

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
ANTI-RACISM, DIVERSITY, AND INCLUSION (ARDI) DIVISION
CULTURAL COMPETENCY UNIT (CCU)

DIVERSITY AND MULTICULTURAL CALENDAR BY MONTH

(These dates are based on CY 2022. Some dates might vary each year.)

MONTH	MONTH-LONG OBSERVATION	CULTURAL EVENT
January	<ul style="list-style-type: none"> • <i>Co-dependency Awareness Month (U.S.)</i> • <i>National Braille Literacy Month</i> • <i>National Mentoring Month</i> • <i>Poverty in America Awareness Month</i> • <i>National Slavery and Human Trafficking Awareness Month</i> 	<ul style="list-style-type: none"> • January 1 – New Year’s Day • January 4 – World Braille Day (Human rights for blind and partially sighted people, United Nations) • January 6 – Christmas (Armenian Orthodox Christians) • January 6 – Feast of the Epiphany and Three Kings Day (Reyes Magos) • January 7 – Christmas (Eastern Orthodox Christians) • January 13 – Korean American Day • January 14 – Makar Sankranti, a major harvest festival (India) • January 14-April 27 – Kumbh Mela, a mass pilgrimage event (Hindu) • January 16 – World Religion Day • January 17 – Martin Luther King, Jr. Day • January 18 – International Day of Education • January 18 – Mahayana New Year (Buddhist) • January 18 – National Day of Racial Healing • January 24 – World Day for African and Afro-descendant Culture • January 27 – International Day of Commemoration in Memory of the Victims of the Holocaust (United Nations)
February	<ul style="list-style-type: none"> • <i>African American/Black History Month</i> • <i>Jewish Disability Awareness & Inclusion Month (U.S.)</i> 	<ul style="list-style-type: none"> • February 1 – International Day of Black Women in the Arts • February 1 – Lunar New Year (China, Korea, Vietnam, Singapore, Malaysia and Mongolia, etc.) • February 1 – National Freedom Day (African American)

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	<ul style="list-style-type: none"> • <i>National Therapeutic Recreation Month</i> • <i>Wise Health Care Consumer Month</i> 	<ul style="list-style-type: none"> • February 3 – National Missing Persons Day • February 4 – World Cancer Day (Global) • February 7 – National Black HIV/AIDS Awareness Day (NBHAAD) • February 11 – Anniversary of the Black Cat Tavern Protest on February 11, 1967 (LGBTQ+) • February 11 – World Day of the Sick (Global) • February 13 – Autism Sunday (2nd Sunday of Feb.) • February 14 – National Donor Day (U.S.) • February 14 – National No One Eats Alone Day • February 14 – Valentine’s Day (U.S.) • February 15 – Nirvana Day (Buddhist) • February 15 – International Childhood Cancer Day (Global) • February 15 – Lantern Festival (China) • February 15-16 – Maghi-Purnima (Hindu) • February 20 – World Day of Social Justice • February 21 – International Mother Language Day • February 21 – Presidents’ Day (U.S.) • February 21-27 – Eating Disorder Awareness Week (U.S.) • February 28 – Peace Memorial Day (Taiwan, Republic of China)
March	<ul style="list-style-type: none"> • <i>Bisexual Health Awareness Month</i> • <i>Brain Injury Awareness Month</i> • <i>Color Therapy Month (U.S.)</i> • <i>Deaf History Month</i> 	<ul style="list-style-type: none"> • March 1 – Disability Day of Mourning (U.S.) • March 1 – Independence Movement Day (Korean) • March 1 – International Wheelchair Day (Global) • March 1 – Lailat al Miraj (Celebration of the Prophet Muhammad’s journey) • March 1 – Maha Shivarati (Hindu festival in honor of the diety Shiva)

