

Disability and Awareness Calendar 2020 - 2021

January is Awareness Month For:

- Alzheimer's - (Canada - Alzheimer Society)
- Celebration of Life Month
- Co-dependency - (U.S.)
- Constipation - (U.S.)
- Glaucoma- (U.S.)
- National Mentoring Month - (U.S.)
- Ontario March of Dimes Month - (Canada)
- Poverty in America - (U.S.)
- Radon Action Month
- Self-Help Group
- Stalking - (U.S.)
- Slavery and Human Trafficking Prevention Month - (U.S.)
- Volunteer Blood Donor Month - (U.S.)
- Weight Loss

Awareness Days in January:

- January 1 – Global Family Day – formerly One Day of Peace and Sharing - (UN)
- January 2 – Personal Trainer
- January 1 – World Day of Peace
- January 4 – World Braille Day – International
- January 15 – Intestinal Malrotation and Volvulus
- January 24 - Moebius Syndrome
- January 27 – Family Literacy Day - ABC Life Literacy Canada
- January 27 – Holocaust Remembrance Day - (UN) - (International)
- January 28 – Young Carers (U.K.)
- January 30 – CTE (Chronic Traumatic Encephalopathy)
- January 31 – World Leprosy Day - (International)
- January 31 – Street Children's Day

Awareness Weeks in January:

- 5th-11th January – Lichen Sclerosus Awareness week (UK)
- 3rd Wk - National Non-Smoking Week – Canada – Canadian Council on Smoking and Health
- 3rd Wed – Weedless Wednesday – Canada – Canadian Council on Smoking and Health

Awareness Dates for February

February is Awareness Month For:

- Black History Month - (U.S. and Canada)
- Boost-Your-Self-Esteem Month - (U.S.)
- Children's Dental Health Month - (U.S.)
- Heart and Stroke Month - (U.S.) - Heart and Stroke Foundation
- Human Relations Month
- International Mother Language Day Month

Awareness Days in February:

- February 2 - Rheumatoid Arthritis
- February 4 – World Cancer Day
- February 6 – International Day of Zero Tolerance to Female Genital Mutilation - (International)

- February 11 – World Day of the Sick - (International)
- February 12 – Sexual and Reproductive Health
- February 12 – International Day of Women's Health - (International)
- February 13 – Breast Implant Illness
- February 14 - Congenital Heart Defect - (Canada)
- February 15 – International Childhood Cancer Day - (International)
- February 20 – World Day of Social Justice (Recognized by the UN) - (International)
- February 21 – International Mother Language Day - (UN) - (International)
- February 22 - National Heart Valve Disease (U.S.)
- February 27 - Anosmia
- February 28 (29th in leap year) - Rare Disease Day

Awareness Weeks in February:

- February 26 – March 4, 2017 was Cerebrospinal Fluid Leak (CSF) Awareness Week.
- 1st Wk - Eating Disorder Awareness Week; National; National Eating Disorder Information Center
- 1st Wk – International Development Week; National; CIDA
- 1st Wk – National Therapeutic Recreation Week
- 1st Wk – White Cane Week; National; Canadian Council of the Blind
- 2nd Wk – World Orphan Week; International; SOS Children's Villages Canada
- Last Wed – Pink Shirt Day (Anti-bullying) - Canada – Pink Shirt Day

Awareness Dates for March

March is Awareness Month For:

- American Red Cross Month - (U.S.)
- Cerebral Palsy - (U.S.)
- Color Therapy Month - (U.S.)
- Caffeine - (U.S.)
- Colorectal Cancer
- DVT - (Deep Vein Thrombosis) Prevention
- Developmental Disabilities Month
- Endometriosis
- Epilepsy - (Epilepsy Canada)
- Easter Seals Month - (Ontario, Canada)
- Essential Tremor - (U.S.)
- Foot Health Month
- Help Fight Liver Disease Month
- Juvenile Arthritis - (Canada)
- Kidney Month - (Kidney Foundation of Canada)
- Multiple Sclerosis (MS) - (U.S.)
- Music in Our Schools Month
- National Athletic Training Month (U.S.)
- Nutrition Month - (U.S.)
- Polio - (Polio Canada)
- Red Cross Month - (Canadian Red Cross)
- Reading - (U.S.)
- Self-Injury - (U.S.)
- Social Workers Month - (U.S.)
- Trisomy
- Women's History Month

