

Special Cultural Dates from Around the World

MAY

SUN

MON

TUE

WED

THU

FRI

SAT

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★ Asian Heritage Month

★ Mental Health
Awareness Month

Twelfth Day
of Ridván

Cinco de Mayo

Vesak Day,
Buddha Day

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Mother's Day

International Day
of Living Together
in Peace

International Day
Against
Homophobia,
Transphobia, and
Biphobia

Feast of
the Ascension

21

22

23

24

25

26

27

Victoria Day

Declaration of
the Bab
Shavuot

28

29

30

31

Pentecost

Ascension of
Bahá'u'lláh



Cultural Celebrations



Religious & Spiritual Celebrations




Awareness Day




For more details about each of these cultural dates, check out the other side of this calendar!

 All month - Asian Heritage Month - We take this month to recognize the importance of our Canadians of Asian heritage.


 All month - Mental Health Awareness Month - This month is about accepting and talking about mental health and mental health issues. It's also about supporting those who are affected by mental health issues.

 May 2 - Twelfth Day of Ridván - The day Bahá'u'lláh and His family left the garden to travel to Constantinople (Bahá'í).

 May 5 - Cinco de Mayo - May 5th is the anniversary of Mexico's victory at the Battle of Puebla against France. This win was a big morale boost for Mexicans


 May 5 - Vesak Day, Buddha Day -The most important Buddhist holiday in South Asia, Southeast Asia, Tibet and Mongolia. The festival celebrates the birth, enlightenment (Nibbāna), and death (Parinirvāna) of Gautama Buddha in Theravada, Tibetan Buddhism and Navayana.


 May 14 - Mother's Day - A day to honour mothers and appreciate their importance to us all.


 May 16 - International Day of Living Together in Peace - A day that embraces peace. That we should all work towards non-violent conflict resolution and eliminate of all forms of conflict and intolerance.


 May 17 - International Day Against Homophobia, Transphobia, and Biphobia - A day to raise awareness for the rights of LGBTQ+ people.

 May 18 - Feast of the Ascension - This day marks the rise of Jesus into heaven.

 May 22 - Victoria Day - Canadians celebrate Queen Victoria's birthday. The first ruler (sovereign) of Canada after the three British provinces united into what we now call Canada (Confederation).

 May 24 - Declaration of the Báb - This day honours the Bab, who was the messenger of God and forerunner of Baha'u'llah, founder of the Baha'i Faith.

 May 24 - Shavuot - A Jewish observance of the giving of the Torah, the biblical laws of Judaism, from God to the nation of Israel. It ends in May 27.

 May 28 - Pentecost -A Christian festival remembering the descent of the Holy Spirit on the followers of Jesus after his rise from Earth to heaven on Ascension Day. It falls on the seventh Sunday after Easter.

 May 29 - Ascension of Bahá'u'lláh -A Baha'i celebration to honour the death and rise of Baha'u'llah, founder of the Baha'i Faith.