

IMPORTANT DATES - 2022 AT A GLANCE

WHOLE *Hearted*

Q1 JANUARY - MARCH

Jan 1 New Year's Day
Jan 17 Martin Luther King Day (US)
Jan 17 Blue Monday
Jan 24 Intl Day of Education
Jan 26 Bell Let's Talk

Feb Black History Month
Feb 1 Lunar New Year
Feb 2 Ground Hog Day
Feb 4 World Cancer Day
Feb 14 Valentine's Day
Feb 21 Family Day
Feb 24 Pink Shirt Day

Feb 20 World Day of Social Justice
Mar 4 Employee Appreciation Day
Mar 8 Intl Women's Day
Mar 17 St Patrick's Day
Mar 19 World Sleep Day
Mar 20 Intl Day of Happiness
Mar 20 First Day of Spring

Q2 APRIL - JUNE

Apr 7 World Health Day
Apr 11 National Pet Day
Apr 13 Intl Day of Pink

May 3-9 Mental Health Week
May 8 Mother's Day
May 23 Victoria Day

Jun Pride Month
Jun 5 World Environment Day
Jun 19 Father's Day
Jun 21 National Aboriginal Day
Jun 21 First Day of Summer

Q3 JULY - SEPTEMBER

Jul 1 Canada Day
Jul 4 4th of July (US)
Jul 24 Intl Self-Care Day
Jul 17 National Ice Cream Day

Aug 1 Civic Holiday (Canada)
Aug 12 World Humanitarian Day

Sep 5 Labor Day
Sep 22 First Day of Autumn
Sep 30 National Day for Truth and Reconciliation

Q4 OCTOBER - DECEMBER

Oct 1 National Coffee Day
Oct 10 World Mental Health Day
Oct 10 Indigenous Peoples' Day
Oct 10 Canadian Thanksgiving
Oct 31 Halloween

Men's Health Awareness Month (Movember)
Nov 6 Daylight Savings Time
Nov 11 Remembrance Day
Nov 13 World Kindness Day
Nov 24 US Thanksgiving
Nov 26 Small Business Saturday
Nov 28 Cyber Monday
Nov 29 Giving Tuesday
Dec 26 Boxing Day
Dec 31 New Year's Eve

NOTES

Happy Holidays!
From November 1 - January 15th there are approximately 29 holidays observed by 7 of the world's major religions

[Full list of fun/themed national days](#)

[Full list of religious days and celebrations](#)

2022 AT A GLANCE - RELIGIOUS HOLIDAYS

WHOLE *Hearted*

Q1 JANUARY - MARCH

Jan 16 Tu Bishvat

Feb 1 Lunar New Year

Feb 14 St Valentine's Day

Feb 28 Lailat al Miraj

Mar 2 Ash Wednesday (Start of Lent)

Mar 17 Purim

Mar 18 Lailat al Bara'ah

Q2 APRIL - JUNE

Apr 2 Ramadan Begins

Apr 14 End of Lent

Apr 15 Good Friday

Apr 17 Easter Sunday

Apr 27 Yom Hashoah

Apr 28 Yom Hashoah

Apr 28 Laylat al Qadr

May 2 Eid-al-Fitr (Ramadan Ends)

May 3 Yom HaZikaron

May 5 Yom HaAtzma'ut

May 28 Yom Yerushalayim

May 29 Yom Yerushalayim

Jun 4 Shavuot Starts

Jun 6 Shavuot Ends

Q3 JULY - SEPTEMBER

Jul 8 Waqf al Arafa - Hajj

Jul 9 Eid-al-Adha

Jul 15 The 17th of Tammuz

Jul 16 The 17th of Tammuz

Jul 30 Hijra - Islamic New Year

Aug 5 Tish'a B'Av

Aug 6 Tish'a B'Av

Aug 8 Day of Ashura / Muharram

Sep 25 Rosh Hashanah Starts

Sep 27 Rosh Hashanah Ends

Sep 28 Fast of Gedaliah

Q4 OCTOBER - DECEMBER

Oct 5 Yom Kippur

Oct 8 Milad un Nabi

Oct 9 Sukkot Starts

Oct 16 Sukkot Ends

Oct 16 Hoshanah Rabbah

Oct 16 Shemini Atzeret

Oct 18 Simchat Torah

Oct 19 Shemini Atzeret

Dec 19 First Day of Hannukah

Dec 24 Christmas Eve

Dec 25 Christmas Day

Dec 26 Last day of Hanukkah

Dec 26 Boxing Day

Dec 31 New Year's Eve

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