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	<ul style="list-style-type: none"> • <i>Developmental Disabilities Awareness Month (U.S.)</i> • <i>Ethnic Equality Month</i> • <i>Gender Equality Month</i> • <i>Greek-American Heritage Month</i> • <i>Irish-American Heritage Month</i> • <i>National Nutrition Month</i> • <i>National Women’s History Month</i> • <i>Red Cross Month (U.S.)</i> • <i>Self-Injury Awareness Month</i> • <i>Social Work Month</i> • <i>Transgender Month of Action for Healthcare Equality</i> 	<ul style="list-style-type: none"> • March 1 – Self-Injury Awareness Day (Global) • March 2 – Ash Wednesday (Christian) • March 4 – Employee Appreciation Day • March 8 – International Women’s Day • March 1-6 – Celebrate Your Name Week (First full week) • March 1-6 – Words Matter Week (First full week) • March 8 – International Women’s Day • March 10 – National Women and Girls HIV/AIDS Awareness Day (U.S.) • March 12 – Capitol Crawl Day (People with Disability) • March 14 – Write Your Story Day • March 16-17 – Purim (Jewish holiday commemorating Jewish people’s salvation from Haman) • March 17 – St. Patrick’s Day (Irish) • March 18 – Holi (Hindu festival celebrating the arrival of Spring) • March 19 – Client’s Day • March 19 – National Certified Nurses Day • March 20-21 – Naw-Ruz (Baha’I New Year) • March 21 – International Day for the Elimination of Racial Discrimination (United Nations) • March 21 – International Nowruz Day (Persian New Year, United Nations) • March 21 – National Wellderly Day (or Well-Elderly Day, 3rd Monday of March) • March 21-25 – National LGBTQ+ Health Awareness Week • March 22 – Hindi New Year (Hindu) • March 23 – National Atheist Day

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		<ul style="list-style-type: none"> • March 25 – International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade • March 27 – Mothering Sunday (English Mothers’ Day, 4th Sunday in Lent) • March 30 – World Bi-polar Day • March 31 – International Transgender Day of Visibility (Global) • March 31 – Cesar Chavez Day • March 31 – Transgender Day of Visibility (LGBTQ+)
<p>April</p>	<ul style="list-style-type: none"> • <i>Alcohol Awareness Month</i> • <i>Arab-American Heritage Month</i> • <i>Autism Awareness Month</i> • <i>Celebrate Diversity Month</i> • <i>Couple Appreciation Month</i> • <i>Earth Month</i> • <i>Emotional Overeating Awareness Month</i> • <i>Genocide and Human Rights Awareness Month</i> • <i>International Black Women’s History Month</i> • <i>Limb Loss Awareness Month (U.S.)</i> • <i>National African American Women’s Fitness Month</i> 	<ul style="list-style-type: none"> • April 2 – World Autism Awareness Day (United Nations) • April 2 – Sizdah Bedar (Nature’s Day - Iranian festival) • April 2-3 – California’s American Indian & Indigenous Film Festival (CAIIF) • April 2-May 2 – Ramadan (Annual observance commemorating the revelation of the Qur’an in Muslim culture) • April 4 – Children’s Day (Taiwan, Republic of China) • April 5 – Qingming Festival (Commemorating ancestors in Taiwan, Republic of China) • April 6 – International Asexuality Day (LGBTQ+) • April 7 – World Health Day (Global) • April 8 – Day of Silence (LGBTQ+) • April 10 – National Youth HIV and AIDS Awareness Day (U.S.) • April 10 – Palm Sunday (Christian) • April 10 – Rama Navami (Hindu spring festival that celebrates the birthday of Shree Rama) • April 11 – Parkinson’s Disease International Awareness Day (Global) • April 12 – National Equal Pay Day