Awareness Days in March:

- March 1 – International Wheelchair Day

- March 1 – Self-Injury
- March 5 – Dissociative Identity Disorder Awareness Day / Multiple Personality Awareness Day
- March 5 - U.S. Social Security National Slam the Scam Day
- March 6 – National Lymphedema
- March 8 – United Nations Day for Women's Rights and International Peace - (UN)
- March 8 – International Women's Day - (UN)
- March 10 – National Women and Girls HIV/AIDS
- March 12 – World Glaucoma Day
- March 14 – International Day of Action for Rivers
- March 15 – National Agriculture Day (US)
- March 16 – Brain Injury (Global)
- March 18 – National Trisomy 18 Awareness Day
- March 20 – International Day of Happiness
- March 21 – World Down Syndrome Day
- March 21 – International Day for the Elimination of Racial Discrimination
- March 21 – World Poetry Day - (UN - UNESCO)
- March 21 – International Day of Nowruz
- March 24 – International Day for Achievers
- March 24 – World Tuberculosis Day - (UN)
- March 25 – U.S. National Cerebral Palsy
- March 26 – Purple Day for Epilepsy
- March 27 – AFE – An international day uniting those affected by Amniotic Fluid Embolism (AFE)

Awareness Weeks in March:

- 1st Wk – Pharmacy Awareness Week – Canadian Pharmacists Association
- 1st Wk – Lymphedema Awareness Week – BC Lymphedema Association
- 1st Wk – World Glaucoma Awareness Week – World Glaucoma Week
- 2nd Wk – Canadian Agricultural Safety Week – Canadian Federation of Agriculture
- 2nd Wk – National Social Work Week – Canadian Association of Social Workers
- 3rd Wk – Crisis Line Awareness Week – BC Crisis Line Association

Awareness Dates for April

April is Awareness Month For:

- 30-hour Famine - (U.S.)
- Alcohol
- American Cancer Society Month - (U.S.)
- Autism - (Canada and U.S.)
- Child Abuse Prevention Month - (U.S.)
- Community Service Month
- Hypoxic Ischemic Encephalopathy (HIE)
- International Association for Premenstrual Disorders (IAPMD) Awareness Month
- Irritable Bowel Syndrome (IBS)
- Limb Loss
- Narz - (U.S.)
- Oral Health Month - (U.S.)
- Parkinson's Disease
- Primary Immunodeficiency - (U.S.)
- Sarcoidosis
- Sexual Assault
- Sexually Transmitted Disease (STD)
- Spondylitis

- Stress
- Testicular Cancer
- Volunteer Appreciation Month

Awareness Days in April:

- April 1 – Youth Homelessness Matters Day
- April 2 – World Autism Awareness Day - (UN)
- April 4 - Auditory Processing Disorder
- April 6 – Bohring-Opitz Syndrome (International)
- April 7 – World Health Day - (UN)
- April 7 – Day of Remembrance of the Victims of the Rwanda Genocide
- April 7 - National Making The First Move Day
- April 8 – National Gifted Education in Ireland
- April 8 – Cushing Disease/Syndrome
- April 9 – National Alcohol Screening Day - (NASD)
- April 10 – National Youth HIV and AIDS
- April 11 – Parkinson's Disease International.
- April 12 – International Day for Street Children
- April 13 – Functional Neurological Disorder (FND) (International)
- April 16 – National Stress
- April 17 – World Hemophilia Day - (UN)
- April 19 - Congenital Diaphragmatic Hernia Action Day
- April 22 – Earth Day
- April 23 - Fibrodysplasia Ossificans Progressiva (FOP)
- April 25 – World Meningitis Day
- April 25 – World Malaria Day - (WHO)
- April 25 – Parental Alienation - (PAAD)
- April 28 – International Workers Memorial Day or International Commemoration Day - (ICD)
- April 29 – Make-A-Wish Day (International)
- April 29 – Day of Remembrance of Victims of Chemical Warfare
- April 29 - World Primary Immunodeficiency Day (Canada)
- April 29 – International Noise

Awareness Weeks in April:

