

JUNE 2023



MONTH OF CONNECTEDNESS:

In 2020 during the beginning of the pandemic, the Inclusion & Diversity Committee designated June to be the month of connectedness. We are inherently social creatures and social connections are an important part of our identity, wellbeing, and mental health. We encourage everyone to take a moment to reach out to a loved one, a friend, a neighbour, or perhaps even someone who you've lost touch with but would like to reconnect with.



PRIDE MONTH:

Pride Month is a salute to self-affirmation, dignity, equality, and visibility of the LGBTQ+ community. In June, the world is dedicated to uplifting LGBTQ+ voices, celebration of LGBTQ+ culture, and supporting of LGBTQ+ rights. We celebrate in June to coincide with the catalyst of the Gay Liberation Movement that was the Stonewall Uprising in June of 1969.

June 05 – National Health & Fitness Day

Each year throughout Canada, this first Saturday in June is meant to promote health and fitness and inspire Canadians to focus on their fitness and be more active.

June 14 – World Blood Donour Day

Raising awareness of the need for “safe blood and blood products” and to extend gratitude to those who donate the gift of life.

June 18 – Father’s Day

In recognition of fatherhood, father figures, and paternal bonds, we celebrate the contributions that fathers and father figures make to the lives of their children and beyond.

June 20 – World Refugee Day

An international observance, this day is dedicated to recognizing refugees around the world and applaud their courage and strength.

June 21 – International Day of Yoga

Since 2015, this is a day to focus on the physical, mental, and spiritual self through the practice of yoga, which originated in Northern India over 5,000 years ago.

June 21 – National Indigenous Peoples’ Day

A day for Canadians to recognize and celebrate the unique heritage, cultures, and contributions of the First Nations., Metis, and Inuit people.

June 24 – Saint Jean Baptiste Day (QC)

An annual Quebec national holiday to celebrate the francophone culture and honour French Canadian heritage. Festivities include concerts, parades, and firework displays.

June 28 at sunset (to July 1) – Eid al Adha

An Islamic festival marking the sacrifice of Abraham, observed first through communal prayer. This day also highlights the end of the annual pilgrimage to Mecca, called Hajj.