

OCTOBER 2024

1

International Day for Older Persons

A day recognizing the many ways in which older people contribute to their families and communities and working towards prioritizing their healthcare needs.

2

International Day of Non-Violence

The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence.

2-4

Rosh Hashana

Many Jewish Canadians celebrate Rosh Hashana (or Rosh Hashanah, also known as the Jewish New Year), which begins at sundown on the first day and ends at nightfall on the last day.

4

World Habitat Day

A day to reflect on the state of our towns and cities, and on the basic right of all to adequate shelter.

4

National Day of Action 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.

4

Feast of St Francis of Assisi

A feast that commemorates the life of St Francis, who was born in the 12th century and is the Catholic Church's patron saint of animals and the environment.

5

World Meningitis Day

A day to call on individuals to help us prevent, reduce and limit the impact of meningitis.

5

Tzom Gedaliah (Fast of Gedalia)

A Jewish fast day from dawn until dusk to lament the assassination of Gedaliah, the righteous governor of Judah.

5

World Teachers' Day

World Teachers' Day is held annually on October 5 to celebrate the vital role teachers play globally.

6

World Cerebral Palsy Day

A day that acts as a movement of people with Cerebral Palsy and their families, and the organizations that support them, fighting for equal opportunities.

Monthly Occasions

Breast Cancer Awareness Month

Caribbean Heritage Month

Community Support Month

Healthy Workplace Month

Hispanic Heritage Month

Islamic Heritage Month

Learning Disabilities

Awareness Month

LGBTQ History Month

Occupational Therapy Month

Rett Syndrome Awareness Month

Sudden Infant Death

Syndrome (SIDS) Awareness Month

Women's History Month

Weekly Occasions

October TBD

HPV Prevention Week

October TBD

Canadian Malnutrition Awareness Week

October TBD

Community Health and Wellbeing Week

October 7-14

National Family Week

October 3-11

Navaratri (Durga Puja)

October 1-7

Mental Illness Awareness Week

October 4-10

World Space Week



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7

Ageism Awareness Day

A day dedicated to raising awareness about age discrimination and promoting equity and inclusion for people of all ages.

8

International Lesbian Day

A day that showcases women-loving-women, providing a platform for lesbian role models to speak out on relevant issues.

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.

10

World Sight Day

Raising awareness and taking action about the more than a billion individuals globally who do not have access to glasses and as a result are unable to see.

11

National Coming out Day

A day to celebrate the 2SLGBTQI+ members of our communities, and bring awareness to this sometimes scary, stressful, but important time for 2SLGBTQI+ people.

11-
12

Yom Kippur

Yom Kippur is a Jewish holiday known as the Day of Atonement. Many Canadians of Jewish faith in Canada spend the day fasting and praying.

12

World Hospice and Palliative Care Day

A unified day of action to celebrate and support hospice and palliative care around the world.

12

Dussehra

Dussehra is a Hindu festival that celebrates the victory of good over evil. Many people of the Hindu faith observe through special prayers and food offerings to the gods.

14

Thanksgiving Day

An event that takes place on the second Monday of October and acts as a chance for people to give thanks for a good harvest and other fortunes in the past year.

15

Pregnancy and Infant Loss Remembrance Day

A day to honour the significance of the babies who died too early, and show support for the families impacted.

Weekly Occasions

October TBD
YWCA Week Without Violence

October 16-23
Sukkot

October 20-26
Ace Week

October TBD
Canadian Intensive Care Week

October TBD
Asexual Awareness Week

October TBD
Canadian Down Syndrome Awareness Week

October TBD
Canadian Patient Safety Week

October TBD
Media Literacy Week

October TBD
International Brain Tumour Awareness Week



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15

Pharmacy Technician Day

A day to recognize the efforts of Pharmacy Technicians and the contributions they make towards the safety and well-being of the people they serve.

16

World Spine Day

World Spine Day highlights the burden of spinal pain and disability around the world.

16

International Pronouns Day

A day that seeks to make respecting, sharing, and educating about personal pronouns commonplace.

16
-23

Sukkot

A Jewish event also known as the Feast of Tabernacles. It begins at sundown on the first day and ends at nightfall on the last day.

17

International Day for the Eradication of Poverty

A day to recognize that millions of people are living in extreme poverty, which can be defined as a lack of both income and the basic capabilities to live in dignity.

18

Persons Day

This event 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.

19

National Psoriatic Arthritis Day

A day to raise awareness about Psoriatic Arthritis which is a type of inflammatory arthritis that affects both women and men.

19-
20

Karva Chauth

Karva Chauth is an annual one-day festival that honours the Hindu god Shiva and goddess Parvati.

22

International Stuttering Awareness Day

A day to raise public awareness of the issues faced by millions of people – one percent of the world's population – who stutter, or stammer.

24

Brain Cancer Awareness Day

A day dedicated towards making people aware of the devastation of brain cancer, but also letting everyone know that there is hope!



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23-
24

Shemini Atzeret

A Jewish holiday dedicated to the love of God that many Jewish communities across Canada celebrate that begins at sundown the first day and ends at nightfall the second day.

24

United Nations Day

A day that emphasises the urgency for all countries to come together, to fulfil the promise of the United Nations.

24-
25

Simchat Torah

Many Jewish communities in Canada celebrate Shemini Atzeret (or Shmini Atzeret) and Simchat Torah. They mark the end of the Sukkot (or Sukkoth) festival.

26

Intersex Awareness Day

Intersex Awareness Day is an internationally observed event designed to highlight human rights issues faced by intersex people.

27

Dress Purple Day

A provincial event to raise awareness about the important role that individuals and communities play in supporting vulnerable children, youth, and families.

27

World Occupational Therapy Day

An opportunity to heighten the visibility of the profession's development work and to promote the activities of World Federation of Occupational Therapists.

28

Govatsa Dwadashi

A Hindu cultural and religious festival which marks the beginning of Diwali celebrations, which symbolizes victory of light over darkness, in some parts of India.

29

Dhanteras

Dhanteras, also known as 'Dhanatrayodash' is a festival celebrated in India. People buy utensils and jewelry on this day to bring good luck.

31

Halloween

A day to mark the night when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living and where children may trick-or-treat in their neighborhood.

31

Diwali/Deepavali

Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains and Sikhs.

