

IMPORTANT DATES & CAD STAT - 2024 AT A GLANCE

WHOLE *Hearted*

Q1 JANUARY - MARCH

Jan 1 New Year's Day
Jan 17 Martin Luther King Day (US)
Jan 16 Blue Monday
Jan 24 Intl Day of Education
Jan 24 Bell Let's Talk

Feb Black History Month
Feb 2 Ground Hog Day
Feb 4 World Cancer Day
Feb 14 Valentine's Day
Feb 19 Family Day
Feb 20 World Day of Social Justice
Feb 28 Pink Shirt Day

Mar 1 Employee Appreciation Day
Mar 8 Intl Women's Day
Mar 15 World Sleep Day
Mar 17 St Patrick's Day
Mar 19 First Day of Spring
Mar 20 Intl Day of Happiness
Mar 29 Good Friday
Mar 31 Easter Sunday

Q2 APRIL - JUNE

Apr 7 World Health Day
Apr 10 Intl Day of Pink
Apr 11 National Pet Day

May 12 Mother's Day
May 20 Victoria Day

Jun Pride Month
Jun 5 World Environment Day
Jun 16 Father's Day
Jun 20 First Day of Summer
Jun 21 National Aboriginal Day

Q3 JULY - SEPTEMBER

Jul 1 Canada Day
Jul 4 4th of July (US)
Jul 21 National Ice Cream Day
Jul 24 Intl Self-Care Day

Aug 5 Civic Holiday (Canada)
Aug 19 World Humanitarian Day

Sep 2 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 14 Indigenous Peoples' Day
Oct 14 Canadian Thanksgiving
Oct 31 Halloween

Men's Health Awareness Month (Movember)
Nov 3 Daylight Savings Time
Nov 11 Remembrance Day
Nov 13 World Kindness Day
Nov 28 US Thanksgiving
Nov 30 Small Business Saturday
Dec 2 Cyber Monday
Dec 3 Giving Tuesday
Dec 21 First Day of Winter
Dec 24 Christmas Eve
Dec 25 Christmas Day
Dec 25 First Day of Hanukkah
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](#)