









# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9  International FASD Awareness Day
10  World Suicide Prevention Day	11	12	13	14	15  Rosh Hashana begins	16
17  Rosh Hashana ends	18	19	20	21	22	23  International Day of Sign Languages
24  Yom Kippur	25  Franco-Ontarian Day	26	27	28	29	30  National Day for Truth and Reconciliation

# In September, we celebrate and remember:

- **International Day of Charity on September 8:** this is a United Nations' designated day which promotes charitable efforts made to alleviate poverty worldwide.
- **International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day on September 9:** recognized around the world, the 9th day of the 9th month, is celebrated to raise awareness about the risks of drinking alcohol during pregnancy, highlight prevention and support efforts, and encourage individuals to learn more about FASD and its impacts. FASD is a lifelong disorder caused by prenatal alcohol exposure that can affect brain and body development, making it the leading cause of preventable developmental disabilities in Canada. While much of the research and discussion about FASD has focused on challenges, it is also important to recognize the unique strengths, talents, abilities, interests, and achievements of people who have FASD.
- **World Suicide Prevention Day on September 10:** the purpose of this day is to raise awareness around the globe that suicide can be prevented and to promote action through proven means that will reduce the number of suicides and suicide attempts globally. "Creating Hope Through Action" has been the theme from 2021 to 2023. This theme serves as a powerful call to action, where we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling.
- **Rosh Hashana - September 15 to 17:** in the Judaism, it's the birthday of the universe, the day Adam and Eve were created, and it's celebrated as the head of the Jewish year. Begins at previous sundown. Rosh Hashanah is celebrated with candle lighting in the evening, festive meals with sweet delicacies during the night and day, prayer services that include the sounding of the ram's horn (shofar) and desisting from creative work.
- **International Day of Sign Languages on September 23:** celebrated annually across the world, this day is a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users. According to the World Federation of the Deaf, there are more than 70 million deaf people worldwide. More than 80% of them live in developing countries. Sign languages are visual languages. This year's theme is "Building Inclusive Communities for All". As well as Deaf people feeling connected to their Deaf community, they should also feel connected to wider society and those without a hearing impairment, contributing to positive change and breaking down stereotypical barriers.
- **Yom Kippur on September 24:** the holiest day of the year, "Jewish Day of Atonement", covers a 25-hour fast where people refrain from working, eating, and drinking. Synagogue services are also attended in worship of this sacred day. This day is about asking God to forgive sins, reflecting on past mistakes accepting repentance, and praying. Many will wear all-white clothing also to symbolize purity.
- **Gender Equality Week - September 24 to 30:** the fourth week in September, is an opportunity to raise awareness of the important contributions women and gender diverse communities have made to the growth, development, character, and identity of Canada; to celebrate the significant achievements and accomplishments that we have made in advancing gender equality; and to reconfirm our commitment to address persistent gender equality gaps in our country.
- **Franco-Ontarian Day on September 25:** a designated time to celebrate the Francophone community and its history. There are more than 622,000 Francophones and 1.5 million Ontarians who can speak French, making Ontario Canada's largest Francophone community outside of Quebec; a community that has made and continues to make a significant contribution to the vitality of Ontario's society. This linguistic, cultural, and economic contribution is enriched by Francophones originating from outside the province who have chosen Ontario as their home.
- **National Day for Truth and Reconciliation on September 30:** The day honours the lost children and Survivors of residential schools, their families, and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. The creation of this federal statutory holiday was through legislative amendments made by Parliament. September 30 is also Orange Shirt Day, a day to wear an orange shirt as a way to remember the story of Phyllis (Jack) Webstad, whose orange shirt was taken away from her when she was sent to a residential school at age six. A commemorative day intended to raise awareness of the individual, family, and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.