

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Autism Awareness Month</b> <b>Sikh Heritage Month</b> <b>Celebrate Diversity Month</b>						
	1	2	3	4	5	6
		World Autism Awareness Day				
7	8	 Eid al-Fitr	9 10 International Day of Pink 	11	12	13  Vaisakhi
 14 Puthandu (Tamil New Year)	15	16	17	18	19	20
 21 Canadian Fertility Awareness Week	22 Passover Begins  Earth Day 	23	24	25	26	27
28	29	30				
National Day of Mourning (CCOHS)						

# In April, we celebrate and remember:

- **Autism Awareness Month:** an annual opportunity for a dedicated conversation about autism spectrum disorder. Autism touches more than 70 million people globally. Approximately 1 in 50 children and youth are diagnosed with Autism Spectrum Disorder in Canada and this number continues to grow. This year, the commitment is to acting fearlessly for change.
- **Sikh Heritage Month:** a celebration of Sikh art, culture and heritage. It is a powerful platform for dialogue, understanding, and mutual respect. Embracing the opportunity to build bridges, to learn from each other, and to strengthen the bonds that unite us as a community.
- **Celebrate Diversity Month:** Initiated in 2004 to recognize and honour the diversity of the world around us. It is a time to recognize and understand our differences, be it gender, race, ethnicity, faith, sexual orientation, and other factors, while honouring the common essence of humanity. By appreciating our similarities and differences, the month aims to get people to foster a deeper understanding of others, regardless of who they are, what they are, or how they live.
- **World Autism Awareness Day on April 2:** unanimously declared by the United Nations General Assembly in 2008 to highlight the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as an integral part of society. Autism is a lifelong neurological condition that manifests during early childhood, irrespective of gender, race or socio-economic status. Autism is mainly characterized by its unique social interactions, non-standard ways of learning, keen interests in specific subjects, inclination to routines, challenges in typical communications and particular ways of processing sensory information. The rate of autism in all regions of the world is high and the lack of understanding has a tremendous impact on the individuals, their families and communities.
- **Eid al-Fitr on April 9:** A Muslim celebration to mark the end of Ramadan, the holy month of dawn to sunset fasting. This day is celebrated with feasts, gifts, and prayers in honour of God. Begins at previous sundown. (Islam)
- **International Day of Pink on April 10:** This worldwide awareness day hopes to educate the general public on the harmful effects of discrimination, bullying, discrimination, homophobia, transphobia, and transmisogyny across the world. Wear pink to show solidarity with the commitment to promote a safe and inclusive world for all.
- **Vaisakhi on April 13:** a major Sikh festival to mark the first day of the month of Vaisakh and is traditionally seen as a spring harvest celebration primarily in Punjab and Northern India.
- **Puthandu (Tamil New Year) on April 14:** celebrated in many households mainly Buddhist and Hindu as the sun moves from Pisces to Aries marking the end of the harvest season. From a list of customs to deliciously mouthwatering sweetmeats and fun activities, this time of the year offers all Sri Lankans a chance to offer gratitude and celebrate as one family.
- **Canadian Fertility Awareness Week –April 21 to 27:** The 2024 theme "One Voice," resonates with the collective strength and unity of individuals and communities coming together to advocate for fertility awareness and support, and to foster a sense of solidarity and empowerment among the 1 in 6 impacted by fertility challenges. The theme emphasizes the power of standing united as one voice, raising awareness, breaking stigmas, and promoting education surrounding fertility issues and reproductive health.
- **Passover begins on April 22:** a significant Jewish holiday. This eight-day festival commemorates the exodus of the Israelites from slavery in Egypt. Families gather to share Seder meals, read from the Haggadah, and reflect on themes of freedom and redemption. Passover is not just a historical commemoration but also a time for contemporary reflection on issues of freedom, justice, and human dignity.
- **Earth Day on April 22:** let's celebrate Mother Earth. Promote protecting the environment and advocate for sustainable living. This day serves as an important reminder of conservation, recycling, and action to protect the climate and our natural resources.
- **National Day of Mourning on April 28:** dedicated to remembering those who have lost their lives, suffered injury or illness on the job or a work-related tragedy.