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	<ul style="list-style-type: none"> • <i>National Child Abuse Prevention Month</i> • <i>National Donate Life Month (U.S.)</i> • <i>National Minority Health Month</i> • <i>National Occupational Therapy Month</i> • <i>National Sexual Assault Awareness & Prevention Month</i> • <i>National Volunteer Month</i> • <i>Paralyzed Veterans Across America Month (U.S.)</i> • <i>Tartan (Scottish-American) Heritage Month</i> • <i>Testicular Cancer Awareness Month</i> • <i>Women’s Empowering Month</i> 	<ul style="list-style-type: none"> • April 15 – Memorial of Jesus Christ’s Death/ Good Friday (Christian) • April 15-23 – Passover (Jewish) • April 17 – Easter (Christian) • April 22 – International Earth Day • April 24 – Armenian Genocide Remembrance Day • April 26 – National Lesbian Visibility Day • April 27 – Administrative Professionals Day • April 27 – Show Your Mettle Day (Empowering persons with limb loss, U.S.) • April 27-28 – Yom Hashoah (Jewish Holocaust Remembrance Day) • April 28-30 – Gathering of Nations (Native American) • April 29 – World Wish Day (Global) • April 30 – Children’s Day (Celebration of children in Mexico) • April 30 – World Healing Day
May	<ul style="list-style-type: none"> • <i>Asian/Pacific Islander American Heritage Month</i> • <i>Better Speech and Hearing Month (U.S.)</i> • <i>Haitian Heritage Month</i> • <i>Indian Heritage Month</i> • <i>Jewish-American Heritage Month</i> • <i>Mental Health Month (U.S.)</i> 	<ul style="list-style-type: none"> • May 2-3 – Eid al-Fitr (Muslim holiday marking the end of Ramadan) • May 3 – World Asthma Day (Global) • May 5 – Cinco de Mayo (Mexican American) • May 5 – Children’s Day (Korean) • May 5 – National Children’s Mental Health Awareness Day (U.S.) • May 5 – National Day of Prayer (U.S.) • May 5 – National Day of Awareness for Missing & Murdered Native Women & Girls • May 8 – Buddha Day (Buddhist) • May 8 – Mothers’ Day (U.S.)

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	<ul style="list-style-type: none"> • <i>Mobility Awareness Month (U.S.)</i> • <i>National Nurses Month</i> • <i>Older Americans Month (U.S.)</i> • <i>South Asian American Heritage Month</i> 	<ul style="list-style-type: none"> • May 8 – World Red Cross & Red Crescent Day (Global) • May 16 – National LGBTQ+ Elders Day • May 17 – International Day Against Homophobia, Transphobia and Biphobia (LGBTQ+) • May 19 – Global Accessibility Awareness Day (GAAD, 3rd Thursday of May) • May 20 – Mental Health Action Day • May 21 – World Day for Cultural Diversity for Dialogue and Development (Global) • May 22 – Harvey Milk Day (LGBTQ+) • May 24 – Declaration of the Báb (Baha'i festival to celebrate the Báb's announcement in 1844) • May 24 – National Brothers Day • May 26 – Mystic Massacre of the Pequot Natives (AI/AN - Remembrance day for the lives of Pequot Natives massacred in May 26, 1637) • May 29 – Ascension of Baha'u'llah (Baha'i) • May 30 – Memorial Day (U.S.)
June	<ul style="list-style-type: none"> • <i>Alzheimer's and Brain Awareness Month (Global)</i> • <i>Black Music Month</i> • <i>Elder Abuse Awareness Month</i> • <i>Immigrant Heritage Month</i> • <i>Men's Health Awareness Month</i> • <i>National Caribbean American Heritage Month</i> • <i>Pride Month (LGBTQ+)</i> 	<ul style="list-style-type: none"> • June 2 – American Indian Citizenship Day (U.S.) • June 3 – Dragon Boat Festival (Taiwan, Republic of China) • June 4-6 – Shavuot (Jewish Holiday) • June 5 – HIV Long-Term Survivors Day • June 5 – National Cancer Survivors Day (first Sunday in June) • June 8 – Race Unity Day • June 12 – Loving Day (Interracial relationship and families) • June 12 – National Children's Day (U.S.) • June 12 – Remembrance Day of Pulse Nightclub Shooting (LGBTQ+) • June 13 – International Albinism Awareness Day (United Nations)

