

# SPECIAL CULTURAL DATES FROM AROUND THE WORLD

# MAY

SUN MON TUE WED THU FRI SAT

 **Celiac Awareness Month**

 **Dutch Heritage Month**

 **Jewish Heritage Month**

 **Asian Heritage Month**

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Doctor's Day

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3

Orthodox  
Good Friday

4

Orthodox Easter

5

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

6

Orthodox  
Easter Monday

7

National Child &  
Youth Mental  
Health Day

8

9

10

World Lupus Day

11

Education Week

Mental Health Week

Emergency Preparedness Week

12

Mother's Day

13

14

15

16

International Day  
of Living Together  
in Peace

Global  
Accessibility Day

17

International Day  
Against  
Homophobia,  
Transphobia &  
Biphobia (IDAHOT)

18

Yom HaZikaron (Israeli Memorial Day)

Yom HaAtzma'ut

Citizenship Week

19

Pentecost

20

Victoria Day

Whit Monday

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World Day for  
Cultural Diversity  
for Dialogue &  
Development

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23

Vesak (Buddha Day)  
Saga Dawa Düchen

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Pansexual  
Visibility Day

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Africa Day

Citizenship Week

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Ascension of Bahá'u'lláh

Red Shirt Day

National Accessibility Week



Cultural Celebrations



Religious & Spiritual Celebrations



Awareness Day



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





**Asian Heritage Month** - A month to recognize and pay tribute to the contributions that Asians make, and continue to make, to the development and general welfare of Alberta.


**Celiac Awareness Month** - A month to raise awareness around celiac disease and encourage people who may have typical and atypical symptoms to get tested.


**Dutch Heritage Month** - A month for recognizing the important contributions that Dutch Canadians have made to the economic, political, social and cultural fabric of Alberta's society.


**Jewish Heritage Month** - An opportunity to remember, celebrate and educate future generations about the inspirational role that Jewish Canadians have played and continue to play.


 **Doctor's Day** - A day to highlight and celebrate doctors' expertise and dedication to patient care.


 **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.


 **Orthodox Easter** - Orthodox Easter Day is an annual holiday commemorating the death and resurrection of Jesus Christ. Orthodox Easter follows the Julian calendar.


 **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.


 **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.


 **Emergency Preparedness Week** - An annual event that encourages Canadians to take concrete actions to be better prepared to protect themselves and their families during emergencies.


 **Education Week** - An event celebrated by school boards and schools across the province that gives students, teachers and parents a time to celebrate teaching excellence and student achievement.


 **Mental Health Week** - A week that encourages real social connection, the kind of human connection that puts an end to loneliness and isolation.


 **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.


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


 **Mother's Day** - Many Canadians celebrate this day by showing their appreciation for mothers or mother figures.


 **Yom HaZikaron (Israeli Memorial Day)** - A day of celebration for Israeli Memorial Day. Begins at sundown on Tuesday, May 3, 2022 and ends at nightfall on Wednesday, May 4, 2022.


 **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.


 **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.

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


 **International Day Against Homophobia, Transphobia & Biphobia (IDAHOT)** - A celebration uniting millions of people in support of the recognition of human rights for all, irrespective of sexual orientation or gender identity or expression


 **Citizenship Week** - A great opportunity to welcome new Canadians and to reflect on and celebrate the rights and responsibilities shared by all citizens.


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


 **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 25.


 **World Day for Cultural Diversity for Dialogue and Development** - A day that celebrates not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development.


 **Vesak (Buddha Day)** - On the Day of Vesak in the year 623 B.C. the Buddha was born. It was also on the Day of Vesak that the Buddha attained enlightenment, and that the Buddha in his eightieth year passed away.

 **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.

 **Pansexual Visibility Day** - This is a day to celebrate the pansexual and panromantic community and educate others on the community.

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

 **National AccessAbility Week** - An opportunity to celebrate the valuable contributions of Canadians with disabilities and to recognize the efforts to remove barriers to accessibility and inclusion.

 **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.

 **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.