



DIVERSITY CALENDAR

October 2026

October brings together histories of cultural heritage, gender and sexuality, disability, mental health, Indigenous remembrance, and the contributions of people across generations and communities. As the academic year settles into its rhythm, these observances offer opportunities to think about the different experiences people bring with them to classrooms, workplaces, and campus life.

October is Women's History Month in Canada, alongside observances including International Day of the Girl Child, International Day of Rural Women, and Persons Day. Together, these observances draw attention to the many ways women and girls have shaped communities and institutions, while also considering the barriers that continue to affect participation and opportunity. International Day of Rural Women, observed on October 15, particularly highlights the contributions of women living in rural and agricultural communities and their roles in food security, economic development, and community life.

Observances allow us to acknowledge the contributions of many individuals, both past and present, and how these efforts create a better world. They also serve as reminders of the work still ahead and inspire us to do better.

Neurodiversity and Communication

These observances recognize diverse ways of thinking, learning, communicating, and experiencing the world.

ADHD Awareness Month

ADHD Awareness Month raises awareness of attention-deficit/hyperactivity disorder and the diverse ways it can affect people across their lives. It encourages greater understanding of ADHD, challenges stereotypes and stigma, and highlights the importance of appropriate support and accommodations in educational, workplace, and community settings.



Canadian Autism Awareness Month

Canadian Autism Awareness Month is an opportunity to increase understanding, awareness, and acceptance of Autistic people and their diverse experiences. The month encourages learning about autism, challenging stigma and discrimination, and strengthening the supports and inclusion that Autistic people may need to participate fully in their communities.

International AAC Awareness Month

International Augmentative and Alternative Communication (AAC) Awareness Month recognizes the many ways people communicate beyond speech. It raises awareness of AAC tools and strategies, promotes communication access and inclusion, and highlights the importance of ensuring that people who use AAC can express themselves, participate, and be heard.

Mark It Read for Dyslexia Awareness Month

Mark It Read for Dyslexia Awareness Month raises awareness of dyslexia and the experiences of people with reading and learning differences. The observance aims to challenge misconceptions, reduce stigma, and promote greater understanding, accessibility, and support for people with dyslexia.

International Stuttering Awareness Day: October 22

International Stuttering Awareness Day centres the voices and experiences of people who stutter. It challenges the idea that fluent speech is the only form of effective communication and encourages patience, respect, and environments where people can speak without being rushed, interrupted, or judged.



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Indigenous Peoples and Remembrance

October 4 is the National Day of Action for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ people, a day to honour those lost to violence and stand with families, survivors, and communities calling for justice, safety, and change.

National Day of Action for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ People: October 4

This day, also known as Sisters in Spirit Day, is observed to honour and remember missing and murdered Indigenous women, girls, and Two-Spirit and gender-diverse people who have been lost to violence. It is a day to stand with families, survivors, and communities, raise awareness, and support calls for justice, safety, healing, and change.



Disability and Accessibility

These observances promote inclusion, accessibility, and equitable participation for people with visible and non-visible disabilities.



Disability Employment Awareness Month

Disability Employment Awareness Month draws attention to the barriers people with disabilities can encounter when entering, navigating, and advancing in the workplace. It highlights the value of inclusive hiring, accessible workplaces, meaningful accommodations, and recognizing disabled people as contributors, leaders, and colleagues.

Invisible Disabilities Week: October 18 to 24

Invisible Disabilities Week reminds us that not every disability is immediately visible. Conditions affecting physical, mental, cognitive, sensory, or neurological functioning may not be apparent to others, making empathy, flexibility, and a willingness to accommodate especially important.



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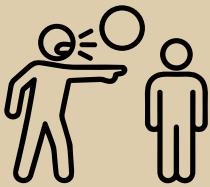
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Mental Health and Wellbeing

These observances raise awareness of mental health, psychological safety, and healthy and respectful environments.

Mental Illness Awareness Week

Mental Illness Awareness Week creates space for honest conversations about mental illness and the realities of living with mental health conditions. It pushes back against stigma and reminds us that mental illness can affect people from every community, background, and stage of life. Please consult the [CAMIMH page](#) for the current year's confirmed dates.



Workplace Bullying Awareness Week

[Workplace Bullying Awareness Week](#) focuses on creating workplaces where people can do their jobs without fear, intimidation, humiliation, or harassment. It encourages us to recognize harmful behaviours, speak up when something is wrong, and build cultures grounded in respect and psychological safety. Please consult the organizer's page for the current year's confirmed dates.