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	<ul style="list-style-type: none"> • <i>Post-Traumatic Stress Disorder (PTSD) Awareness Month</i> 	<ul style="list-style-type: none"> • June 15 – National Elder Abuse Awareness Day • June 18 – Autistic Pride Day (U.S.) • June 19 – Juneteenth (African American) • June 20 – World Refugee Day • June 21 – Litha, Summer Solstice (Pagan) • June 25 – The Korean War Remembrance Day (Korean) • June 26-July 3 – Helen Keller Deaf Blind Awareness Week (U.S.) • June 27 – The Birthday of Andrew Foster, known as the father of Deaf Education in Africa (June 27, 1925) • June 27 – National Post Traumatic Stress Disorder Day (U.S.) • June 28 – Pride Day (it might vary by city and country, LGBTQ+)
July	<ul style="list-style-type: none"> • <i>Disability Pride Month (N.Y., U.S.)</i> • <i>French American Heritage Month</i> • <i>Muslim American Heritage Month (LA County)</i> • <i>National Minority Mental Health Awareness Month</i> • <i>Social Wellness Month</i> 	<ul style="list-style-type: none"> • July 4 – Independence Day (U.S.) • July 4 – Tirgan Festival (A mid-summer Iranian festival) • July 7 – World Forgiveness Day • July 9-13 – Eid Al-Adha (Celebrating the Feast of Sacrifice in Muslim) • July 18 – International Nelson Mandela Day (United Nations) • July 24 – International Self-Care Day • July 24 – National Seasonal Affective Disorder Day (U.S.) • July 24 – Pioneer Day (Mormon) • July 26 – National Disability Independence Day/ Americans with Disabilities Act (ADA) Anniversary (U.S.) • July 30 – Hijri New Year (Muslim) • July 30 – International Day of Friendship

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August	<ul style="list-style-type: none"> • <i>American Indian Heritage Month</i> • <i>Don't be a Bully Month (U.S.)</i> • <i>National Black Gay Men's Wellness Month</i> • <i>National Civility Month</i> • <i>National Wellness Month</i> 	<ul style="list-style-type: none"> • August 3 – National Black Women’s Equal Pay Day (U.S.) • August 6 – National Salvadoran Day • August 7-8 – Ashura (Islamic Holiday that occurs on the tenth day of Muharram) • August 9 – International Day of the World’s Indigenous People (United Nations) • August 11 – Raksha Bandhan (Hindu Holiday) • August 12 – Hungry Ghost Festival (Chinese Holiday) • August 12 – International Youth Day (United Nations) • August 15 – National Liberation Day (Korea) • August 17 – Marcus Garvey Day (Jamaican African) • August 18-19 – Krishna Janmashtami (Hindu) • August 19 – World Humanitarian Day • August 21 – National Senior Citizens Day (U.S.) • August 23 – International Day for the Remembrance of the Slave Trade and its Abolition • August 26 – National Women’s Equality Day (U.S.) • August 28 – 59th Anniversary March on Washington (MLK - I Have A Dream Speech) • August 29 – National Faith HIV/AIDS Awareness Day • August 30 – National Grief Awareness Day • August 31 – Ganesh Chaturthi (Hindu festival celebrating Lord Ganesh) • August 31 – International Overdose Awareness Day