- 2nd Saturday of April - Sarcoidosis
- Last Saturday in April – Show Your Mettle Day – to encourage amputees to show their metal (prosthetic devices, wheel chairs, etc).
- April 6-13 (2019) - National Porphyria Awareness Week (NPAW) to enhance porphyria awareness in communities by spreading the word about porphyria.
- April 12-18 – Oral, Head and Neck Cancer Awareness Week.
- 13 – 19 – National Dental Hygiene Week; National; Canadian Dental Hygienists Association
- 20- 27 – National Organ Donor Awareness Week
- 2nd Wk – World Homeopathy Awareness Week
- 3rd Wk – National Medical Laboratory Week; National
- 3rd Wk – National Volunteer Week; National; Volunteer Canada

Awareness Dates for May

May is Awareness Month For:

- ALS - (U.S.)
- Asthma
- Arthritis Month
- Allergy/Asthma

- Better Sleep Month
- Better Speech and Hearing Month
- Borderline Personality Disorder
- Brain Tumor
- Cystic fibrosis (Australia and U.S.)
- Celiac Awareness Month
- Correct Posture Month
- Ehlers-Danlos syndrome (EDS)
- Fibromyalgia Awareness
- Foot Health Month
- Foster Care Month - (U.S.)
- Guide Dog Month - (U.S.)
- Haitian Heritage Month
- Hepatitis
- High Blood Pressure Month - (U.S.)
- Huntington's Disease - (U.S.)
- Lupus
- Lyme Disease
- ME Awareness Month
- Mental Health Month
- Mobility
- Older Americans Month - (U.S.)
- Multiple Sclerosis (MS) - (Canada)
- Physical Fitness and Sports Month
- Stroke - (U.S.)

Awareness Days in May:

- Misophonia falls on the first Monday in May, and is known as Misophonia Monday
- May 1 – Global Mesh
- May 2 – International Scurvy
- May 3 – Start of Brain Tumor Action Week
- May 5 - Cri du Chat Syndrome Day (www.fivepminus.org)
- May 5 – International Midwives Day
- May 5 - Ependymoma
- May 5 – National Childhood Stroke
- May 5 – World Asthma Day
- May 6 – World Moyamoya Day
- May 7 – National Children's Mental Health
- May 6 – International Awareness Day for Osteogenesis Imperfecta (Brittle Bones)
- May 7 - Bladder Cancer
- May 8 – World Ovarian Cancer
- May 8 – World Red Cross and Red Crescent Day
- May 10 – World Lupus Day
- May 12 – International ME Awareness Day (for ME/CFS)
- May 12 – International Nurses Day
- May 12 – International Awareness Day for Chronic Immunological and Neurological Diseases (CIND)
- May 14 – Childhood Speech Apraxia
- May 15 – International Mucopolysaccharidoses (MPS)
- May 15 – International Day of Families - (UN)

- May 17 – Worldwide Neurofibromatosis (NF)
- May 17 – International Day Against Homophobia and Transphobia
- May 18 – International AIDS Vaccine Day
- May 18 – International AIDS Candlelight Memorial
- May 19 – World Hepatitis Day
- May 19 – Schizencephaly
- May 20 – International Behcet's Disease Awareness Day
- May 20 – International Blue Cone Monochromacy
- May 20 – World AiArthritis Day (AiArthritis Day) - Global – Annually - (Was: World Autoimmune Arthritis Day (WAAD))
- May 21 – Global Accessibility
- May 22 – International Day for Biological Diversity - (UN)
- May 23 – International Day to End Obstetric Fistula
- May 24 - Schizophrenia (Canada)
- May 25 – World Thyroid Day (WTD)
- May 27 – World Multiple Sclerosis (MS).
- May 28 – World Hunger Day
- May 31 – World No Tobacco Day - (UN)

Awareness Weeks in May:

- ME/CFS Awareness Week – week sounding 12th May
- U.K. Deaf Awareness Week (DAW) - (Dates Vary)
- Week surrounding May 5 – International Cri du Chat Syndrome Awareness Week
- 1st Saturday in May each year is World Ankylosing Spondylitis Day
- 1st Tuesday of May – World Asthma Day
- 2nd Sunday of May – International Mothers' Day
- 2nd Week in May - Williams Syndrome Awareness Week
- 3rd Thursday of May – Global Accessibility Awareness Day (GAAD)

