

SPECIAL CULTURAL DATES FROM AROUND THE WORLD

MARCH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Bangladeshi Heritage Month

Francophonie Month

Nutrition Month

Red Cross Month

Endometriosis Awareness Month

3

World Hearing Day

4

Black Mental
Health Day

5

6

7

8

International
Women's Day

Maha Shivaratri

9

10

Ramadan

Daylight Saving
Time starts

11

Canadian Women
Physicians Day

Commonwealth Day

National COVID-19
Day of Observance

12

13

14

15

Dietician's Day

16

Brain Awareness Week

Creative Arts Therapy Week

17

St. Patrick's
Day/Irish Heritage
Day

18

19

March Equinox

20

World
Storytelling Day

International
Francophonie Day

Naw-Rúz (Bahá'í New Year)

21

International Day
for the Elimination
of Racial
Discrimination

International Nowruz Day

22

23

Ta'anit Esther (Fast
of Queen Esther)

Purim

Brain Awareness Week

Great Lent

24

Palm Sunday

Purim

25

International Day of
Remembrance of the
Victims of Slavery & the
Transatlantic Slave Trade

Holi

26

Khordad Sal

27

28

Maundy Thursday

29

Good Friday

30

Holy Saturday

Hola Mohalla

Great Lent



Cultural Celebrations



Religious & Spiritual Celebrations



Awareness Day



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

Bangladeshi Heritage Month A month to honour the significant contributions Bangladeshi Canadians have made, highlighting their role in the community.

Francophonie Month Celebrate the diversity, richness, and vitality of French Canadians and the French language.

Nutrition Month Increase public awareness about the importance of healthy eating, identifying dietitians as credible sources of food and nutrition information.

Red Cross Month Raise awareness of the organization and its humanitarian mission.

Endometriosis Awareness Month Spread awareness on endometriosis and advocate for more research into its treatment.



Zero Discrimination Day - Address discrimination and inequalities.



St. David's Day - Celebrate the patron saint of Wales with cultural celebrations.



World Hearing Day- Promote ear and hearing care and raise awareness on preventing deafness and hearing loss.



Black Mental Health Day -Recognize the mental health effects of anti-black racism on Black communities. Promote systemic change conversations.



International Women's Day - Focal point in the movement for women's rights.



Maha Shivaratri - Hindu festival celebrating the deity Shiva.



Creative Arts Therapy Week - Celebrate art therapy and its support for residents in LTC.



Ramadan - Month of prayer, fasting, and self-accountability.



Daylight Saving Time starts - Adjust clocks for daylight saving time.



Commonwealth Day - Commemorate the Commonwealth of Nations.



National COVID-19 Day of Observance - Reflect on challenges experienced during the pandemic and remember those impacted.



Canadian Women Physicians Day - Honour Dr. Jennie Trout, the first woman licensed to practice medicine in Canada, and celebrate women in the medical field.



Brain Awareness Week - Global campaign to foster public enthusiasm and support for brain science.



Dietitian's Day - Spotlight dietitians and emphasize the importance of their roles in promoting reliable nutritional and food advice.



St. Patrick's Day/Irish Heritage Day - Remember St. Patrick and celebrate Irish culture.



Great Lent - Season of spiritual preparation before Holy Pascha (Easter).



March Equinox - Two equinoxes each year, in March and September, when day and night are nearly equal.



International Francophonie Day - Celebrate the French language and values.



World Storytelling Day - Global celebration of oral storytelling.



Naw-Rúz (Bahá'í New Year) - First day of the Bahá'í calendar year.



World Down Syndrome Day - Raise awareness about Down syndrome and the vital role of people with Down syndrome.



International Day for the Elimination of Racial Discrimination - Commemorate anti-apartheid demonstration.



International Nowruz Day - Mark the first day of spring in Nowruz.



Ta'anit Esther (Fast of Queen Esther) - Jewish fast on Purim eve.



Purim - Jewish holiday for deliverance.



Palm Sunday - Remember Jesus Christ's entry into Jerusalem.



Holi - Celebrate Hindu festival of love.



International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade - Honour and remember victims of slavery.



Hola Mohalla - Sikh Festival with military exercises and mock battles.



Khordad Sal - Marks the birth anniversary of Prophet Zarathushtra.



Maundy Thursday - Commemorate Jesus Christ's last supper.



Good Friday - Commemorate the crucifixion of Jesus Christ.



Holy Saturday - Commemorate the day when Jesus lay in the tomb.



Easter Sunday - Celebrate Jesus Christ's resurrection.



International Trans Day of Visibility - Celebrate accomplishments of transgender and gender non-conforming individuals.



National Indigenous Languages Day - Recognize and celebrate the rich and diverse heritage of Indigenous languages.