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September	<ul style="list-style-type: none"> • <i>Childhood Cancer Awareness Month (U.S.)</i> • <i>Deaf Awareness Month</i> • <i>Healthy Aging Month</i> • <i>Hispanic/Latino Heritage Month</i> • <i>National Guide Dog Month (U.S.)</i> • <i>National Preparedness Month</i> • <i>National Prostate Cancer Awareness Month</i> • <i>National Recovery Month</i> • <i>National Suicide Prevention Awareness Month (U.S.)</i> • <i>Malnutrition Awareness Month</i> • <i>Pain Awareness Month (U.S.)</i> • <i>World Alzheimer’s Disease Awareness Month (Global)</i> 	<ul style="list-style-type: none"> • September 4 – The Lanterman Act Commemoration • September 4-10 – National Suicide Prevention Week • September 6 – Labor Day (U.S.) • September 8 – National Suicide Prevention Day • September 10 – Chuseok (Korean Thanksgiving) • September 10 – Mid-Autumn Festival (Taiwan, Republic of China) • September 10 – World Suicide Prevention Day • September 11 – Patriot Day (U.S.) • September 11 – Ethiopian New Year (Ethiopian) • September 12-16 – U.S. Senate’s Malnutrition Awareness Week (usually 3rd week of September) • September 15 – International Day of Democracy (United Nations) • September 16 – Mexican Independence Day • September 18 – International Equal Pay Day • September 18 – National HIV/AIDS and Aging Awareness Day (U.S.) • September 21-25 – International Week of the Deaf (Global) • September 21 – International Day of Peace (United Nations) • September 21 – World Alzheimer's Awareness Day (Global) • September 23 – Bisexual Visibility Day • September 23 – International Day of Sign Language (Global) • September 23 – National Native American Day (the fourth Friday of September) • September 25 – World Day of Migrants and Refugees (WDMR)

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		<ul style="list-style-type: none"> • September 25-27 – Rosh Hashanah (Jewish New Year) • September 26 – European Day of Languages • September 26 – Anniversary of Rehabilitation Act • September 26-October 5 – Navrati (Hindu Festival) • September 27 – National Gay Men’s HIV-AIDS Awareness Day
October	<ul style="list-style-type: none"> • <i>ADHD Awareness Month (U.S.)</i> • <i>Bullying Prevention Month</i> • <i>Depression Education and Awareness Month (U.S.)</i> • <i>Domestic Violence Awareness Month</i> • <i>Down Syndrome Awareness Month (U.S.)</i> • <i>Family History Month</i> • <i>Filipino-American History Month</i> • <i>German-American Heritage Month</i> • <i>Global Diversity Awareness Month</i> • <i>Islamic History Month</i> • <i>Italian-American Heritage Month</i> • <i>Learning Disability Awareness Month (U.S.)</i> • <i>LGBTQ History Month</i> 	<ul style="list-style-type: none"> • October 1 – International Day of Older Persons (United Nations) • October 2 – International Day of Non-violence • October 2 – Mehregan Festival (Persian) • October 2-8 – National Mental Illness Awareness Week • October 4-5 – Yom Kippur (Jewish Day of Atonement) • October 3-7 – Malnutrition Awareness Week by American Society of Parenteral and Enteral Nutrition (ASPEN) • October 5 – American Veterans Disabled for Life Awareness Day (U.S.) • October 6 – National Depression Awareness Day • October 6 – National Depression Screening Day • October 7-8 – Eid Milad ul-Nabi (Muslim holiday celebrating the birthday of the Islamic prophet Muhammad) • October 9 – Hangul Day (Celebration of Korean Alphabet, Hangul) • October 9-16 – Sukkot (Jewish Festival for the Fall Harvest) • October 10 – National Day (Taiwan, Republic of China) • October 10 – National Indigenous Peoples Day 2nd Monday of October, U.S.) • October 10 – World Mental Health Day (Global)