Awareness Dates for June

June is Awareness Month For:

- Antiphospholipid Antibody Syndrome (APS)
- Audiobook Month
- Chronic Venous Insufficiency
- Migraine and Headache
- Hemiplegic Migraine
- Men's Health Month
- National Hunger
- PTSD

Awareness Days in June:

- June 1 – International Children's Day
- June 1 – World Hypoparathyroidism Awareness
- June 2 – National Gun Violence
- June 3 - Telehealthcare
- June 4 – International Day of Innocent Children Victims of Aggression
- June 5 – National HIV/AIDS Long-Term Survivors
- June 6 – Hunger Day
- June 7 – National Cancer Survivors Day
- June 7 - World Food Safety Day - (UN)
- June 8 – World Brain Tumor Day
- June 11 – Neuropathy Action

- June 13 – Young Carers (U.K.)
- June 13 – International Albinism
- June 14 – World Blood Donor Day - (UN)
- June 15 – World Elder Abuse (WEAAD)
- June 17 – CDKL5 Worldwide
- June 18 – Autistic Pride Day
- June 19 – World Sickle Cell Day - (UN)
- June 20 – World Refugee Day - (UN)
- June 21 – Global day of recognition of ALS/MND
- June 23 - Dravet Syndrome.
- June 25 – World Vitiligo
- June 26 – International Day Against Drug Abuse and Illicit Trafficking - (UN)
- June 27 – U.S. National Post Traumatic Stress Disorder (PTSD) Day
- June 29 – Chronic Migraine
- June 29 – World Scleroderma
- June 30 - Arthrogyrosis

Awareness Dates for July

July is Awareness Month For:

- Disability Pride Month (NY)
- Fragile X (FXS)
- National Cleft and Craniofacial Awareness and Prevention Month (NCCAPM)
- Sarcoma - (U.S.)

Awareness Days in July:

- July 1 – Doctor's Day – Bidhan Chandra Roy Birthday
- July 2 – National Corpus Callosum (Australia)
- July 5 2015 – International Day of Cooperatives (Recognized by the UN first Saturday in July)
- July 6 – International Kissing Day
- July 11 – World Population Day
- July 12 – Disability Awareness Day (DAD) (U.K.)
- July 12 - Heterochromia
- July 13 – Gastrointestinal Stromal Tumor (GIST)
- July 15 – World Youth Skills Day
- July 17 – World Day for International Justice
- July 18 – Nelson Mandela International Day
- July 21 – National Farm Safety
- July 22 - Fragile X (FXS)
- July 23 – World Sjogren's Day
- July 24 – National Seasonal Affective Disorder (SAD) Day
- July 26 – Americans with Disabilities Act (ADA) Awareness Day
- July 28 – World Hepatitis Day
- July 30 - Gastroschisis
- July 30 – International Day of Friendship

Awareness Weeks in July:

- Last Friday of July – System Administrator Appreciation Day

Awareness Dates for August

August is Awareness Month For:

- Autoinflammatory Disorders Awareness
- Cataract
- Children's Eye Health and Safety

- Children's Vision and Learning
- Digestive Tract Paralysis (DTP)
- Don't be a Bully Month
- Immunization Awareness
- Neurosurgery Outreach Month
- Never Leave a Child Unattended in a Car, Purple Ribbon Month
- Spinal Muscular Atrophy Awareness
- Stevens-Johnson Syndrome (SJS)
- Studious Behavior Awareness

Awareness Days in August:

- August 1 – Clergy Sexual Abuse US and International
- August 6 – National Fresh Breath Day
- August 6 – National Wiggle Your Toes Day
- August 7 – Purple Heart Day
- August 8 – Happiness Happens Day
- August 8 – Severe ME Awareness Day (Severe & Very Severe Myalgic Encephalomyelitis).
- August 9 – International Day of the World's Indigenous Peoples
- August 12 – International Youth Day
- August 13 – International Left-handers Day
- August 19 – World Humanitarian Day
- August 20 – National Honey Bee Day
- August 21 – National Senior Citizens Day
- August 30 – International Day of the Victims of Enforced Disappearances
- August 31 – International Overdose

Awareness Dates for September

September is Awareness Month For:

- Alopecia - (U.S.)
- Arnold-Chiari Malformation
- Achalasia – achalasiaawareness.org
- Baby Safety Month - (U.S.)
- Childhood Cancer - (U.S.)
- Childhood Obesity Awareness Month - (U.S.)
- Chiari
- Cholesterol Awareness Month - (U.S.)
- Deaf (International)
- Emergency Care Month
- Gynecological Cancer - (U.S.)
- Hispanic Heritage Month - (U.S. - Sept. 15 to Oct. 15)
- Life Insurance - (U.S.)
- Lymphoma
- National Guide Dog Month - (U.S.)
- National Recovery Month - (U.S.)
- National Hydrocephalus - (U.S.)
- National Honey Month - (U.S.)
- National Preparedness Month - (U.S.)
- Orthostatic Tremor
- Ovarian Cancer Awareness Month - (U.S.)
- Pain
- Polycystic ovary syndrome

- Prostate
- Recovery Month - (U.S.)
- Sight Saving Month - (U.S.)
- Suicide Prevention Month - (U.S.)
- Spinal Cord Injury - (U.S.)
- Thyroid Cancer
- Tumor - (U.S.)
- Wilderness Month - (U.S.)
- World Alzheimer's Disease Month
- Women of Achievement Month

Awareness Days in September:

- September 4 – World Cerebral Palsy Day (List of Famous People with Cerebral Palsy)
- September 5 – International Day of Charity - (U.N.)
- September 7 - Duchenne Muscular Dystrophy
- September 8 – National Pediatric Hematology/Oncology Nurses Day
- September 9 – International Fetal Alcohol Spectrum Disorder (FASD) (Fetal Alcohol Spectrum Disorder in Children)
- September 10 – World Suicide Prevention Day
- September 11 – Patriot Day and National Day of Service and Remembrance (U.S.)
- September 12 – World First Aid Day (2015)
- September 13 - Celiac Disease - List of Gluten Free Food and Drink Products
- September 15 – Pension (U.K.)
- September 15 – World Lymphoma - Hodgkin's Lymphoma
- September 16 – National School Backpack
- September 18 – National HIV/AIDS and Aging
- September 19 – Aortic Dissection
- September 19 - Usher Syndrome (Global)
- September 21 – Myositis – Designated by U.S. Congress
- September 21 – World Alzheimer's Day
- September 21 – International Day of Peace
- September 22 – World Chronic Myeloid Leukemia (CML) Day
- September 23 - Falls Prevention - (First Day of Fall)
- September 24 – Atypical Hemolytic Uremic Syndrome (aHUS)
- September 25 – International Ataxia
- September 26 - Mesothelioma
- September 27 – National Gay Men's HIV/AIDS (NGMHAAD)
- September 29 – World Heart Day
- September 28 – World Rabies Day
- September 30 - Limb Girdle Muscular Dystrophy

Awareness Weeks in September:

- National Rehabilitation Awareness Week - (Actual Date Subject to Change Each Year)
- Idiopathic Hypersomnia Awareness Week - First week of September - (4th - 10th Sept, 2017)
- Last week of September – International Week of the Deaf (International)

Awareness Dates for October

October is Awareness Month For:

- AIDS - (U.S.)
- Black History Month - (U.K.)
- Breast Cancer
- Bullying Prevention Month - (U.S.)

- Breast Cancer Awareness Month - (U.S.)
- Collegiate Alcohol - (U.S.)
- Colon Cancer
- Complex Regional Pain Syndrome (CRPS) / Reflex Sympathetic Dystrophy (RSD) awareness month.

- Dental Hygiene Month - (U.S.)
- Depression Education - (U.S.)
- Disability Employment
- Diversity
- Diarrhea
- Domestic Violence
- Down Syndrome - (U.S.)
- Dwarfism
- Dysautonomia (www.dysautonomiainternational.org)
- Eczema
- Emotional Intelligence - (www.e-ii.org)
- Fire Prevention Month - (U.S.)
- Health Care Food Service Month - (U.S.)
- Hunger
- International Walk to School Month - (Canada)
- Infant Loss and Miscarriage - (U.S.)
- Information Literacy - (U.S.)
- Lupus
- Pharmacy Month - (U.S.)
- Physical Therapy Month - (U.S.)
- Pregnancy and Infant Loss - (U.S.)
- Raynaud's
- Rett Syndrome
- Selective Mutism
- Spina Bifida
- Spina bifida awareness month
- Work and Family Month - (U.S.)
- Vaccine Injury - (U.S.)
- Vegetarian - (U.S.)