World Mental Health Day: October 10

[World Mental Health Day](#) puts mental health on the global agenda and asks us to consider what people need to feel well, supported, and connected. The 2026 theme, "Lived experiences heard: real voices, real change," emphasizes meaningful engagement with people who have lived experience of mental health conditions.

Cultural Heritage and Identity

[These observances](#) celebrate the histories, cultures, traditions, and contributions of diverse cultural and ethnocultural communities in Canada.

German Heritage Month

German Heritage Month invites Canadians to explore the histories, traditions, languages, food, arts, and stories that German communities have brought to Canada. It is also a chance to recognize the many generations and communities whose German heritage has become part of Canada's cultural fabric.

Canadian Islamic History Month

Canadian Islamic History Month brings Canadian Muslim stories to the forefront, from the early history of Muslim communities in Canada to the contributions of Muslims today. Throughout the month, communities may share history, art, food, scholarship, and personal stories while creating opportunities to learn about the diversity of Muslim experiences in Canada.

Latin American Heritage Month

Latin American Heritage Month celebrates the rich variety of cultures, histories, languages, traditions, and experiences found across Latin America and within Latin American communities in Canada. It offers a chance to explore the many ways Latin American Canadians contribute to Canadian communities through arts, food, business, scholarship, advocacy, and community life.



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Women, Girls, Gender and Sexual Diversity

These observances recognize the histories, contributions, rights, and experiences of women and girls, as well as diverse sexual orientations, gender identities, and gender expressions.



Women's History Month

Women's History Month opens the door to stories that have not always received their place in history books. Throughout October, we can explore the achievements, leadership, struggles, and everyday contributions of women while considering how gender, race, culture, disability, and other identities have shaped their experiences.

International Lesbian Day: October 8

International Lesbian Day celebrates lesbian communities, histories, relationships, and contributions while making space for greater visibility. It is also a chance to acknowledge the discrimination lesbian people have faced and continue to face because of their sexual orientation and gender expression.

National Coming Out Day: October 11

National Coming Out Day recognizes the visibility and experiences of 2SLGBTQIA+ people. Coming out can be affirming and empowering for some people, but it is deeply personal and may not be safe, possible, or desired for everyone. The day can be an opportunity to support environments where people can express their identities on their own terms and without pressure to disclose.

International Day of the Girl Child: October 11

International Day of the Girl Child puts girls at the centre of conversations about education, safety, equality, and opportunity. It draws attention to the barriers that can limit girls' futures while celebrating their ideas, leadership, ambitions, and ability to shape the world around them.





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Women, Girls, Gender and Sexual Diversity

International Day of Rural Women: October 15

International Day of Rural Women highlights the essential roles rural women play in agriculture, food security, local economies, and community life around the world. The day draws attention to the opportunities and barriers that shape rural women's lives and contributions, including access to education, resources, healthcare, and decision-making.



Persons Day: October 18



Persons Day commemorates the 1929 decision in the Persons Case that included women in the legal definition of "persons" for eligibility to be appointed to the Senate. The day honours advocacy that advanced women's participation in Canadian public and political life while recognizing that the decision did not include all women.

International Pronouns Day: October 21

International Pronouns Day is held on the third Wednesday of October and invites us to think about the small but meaningful role language plays in making people feel seen and respected. Using someone's correct pronouns is one way to affirm identity and help create environments where gender diversity is treated with dignity. People should not be pressured to share pronouns if they do not wish to do so.

Ace Week: October 25 to 31

Ace Week celebrates asexual and ace-spectrum identities and makes space for conversations about attraction, relationships, and intimacy that do not always fit conventional expectations. It challenges the misconception that everyone experiences sexual attraction in the same way and highlights the diversity within ace communities.

Intersex Awareness Day: October 26

Intersex Awareness Day brings intersex people and their experiences into conversations about sex, gender, health, and human diversity. It challenges misconceptions about bodies that do not fit typical definitions of male or female and draws attention to bodily autonomy, informed decision-making, and respect.



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People, Generations, and Community

These observances recognize the experiences, contributions, and rights of people across different ages, roles, and communities.

October 1:

International Day of Older Persons

National Seniors Day

October 1 is both the United Nations International Day of Older Persons and National Seniors Day in Canada. The day recognizes the contributions of older adults and invites reflection on ageism, accessibility, social connection, and the conditions people need to age with dignity and independence.



October 5:

World Teachers' Day

World Teachers' Day recognizes the contributions of teachers and educators and highlights their important role in supporting learning and shaping communities. The day also draws attention to the importance of supporting educators and ensuring quality, inclusive education for all.



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.