

MAY 2026

Monthly Occasions

Ankylosing Spondylitis Awareness Month
Asian Heritage Month
Bladder Cancer Awareness Month
Brain Tumour Awareness Month
Celiac Awareness Month
Dutch Heritage Month
Food Allergy (Anaphylaxis) Awareness Month
Hemochromatosis Awareness Month
Hypertension Awareness Month
Jewish Heritage Month
National Caregiver Month
National Physiotherapy Month
National Sun Awareness Month
Polish Heritage Month
South Asian Heritage Month
Speech and Hearing Month
Vision Health Month

Weekly Occasions

May 3-9	National Hospice Palliative Care Week
May 3-9	Emergency Preparedness Week
May 3-9	National Tourism Week
May 3-9	Safety and Health Week
May 4-8	Education Week
May 4-10	Naturopathic Medicine Week
May 4-10	Mental Health Week
May 11-17	National Nursing Week
May 17-23	Paramedic Services Week
May 25-31	Citizenship Week
May 31-June 6	National AccessAbility Week
TBD	Canadian Innovation Week



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1

Vesak (Buddha Day)

A day when Buddhists celebrate the birth, enlightenment, and passing of Gautama Buddha, reflecting on his teachings of compassion, peace, and wisdom through prayer, meditation, and acts of kindness.

1

Bealtaine

A day rooted in ancient Celtic tradition that marks the halfway point between the spring equinox and summer solstice. It is celebrated with fire, dance, and rituals that honour fertility, renewal, and the return of light and warmth.

1-2

Twelfth Day of Riḍván

A day when Bahá'ís commemorate Bahá'u'lláh's departure from the Garden of Riḍván with His family to begin His journey to Constantinople, marking the end of the Riḍván Festival. It begins on the evening of the first day and ends on the evening of the second day.

1

National Physicians' Day (Doctor's Day)

A day to recognize the commitment and care of physicians, and highlight their role in delivering quality health care and supporting patient well-being.

2

World Axial Spondyloarthritis Day

A day to raise awareness of axial spondyloarthritis (axSpA), a chronic inflammatory disease that primarily affects the spine and the sacroiliac joints.

4-5

Lag B'Omer

A day when many Jewish people celebrate a joyful break in the mourning period of the Omer, often marked by bonfires, music, and reflection. It begins at sundown and continues until nightfall the following day.

5

World Hand Hygiene Day

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

5

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

A day to raise awareness of the disproportionate rates of violence, disappearance, and murder of women and girls in Indigenous communities. It calls for justice, support for families, and action to address the root causes of this national crisis.

5

South Asian Arrival Day

A day to recognize and honour the contributions, history, and cultural heritage of South Asian communities who arrived and helped shape Canada's diverse society.



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5

World Pulmonary Hypertension Day

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

7

National Child and Youth Mental Health Day

A day to raise awareness, foster understanding, and support the mental well-being of young people, so they feel seen, heard, and supported.

8

International Thalassaemia Day

A day to raise awareness about thalassaemia and advocate for better care, prevention, and support worldwide for this severe blood disease.

8

World Red Cross and Red Crescent Day

A day to celebrate humanitarian work and the principles of the International Red Cross and Red Crescent Movement.

10

World Lupus Day

A day to raise awareness of the serious impacts of lupus, an autoimmune disease that often presents with unpredictable and life-changing results.

10

Mother's Day

A day when many Canadians show their appreciation for mothers or mother figures in their lives.

12

International Awareness Day for Chronic Immunological and Neurological Diseases

A day to raise awareness about chronic immunological and neurological diseases, and amplify the voices of people who live with these conditions.

12

International Nurses Day

A day to celebrate the contributions of nurses around the world, commemorated by the distribution of the International Nurses Day (IND) resources and evidence.

14

Ascension Day

A day when many Christians commemorate the ascension of Jesus Christ into heaven, occurring 40 days after Easter and symbolizing his return to God the Father, according to the New Testament of the Bible.

14-15

Yom Yerushalayim (Jerusalem Day)

A day when Israelis commemorate the reunification of Jerusalem and the establishment of Israeli governance over the Old City. It begins at sundown and ends the next evening.



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15

Nakba Day

A day to commemorate the displacement and loss experienced by Palestinians during the 1948 Palestine War and the establishment of Israel.

15

International Day of Families

A day to raise awareness of issues related to families and to increase the knowledge of the social, economic and demographic processes affecting families.

16

International Day of Living Together in Peace

A day to foster understanding, respect, and solidarity among all people, encouraging people around the globe to embrace diversity and work together to build a more peaceful and inclusive world.

16

Martyrdom: Imam Mohammad al-Jawad (AS)

A day when Shia Muslims commemorate the anniversary of the martyrdom of the ninth infallible Imam, Imam Ali Al Ridha (A.S.) on 10th Rajab. He was martyred in Baghdad at the age of 25 after becoming Imam of his time at the age of 9 years old. *Date is estimated.*

17

International Day Against Homophobia, Transphobia & Biphobia (IDAHO)

A day to support human rights for 2SLGBTQIA+ individuals and raise awareness about the impact of discrimination based on sexual orientation, gender identity, or expression.