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	<ul style="list-style-type: none"> • <i>National Disability Employment Awareness Month (U.S.)</i> • <i>National Work and Family Month</i> • <i>Polish-American Heritage Month</i> • <i>Selective Mutism Awareness Month (U.S.)</i> • <i>Women’s History Month</i> 	<ul style="list-style-type: none"> • October 10 – Canadian Thanksgiving (2nd Monday of October) • October 11 – National Coming Out Day (LGBTQ+) • October 12 – National Day of Bullying Prevention (U.S.) • October 13 – World Blind Day/ World Sight Day (Global) • October 15 – Blind Americans Equality Day (U.S.) • October 15 – White Cane Safety Day (For Persons with Vision Loss Awareness) • October 19 – International Pronouns Day • October 19-30 – Disability Mentoring Days • October 20 – Spirit Day (LGBTQ+ and anti-bullying) • October 22 – International Stuttering Awareness Day • October 23-October 29 – Ace Week (formerly Asexual Awareness Week, LGBTQ+) • October 24 – Diwali (Hindu) • October 25-26 – Birth of the Bab (Baha’i Holiday) • October 26 – Intersex Awareness Day (LGBTQ+) • October 29 – Cyrus the Great Day (Iranian) • October 29 – World Stroke Awareness Day • October 31 – Halloween
November	<ul style="list-style-type: none"> • <i>Alzheimer’s Awareness Month (U.S.)</i> • <i>National Family Caregivers Month</i> • <i>National Native American, American</i> 	<ul style="list-style-type: none"> • November 1 – All Saints’ Day (Christian) • November 1-2 – Day of the Dead (Mexican) • November 2 – International Stress Awareness Day • November 11 – Veterans Day (U.S.) • November 15 – Roc Your Mocs Day/ Week (Native American & Indigenous Peoples)

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	<p><i>Indian, and Alaskan Native Heritage Month</i></p> <ul style="list-style-type: none"> • <i>Transgender Awareness Month</i> 	<ul style="list-style-type: none"> • November 15 – White House Tribal Nations Summit (AI/AN) • November 16 – Dutch American Heritage Day (U.S.) • November 16 – International Day for Tolerance (United Nations) • November 19 – International Men’s Day • November 20 – Transgender Day of Remembrance • November 24 – Thanksgiving Day (U.S.) • November 25 – International Day for the Elimination of Violence Against Women (United Nations) • November 25 – Native American Heritage Day • November 26 – Anniversary of the Assassination of Harvey Milk (LGBTQ+) • November 29 – Individuals with Disabilities Education Act (IDEA) • November 29 – Sand Creek Massacre Commemoration (AI/AN)
December	<ul style="list-style-type: none"> • <i>HIV/AIDS Awareness Month</i> • <i>National Giving Month</i> • <i>National Impaired Driving Prevention Month</i> • <i>Universal Human Rights Month</i> 	<ul style="list-style-type: none"> • December 1 – World AIDS Day • December 3 – International Day of Persons with Disabilities (United Nations) • December 3 – Individuals with Disabilities Education Act (IDEA) Reauthorization • December 5 – International Volunteer Day • December 10 – International Human Rights Day (United Nations) • December 16-24 – Las Posadas (Various Latin American countries) • December 18-26 – Hanukkah (Jewish) • December 21 – Yule Winter Solstice (Pagan) • December 21 – National Homeless Persons’ Remembrance Day

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		<ul style="list-style-type: none"> • December 25 – Christmas (Christian) • December 26 – Dakota 38 (AI/AN- Honor the lives of the Dakota people who were executed in December 26, 1862) • December 26-January 1 – Kwanzaa (Celebration of African American heritage and culture) • December 31 – New Year’s Eve

REFERENCES

<https://disabilityin.org/resource/2022-calendar-of-disability-related-dates/>

<https://www.brownielocks.com/month2.html>

<https://seramount.com/wp-content/uploads/2021/12/Seramount-Holiday-Calendar-2022.pdf>

<https://www.kazoohr.com/resources/library/inclusive-workplace-calendar>

<https://www.diversityresources.com/inclusion-diversity-calendar>

Feedback from LACDMH Cultural Competency Committee and Underserved Cultural Communities Subcommittees