



DIVERSITY CALENDAR

May 2026

Heritage and Belonging

These observances honour the histories, cultures, and ongoing contributions of communities that have helped shape Canada.

Asian Heritage Month (Canada)

May has marked Asian Heritage Month in Canada since 2002, following a Senate motion led by Senator Vivienne Poy. The 2026 theme, "Honouring Asian Canadians: Stories that Built Canada," recognizes the contributions Asian Canadian communities have made across generations in the country's social, cultural, scientific, and economic life. The month is also an occasion to confront anti-Asian racism, which rose during the pandemic and continues to affect communities across Canada. We encourage members of our campus community to learn about the Asian Canadian voices represented at the University of Regina and across our city, and to attend events held throughout May.

Polish Heritage Month (Canada)

Recognized federally through House of Commons Motion M-75 in February 2024, Polish Heritage Month celebrates the contributions of more than 1.2 million Canadians of Polish descent. People of Polish heritage have been part of Canadian society since 1752, contributing in sectors that include agriculture, mining, the arts, and public service. May is particularly meaningful for the Polish community, encompassing both Polish National Flag Day on May 2 and Polish Constitution Day on May 3. The latter commemorates the first democratic constitution adopted in Europe, in 1791.

Canadian Jewish Heritage Month

In 2018, Parliament unanimously passed legislation designating May as Canadian Jewish Heritage Month, recognizing more than 250 years of Jewish contribution to Canadian society in medicine, law, literature, philanthropy, the arts, and political leadership. Canada is home to one of the largest Jewish communities in the world. The month is also an occasion to reflect on the persistence of antisemitism in Canada and to recommit to ensuring that all Jewish Canadians can practise their faith and express their culture safely and without fear.

Africa Day: May 25

Africa Day marks the founding of the Organisation of African Unity (now the African Union) in 1963 and is observed across the continent and the African diaspora. It celebrates African unity, progress, and cultural richness. In Canada, Africa Day offers African and Afro-descendant communities, including those at the University of Regina, an opportunity to honour their heritage and to reflect on the global and local realities facing the diaspora today.



World Day for Cultural Diversity, for Dialogue and Development: May 21

Established by the United Nations in 2002 after the destruction of cultural sites in Afghanistan, this day affirms cultural diversity as both an inheritance to protect and a source of innovation, dialogue, and sustainable development. It encourages us to build a deeper understanding of one another.



DIVERSITY CALENDAR

May 2026

Truth, Justice, and Solidarity

These observances ask us to confront harm honestly, listen to survivors and affected communities, and act on what we learn.

Red Dress Day / National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People: May 5

Red Dress Day was inspired by Métis artist Jaime Black's REDress Project, an installation of empty red dresses that gives visible form to the women, girls, and Two-Spirit people who have been taken or remain missing. Indigenous women and girls in Canada experience violence at rates dramatically higher than non-Indigenous women, and Saskatchewan has been profoundly affected by this crisis. The 231 Calls for Justice from the National Inquiry continue to provide a framework for the work that remains. Members of our campus community are invited to attend or organize learning events, and to read or revisit the 231 Calls for Justice.

Moose Hide Campaign Day: May 15

The Moose Hide Campaign began in British Columbia as an Indigenous-led grassroots movement to engage men and boys in ending violence toward women and children. It has since grown into a nationwide movement that includes Indigenous and non-Indigenous Canadians from First Nations communities, governments, schools, post-secondary institutions, police forces, and many other organizations. Saskatchewan has long been an active part of this work. Free squares of moose hide can be ordered through the Moose Hide Campaign and worn by people of all genders as a visible commitment to ending gender-based and family violence.

Sexual Assault Awareness Month (Canada)

Sexual Assault Awareness Month focuses on education, prevention, and survivor support. It calls on workplaces, campuses, and communities to examine the conditions that allow sexual violence to occur and to invest in trauma-informed, survivor-centred responses. On a university campus, this month is also an opportunity to highlight the supports available to students, faculty, and staff, and to recommit to consent education and safer environments.

Nakba Day: May 15

Nakba Day commemorates the mass displacement of approximately 750,000 Palestinians following the events of 1948, in which more than 400 Palestinian villages were destroyed and many Palestinians became refugees. The day is observed by Palestinian communities and allies around the world through cultural events, public gatherings, and calls for solidarity.

International Day Against Homophobia, Transphobia, and Biphobia (IDAHOTB): May 17

Created in 2004, IDAHOTB draws attention to the violence and discrimination experienced by lesbian, gay, bisexual, transgender, intersex, and other people with diverse sexual orientations, gender identities, and expressions. The date was chosen to mark the World Health Organization's 1990 decision to remove homosexuality from its International Classification of Diseases. The day is now observed in more than 130 countries and serves as a moment to advance the rights, safety, and dignity of the 2SLGBTQIA+ communities.

Pansexual and Panromantic Visibility Day: May 24

Pansexual and Panromantic Visibility Day celebrates the pansexual and panromantic community and supports public education about identities that are sometimes less visible within broader 2SLGBTQIA+ conversations. The day invites us to expand our understanding of attraction and identity.