17

World Hypertension Day

A day to raise awareness of high blood pressure (hypertension) and to encourage people around the world to adopt healthy habits to help prevent and manage it.

18

Global Porphyria Awareness Day

A day to raise awareness of porphyria, a group of rare genetic disorders affecting the skin and nervous system.

18

International Museums Day

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

18

Victoria Day

A Canadian statutory holiday that commemorates the birthday of Queen Victoria and marks the unofficial start of summer. It is observed on the Monday preceding May 25, and is also known as May Two-Four and May Long Weekend.



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19

Personal Support Worker Day

A day to recognize the essential role of Canada's personal support workers in supporting the physical and psychosocial needs of clients and their families.

19

World IBD Day

A day to unite people worldwide in the fight against Crohn's disease and ulcerative colitis, known as inflammatory bowel diseases.

20

World Autoimmune/Autoinflammatory Arthritis Day

A day to raise awareness of autoimmune and autoinflammatory arthritis conditions and their impact on individuals and communities.

21

World Day for Cultural Diversity for Dialogue and Development

A day to celebrate the richness of the world's cultures and 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.

21

Moose Hide Campaign Day

A day to raise awareness and take action against violence towards women and children, particularly within Indigenous communities, and to encourage men and boys to be part of the solution.

21

Global Accessibility Awareness Day

A day to raise awareness about digital accessibility and inclusion, and to encourage developers, designers, and organizations to create technology that everyone can use, regardless of ability.

21-23

Shavuot

A period when many Jewish Canadians celebrate the giving of the Torah at Mount Sinai. It begins at sundown and ends at nightfall the next day, and is the second of three major Jewish festivals with historical and agricultural significance.



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23

Martyrdom: Imam Mohammad Baqir (AS)

A day when Shia Muslims commemorate the anniversary of the martyrdom of the fifth infallible Imam, Mohammed al-Baqir (Splitter of Knowledge) (A.S.) on 7th Dhul-Hijjah. He was martyred at the age of 57 and was known for his knowledge and piety. *Date is estimated.*

23-24

Declaration of the Báb

A period when the Bahá'í community celebrates the Báb's announcement of His mission in 1844, which began the Bahá'í faith.

24

Pentecost

A day when Christians commemorate the descent of the Holy Spirit on Jesus Christ's disciples, according to the Bible.

24

Pansexual Visibility Day

A day to celebrate the pansexual and panromantic community and raise awareness about diverse identities and experiences.

25

Africa Day

A day to commemorate the founding of the Organization of African Unity (now the African Union) in 1963, and to celebrate the unity, diversity, and achievements of African nations.

25

Whit Monday

A day when Christians commemorate the descent of the Holy Spirit upon Jesus Christ's disciples, celebrated the day after Pentecost Sunday.

25

Wedding: Imam Ali (AS) and Bibi Fatima Zehra (SA)

A day when Shia Muslims celebrate the wedding anniversary of the first infallible Imam Ali Ibn Abi Taleb (A.S.) and Lady Fatima Zahraa, daughter of the Prophet Mohammed (PBUH). *Date is estimated.*

25-26

Day of Arafah

A day when millions of Muslims gather on the plain of Arafat near Mecca, standing in devotion and prayer as the most essential part of the Hajj pilgrimage. It falls on the 9th day of Dhul Hijja, the twelfth and final month of the Islamic calendar. Begins at sundown on the first date, and ends at sundown on the following date. *Date is estimated.*



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26-30

Eid-Al Adha

A four-day period when Muslims around the world commemorate the willingness of the Prophet Ibrahim, known as Abraham in Christianity and Judaism, to sacrifice his son, Ismail as ordered by Allah. It is one of Islam's most important holidays. *Date is estimated.*

27

Red Shirt Day

A day to wear red to show support for disabled people and their families, celebrate the achievements of disabled Canadians, and commit to helping to create a fully accessible and inclusive society.

29-30

Ascension of Bahá'u'lláh

A period when the Bahá'í community observes the passing of Bahá'u'lláh, the founder of the Bahá'í faith, in 1892.

30

World MS Day (World Multiple Sclerosis Day)

A day to raise awareness about multiple sclerosis (MS), support people affected by MS, and advocate for better research, access to care, and global understanding of this often invisible disease.

31

World No Tobacco Day

A day to raise awareness of the health risks of tobacco use, promote quitting, and encourage governments and individuals worldwide to take action against tobacco-related harm.

31

Trinity Sunday

A day when many Christians in Canada celebrate and reflect on the doctrine of the Holy Trinity as one God in three persons: the Father, the Son, and the Holy Spirit. It is celebrated on the first Sunday after Pentecost.

31

Saga Dawa Düchen

A day when Tibetan Buddhists celebrate the Birth, Enlightenment, and Parinirvana of Buddha Shakyamuni—one of the most sacred days in the Tibetan lunar calendar—marked on the Full Moon of this month.