Awareness Days in October:

- October 1 – International Day of Older Persons - (UN)
- October 1 – World Vegetarian Day
- October 2 – World Cerebral Palsy Day
- October 5 – World Day of Bullying Prevention
- October 5 - American Veterans Disabled for Life
- October 7 – International Trigeminal Neuralgia
- October 7 – Team Margot Stem Cell and Bone Marrow
- October 7 – World Cerebral Palsy
- October 8 – World Humanitarian Action Day
- October 9 – PANDAS / PANS
- October 10 – World Hospice and Palliative Care Day
- October 10 – World Mental Health Day
- October 10 – World Day Against Death Penalty, recognized by the WCADP
- October 11 – International Day of the Girl Child

- October 13 – Metastatic Breast Cancer
- October 14 – Global Food Protein Enterocolitis Syndrome (FPIES) Day
- October 15 – World Blind Day / World Sight Day
- October 15 – International Day of Rural Women - (UN)
- October 15 – Global Hand-washing Day
- October 15 – National White Cane Safety Day
- October 15 – Blind Americans Equality Day
- October 16 – World Food Day - (UN)
- October 17 – International Day for the Eradication of Poverty - (UN)
- October 18 – World Vasectomy Day
- October 20 – World Osteoporosis Day
- October 21 - Breast Reconstruction Awareness (BRA) Day
- October 22 – Phelan-McDermid Syndrome - International Day of Awareness
- October 22 – International Stuttering
- October 23 – Kabuki Syndrome
- October 24 – World Development Information Day
- October 24 – United Nations Day
- October 25 - Spina Bifida
- October 25 – Hydrocephalus Day
- October 25 – 31 – International Epidermolysis Bullosa Awareness Week
- October 26 – Intersex
- October 27 – World Day for Audiovisual Heritage
- October 29 – World Stroke Day

Awareness Dates for November

November is Awareness Month For:

- Adoption - (U.S.)
- COPD Awareness Month
- Pancreatic Cancer Awareness Month
- Alzheimer's
- Dercum's Disease (Adiposis Dolorosa)
- Diabetes
- Epilepsy Month
- Good Nutrition Month
- Hospice Month
- Lung Cancer
- Native American Heritage Month
- Prematurity
- Prostate Cancer / Men's Health
- Red Ribbon Month (Anti-drunk-driving)
- RSD/CRPS
- Vegan

Awareness Days in November:

- November 1 – World Vegan Day
- November 1 - Lennox-Gastaut Syndrome
- November 4 – National Stress (NSAD) (U.K.)
- November 7 – Cancer (India)
- November 8 – Aicardi Syndrome
- November 10 – World NET Cancer
- November 10 – World Immunization Day

- November 11 – Veterans Day - Remembrance Day - Armistice Day
- November 12 – World Pneumonia Day
- November 13 – World Pancreatic Cancer Day
- November 14 – World Diabetes Day - (UN)
- November 15 – World Ohtahara Syndrome
- November 16 – International Day for Tolerance - (UN)
- November 17 – International Students Day
- November 17 – World Prematurity Day
- November 18 – World COPD Day
- November 19 – International Men's Day (IMD)
- November 20 – Universal Children's Day - (UN)
- November 24 – N24
- November 25 – International Day for the Elimination of Violence against Women - (UN)
- November 30 – Self Harm

Awareness Weeks in November:

- National Radiologic Technology Week
- 5th-11th November – Vulval cancer awareness week (UK)

Awareness Dates for December

December is Awareness Month For:

- AIDS
- Constipation
- Universal Human Rights Month

Awareness Days in December:

- December 1 – World Aids Day - (UN)
- December 3 - International Day of Persons with Disabilities - (UN)
- December 5 – International Volunteer Day for Economic and Social Development
- December 6 – National Day of Remembrance and Action on Violence Against Women (Canada)
- December 10 – Human Rights Day - (UN)

Awareness Weeks in December:

- 5th-11th December – Vaginal Atrophy Awareness week (UK)