DIVERSITY CALENDAR

May 2026

Wellness, Access, and Inclusion

These observances draw attention to physical and mental health and to the conditions that support full accessibility and participation in our communities.

Mental Health Week: May 4 to 10

Now in its 75th year, Mental Health Week is led by the Canadian Mental Health Association. The 2026 theme, "Come Together, Canada: Stronger Connections. Better Mental Health," responds to a real concern. Millions of Canadians report feeling lonely often or always. The week encourages schools, workplaces, and communities to treat social connection as central to mental well-being and to recognize the role each of us has in reducing isolation. This week, we encourage members of our campus community to make one small act of connection (a check-in, a coffee, a conversation) and to familiarize themselves with the mental health supports available on campus.

National Speech and Hearing Month (Canada)

Led by Speech-Language and Audiology Canada, this month raises awareness of communication health and the supports available for people with speech, language, and hearing challenges. Communication disorders affect millions of Canadians and have a significant impact on education, employment, and social participation. The month encourages early identification, intervention, and the development of communication-accessible environments.



Vision Health Month (Canada)

Led by CNIB and partner organizations, Vision Health Month encourages Canadians to attend regular eye exams and to learn about preventable vision loss. It also raises awareness of the experiences of people who are blind or partially sighted, and of the work still needed to build accessible environments, including accessible digital content, signage, and physical spaces.



MS Awareness Month (Canada)

Canada has one of the highest rates of multiple sclerosis in the world. Led by MS Canada, MS Awareness Month raises understanding of this chronic condition affecting the central nervous system, advocates for improved access to treatment and support, and recognizes the more than 90,000 Canadians living with MS along with their families.



World MS Day: May 30

World MS Day is the global moment of the international MS community. Coordinated by the MS International Federation, it brings together people living with MS, their families, and their supporters around the world for education, advocacy, and connection. The day is symbolized by the colour orange.



DIVERSITY CALENDAR

May 2026

Wellness, Access, and Inclusion

These observances draw attention to physical and mental health and to the conditions that support full accessibility and participation in our communities.

National AccessAbility Week (Canada): May 24 to 30

National AccessAbility Week celebrates the contributions of Canadians with disabilities and recognizes the ongoing work of building a culture of inclusion. Established to support the goals of the Accessible Canada Act, the week invites federal institutions, employers, and post-secondary communities to examine accessibility in their physical, digital, and policy environments, and to take action to remove barriers.

This week, we invite members of our community to identify one accessibility barrier they could help remove (in a document, a website, a meeting, or a classroom) and to take action.

Global Accessibility Awareness Day: May 21

Observed on the third Thursday of May, Global Accessibility Awareness Day focuses on digital access and inclusion for the more than one billion people worldwide who live with disabilities. It invites designers, developers, content creators, and educators to spend time experiencing the impact of digital accessibility and addressing what they find. For a university community, this means examining the accessibility of our websites, learning platforms, documents, and communications.



Today, consider auditing one digital resource you create or maintain (a document, a webpage, a slide deck) for accessibility, and improving one barrier you find.

Red Shirt Day of Action for AccessAbility and Inclusion: May 28



First celebrated in 2019 as an Easter Seals initiative, Red Shirt Day takes place on the Wednesday of National AccessAbility Week. People across Canada wear red to show solidarity with disabled people and their families, to celebrate the achievements of disabled Canadians, and to demonstrate their commitment to building an inclusive society.



DIVERSITY CALENDAR

May 2026

Peace, Voice, and the Planet

These observances broaden our focus to free expression, families and peace across borders, and our shared environmental responsibilities.

World Press Freedom Day: May 3

Proclaimed by the UN General Assembly in 1993, World Press Freedom Day reminds governments of their commitments to press freedom and serves as a moment of reflection among media professionals about professional ethics and safety. It also honours journalists who have lost their lives doing their work, and recognizes the role of a free press in democratic societies.

International Day of Families: May 15

Observed since 1994, the International Day of Families promotes awareness of the social, economic, and demographic processes affecting families, and recognizes that families take many forms. The day acknowledges the role that strong, supported families play in healthy communities.



International Day of Living Together in Peace: May 16

Established by the UN General Assembly in 2017, this day promotes peace, non-violent conflict resolution, and the elimination of all forms of discrimination and intolerance based on race, colour, sex, language, religion, political opinion, ethnicity, disability, or any other status. It calls on people to live together in unity and respect.

Canadian Environment Week: May 31 to June 6

Established in 1971, Canadian Environment Week celebrates Canada's environmental accomplishments and encourages Canadians to contribute to conserving and protecting the environment. The week falls between Earth Day in April and World Environment Day on June 5.

A simple way to mark the week: choose one new sustainable practice (reducing single-use plastics, walking instead of driving, reducing energy or paper consumption) and carry it forward beyond the week itself.



If you are aware of additional observances that should be included, or notice any inaccuracies in the information presented, please contact the EDI office at urincluded@uregina.ca. We welcome your input as part of our shared learning journey.