



Diversity Calendar Resources for July 2025

Disability Pride Month: July 2025

Disability Pride Month, celebrated every July, recognizes the identities, culture, and contributions of people with disabilities while promoting disability as a natural part of human diversity. Originating in the U.S. in 1990 and now observed globally, including in Canada, the month emphasizes visibility, respect, and inclusion.

The Disability Pride Flag represents various types of disabilities and the ongoing fight against ableism. Through art, literature, and personal stories, Disability Pride Month encourages society to listen to and learn from people with disabilities, embracing disability as a vital part of the human experience.



International Non-Binary People's Day: July 14



Celebrated annually since 2012, International Non-Binary People's Day raises awareness of the unique challenges faced by non-binary individuals around the world. Held between International Men's and Women's Days, it highlights gender diversity beyond the binary. Organizations like Many Genders One Voice and Queensland Council for LGBTI Health are working to uplift non-binary voices and explore how to celebrate them year-round. Research such as Private Lives 3 by La Trobe University helps shed light on the lived experiences of non-binary people, guiding efforts toward greater inclusion and visibility.

Nelson Mandela Day: July 18

"It is easy to break down and destroy. The heroes are those who make peace and build." - Nelson Mandela

Declared by the UN, Mandela Day honours the legacy and values of Nelson Mandela by encouraging people to engage in volunteering and community service. The day is dedicated to fighting poverty, and promoting peace, reconciliation, and cultural diversity through collective action and compassion.

International Self Care Day: July 24

As we celebrate International Self Care Day, we are reminded of the 7 pillars of self care: health literacy, self awareness, physical activity, healthy eating, risk avoidance, good hygiene, and optimal use of products and services

Self-care is a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them.





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International Day of Friendship: July 30

In a world facing poverty, violence, and division, the International Day of Friendship reminds us that solidarity begins with something simple: friendship. By building bonds of trust and camaraderie, we can create lasting stability, promote peace, and inspire collective action for a better, more united world.



EVENTS

RCMP Sunset Ceremonies: July 1, 8, 15, and 22



The events start at 6 PM with gates opening at 5:30 PM at the RCMP Heritage Centre (5907 Dewdney Ave). The RCMP Depot Division is hosting four free RCMP Sunset Ceremonies this July in Regina—the only place to experience this vibrant Canadian tradition. These ceremonies feature foot-drill displays, cannon drills, the ceremonial lowering of the Canadian flag, a march past, and a formal salute. Attendees should bring lawn chairs or blankets, expect possible loud noises, and note that pets are not allowed (service dogs welcome). Accessibility support is available for guests with mobility needs.

Beyond Plastics Challenge: July 1–31

Join the U of R team for a month-long challenge to reduce plastic use, build sustainable habits, and make a collective impact! Pick actions that suit your lifestyle, earn points, share tips, and compete for prizes. From using reusable containers to exploring plastic-free solutions, every action matters. Sign up today and invite a friend to join you!

Questions? Contact: sustainability@uregina.ca.

