



DIVERSITY CALENDAR

July 2026

Disability Pride and Accessibility

July centers the identity, culture, and leadership of the disability community, while reminding us of the importance of building environments where everyone can participate fully. We invite you to read the [University of Regina's Accessibility Plan](#) and to consider one small action you can take to help make our campus a more accessible, inclusive, and welcoming place for all.

Disability Pride Month

Disability Pride Month is observed throughout July. It celebrates disability as a valuable part of human diversity, honours the history and culture of the disability community, and challenges the ableism, stigma, and barriers that continue to limit access and opportunity. The 2026 theme, ***"The World Works Better With Us,"*** reflects a core insight of disability advocacy: that accessibility and inclusion benefit everyone. Many of the features people rely on every day, including curb cuts, closed captioning, and voice dictation, began as disability access. The observance originated in the United States with the signing of the Americans with Disabilities Act in July 1990 and is now recognized internationally.



This month, we invite members of our community to learn about disability history, read or listen to work by disabled creators, and review the accessibility of the spaces, documents, and platforms they create or manage.



International Self-Care Day: July 24

International Self-Care Day raises awareness of the important role self-care plays in health and in the sustainability of the health care system.

The date, 24/7, symbolizes that the benefits of self-care can be experienced around the clock.

The day is also an opportunity to recognize that access to self-care, rest, and health resources is not equally available to everyone, and that supporting wellness is a shared responsibility.

World Hepatitis Day: July 28

Established by the World Health Organization, World Hepatitis Day highlights the importance of stepping up national and international efforts on hepatitis. Viral hepatitis affects millions of people worldwide, and the day encourages testing, treatment, and prevention, while working to reduce the stigma that can prevent people from seeking care.



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Identity and Visibility

These observances continue the work of visibility and recognition for communities whose identities deserve safety, dignity, and celebration.

International Non-Binary People's Day: July 14

Recognized around the world on July 14, [International Non-Binary People's Day](#) celebrates the diversity of the non-binary community and raises awareness of the experiences of people whose gender identity falls outside the categories of man and woman. The date was chosen because it sits midway between International Men's Day and International Women's Day. The day is an opportunity to learn about non-binary identities and to consider how our language, forms, and spaces can be more inclusive. We can make room for non-binary colleagues and students through inclusive language and pronoun options in our practices and policy.



Nelson Mandela International Day: July 18

Declared by the United Nations, [Nelson Mandela International Day](#) honours the legacy of Nelson Mandela and his values through volunteering and community service, with the goal of fighting poverty and promoting peace, reconciliation, and cultural diversity. The day marks Mandela's birthday and invites people to dedicate time to the service of others, recognizing the difference that individual action can make.

Global Solidarity and Opportunity

These observances broaden our focus to youth, skills, and the global community we are part of.

World Youth Skills Day: July 15

Established by the United Nations in 2014, [World Youth Skills Day](#) recognizes the importance of equipping young people with the skills they need for employment, decent work, and entrepreneurship. The day highlights the value of technical and vocational education and training, and the role skills play in helping young people build secure and meaningful futures.





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Heritage, History, and Commemoration

These observances mark moments in the history of this country, including days of celebration and days of reflection.



Canada Day: July 1

Canada Day commemorates the enactment of the Constitution Act in 1867, which established Canada as a federation. For many it is a day of national celebration. It is also, for many Indigenous peoples, a day to reflect on the histories of colonization and the ongoing work of truth and reconciliation. Holding both of these realities together is part of building a more honest and inclusive country.

Day of Commemoration of the Great Upheaval: July 28

In 2003, a Royal Proclamation recognized the wrongs suffered by the Acadian people, who were forcibly deported from Acadie beginning in 1755. July 28 was declared the Day of Commemoration of the Great Upheaval, with the first observance marking the 250th anniversary in 2005. The day honours the resilience of the Acadian people and acknowledges a painful chapter in Canadian history.

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.