encourage citizens of all countries to prevent hypertension.

18

Ascension Day

A day that is observed in Canada on the 40th day of Easter. It commemorates Jesus Christ's ascension into heaven, according to the New Testament of the Bible.

18

International Museums Day

A day to raise awareness about the important contributions of Museums and how they contribute to cultural exchange and development.

19

Personal Support Worker Day

A day to recognize the essential role of Canada's Personal Support Workers to meet the supportive, physical and psychosocial needs of clients and their families.

19

Pentecost

Pentecost is a Christian observance commemorating the descent of the Holy Spirit on Jesus Christ's disciples, according to the Bible.

19

World IBD Day

World IBD unites people worldwide in their fight against Crohn's disease and ulcerative colitis, known as inflammatory bowel diseases.

Weekly Occasions

May TBD
Paramedic Services Week

May TBD
Citizenship Week

May 26 - June 1
National AccessAbility Week

May TBD
National Tourism Week



MAY 2024

20

Victoria Day

Victoria Day, also known as May Two-Four, May Long, and May Long Weekend, is a Canadian holiday on the Monday preceding May 22.

20

World Autoimmune Arthritis Day

An event to raise awareness about the AUTOimmune and AUTOinflammatory diseases that include inflammatory-driven arthritis.

20

Whit Monday

A day following Pentecost that commemorates the Holy Spirit's descent on Jesus Christ's disciples, as told in the Christian Bible.

21

World Day for Cultural Diversity for Dialogue and Development

A day that celebrates the richness of the world's cultures, as well as the essential role of intercultural dialogue for achieving peace and sustainable development.

21

Ontario Flag Day

A day to pay tribute to the Ontario flag and celebrate all Ontario citizens and their countless contributions while honouring our history, heritage, values and successes.

22-
23

Declaration of the Báb

Declaration of the Báb the anniversary of the Báb's announcement of His mission in 1844. This event is celebrated by the Bahá'ís community.

23

Saga Dawa Düchen

This day is the single most holy day of the year for Tibetan Buddhists. Saga Dawa Düchen commemorates the Birth, Enlightenment, and Parinirvana of Buddha Shakyamuni marked on the same day of the Full Moon within this month.

23

Vesak (Buddha Day)

"Vesak", is the most sacred day to millions of Buddhists around the world. It was on the Day of Vesak two and a half millennia ago, in the year 623 B.C., that the Buddha was born. It was also the day the Buddha attained enlightenment and passed away.

24

Pansexual Visibility

This is a day to celebrate the pansexual and panromantic community and educate others on the community.



MAY 2024

25

Africa Day

Africa Day was first created to celebrate freedom from exploitation from colonial powers. It celebrates people and culture from the diverse continent.

25-
26

Lag B'Omer

A day of celebration and joy for many Jewish people in Canada because mourning practices that occur during the Omer period are lifted on this date. It begins at sundown on the first day and ends at nightfall on the second day.

26

Trinity Sunday

Many Christians in Canada celebrate Trinity Sunday, which is the first Sunday after Pentecost and it is also symbolic of the unity of the Trinity.

27-
28

Ascension of Bahá'u'lláh

Ascension of Bahá'u'lláh marking the passing of Bahá'u'lláh in 1892. This event is celebrated by the Bahá'ís community.

30

Corpus Christi

Many Christians in Canada, especially those of the Roman Catholic faith, observe Corpus Christi in honour of the Holy Eucharist.

30

World MS Day

A day to celebrate global solidarity and hope for the future and a time to share stories, raise awareness and campaign with everyone affected by MS.

31

World No Tobacco Day

A day to fight the tobacco epidemic, and raise awareness on what people around the world can do to claim their right to healthy living and to protect future generations.

31

Red Shirt Day

A day where Canadians 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.

