Diversity Events Calendar
May 2026

May invites us into a season of reflection, renewal, and shared celebration, a time to honor the rich tapestry of cultures, faith traditions, and lived experiences that shape our world. It is a moment to recognize meaningful observances, uplift cultural heritage, and embrace global awareness days that make us both celebrate our differences and stand firmly in our shared humanity.

At CPCS, these moments are more than milestones; they are powerful opportunities to come together with intention. They ask us to listen more deeply, learn more openly, and lead with empathy and curiosity. In doing so, we strengthen the bonds that connect us and create space for every voice to be seen, heard, and valued.

As we move through this month, may we continue to grow individually and collectively, guided by our commitment to equity, belonging, and respect. Together, we can build a community where understanding flourishes and everyone can thrive.

Month-Long Observances	***Focus / Why It Matters***
ALS Awareness Month	*Raise awareness, support those affected, and help drive funding for research toward treatments and a cure.*
Asian-American and Pacific Islander Heritage Month	*Honor the histories, cultures, and contributions of Asian and Pacific Islander Americans, recognizing their diversity and impact on the nation.*
Haitian Heritage Month	*Celebrates Haitian culture and history while recognizing the community's contributions and impact.*
National American Indian and Alaskan Native Heritage Month	*Celebrates the heritage, history, and contributions of people of Indian origin, highlighting their influence across many fields.*

Jewish-American Heritage Month	*Recognizes Jewish Americans' contributions, celebrates their culture, and highlights their role in U.S. history.*
Lupus Awareness Month	*Raises awareness, supports those affected, and promotes research for better treatments and a cure.*
Mental Health Awareness Month	*Reduces stigma, encourages people to seek help, and promotes better mental well-being.*
National Foster Care Month	*Raises awareness of children in foster care, supports foster families, and encourages people to help provide safe, stable homes.*
National Military Appreciation Month	*Honors the service and sacrifice of military members and their families, while recognizing their role in protecting the country.*
Older Americans Month	*Honors older adults' contributions, raises awareness of aging issues, and promotes respect and support for seniors.*
Personal History Awareness Month	*Encourages people to preserve their personal and family stories, helping connect generations and protect history.*
Speech and Hearing Awareness Month	*Raise awareness of communication disorders, encourage early treatment, and support people in improving their communication skills.*
Stroke Awareness Month	*Helping people recognize symptoms faster, reduce their risk, and support those affected. Even knowing just one thing (like FAST) can help you save a life, possibly someone close to you.*

May Holidays and Anniversaries of Culturally Significant Events

Date	Event / Observance	Focus / Why It Matters
May 1	*Vesak Buddha Day*	*Commemorates the birth, enlightenment, and death of Buddha.*

Date	Event / Observance	Focus / Why It Matters
May 2	Twelfth Day of Ridván	Marks the end of Ridván and celebrates unity and spiritual renewal.
May 3	International Family Equality Day	Celebrates diverse families, supports LGBTQ+ parents, and promotes equality and inclusion.
May 5	Cinco de Mayo	Commemorates the Mexican army's victory over French forces at the Battle of Puebla on 5 May 1862.
May 5	National Day of Awareness for Missing and Murdered Indigenous Women and Girls	Honors victims, raises awareness, and calls for justice.
May 7	National Day of Prayer	Encourages people to reflect, pray, and come together in unity across communities and beliefs.
May 8-9	Time of Remembrance and Reconciliation for Those Who Lost Their Lives during the Second World War.	Honors the millions who died in World War II, remembers the impact of the war, and promotes peace to prevent future conflicts.
May 10	Mother's Day	Observance established to express love, gratitude, and appreciation for mothers and mother figures.
May 14	Ascension Day	Commemoration of Christ's bodily ascension into heaven
May 16	Armed Forces Day	Honors the service of active military members and recognizes their role in protecting the nation.
May 17	International Day Against Homophobia, Transphobia, and Biphobia	Raises awareness of discrimination, supports LGBTQ+ rights, and promotes equality and inclusion.

Date	Event / Observance	Focus / Why It Matters
May 19	Agender Pride Day	Raises awareness of agender identities, promotes inclusion, and supports people who don't identify with a specific gender.
May 19	Malcolm X's Birthday	Honors Malcolm X's legacy, promotes civil rights awareness, and encourages reflection on justice and equality.
May 21	Global Accessibility Awareness Day	Raise awareness about digital access and inclusion, helping ensure people with disabilities can fully participate online.
May 21	World Day for Cultural Diversity for Dialogue and Development	Promotes respect, inclusion, and understanding across cultures.
May 21-23	Shavuot	Commemorates the divine revelation at Mount Sinai, when G-d gave the Torah to the Jewish people about 3,300 years ago.
May 22 or 23	Declaration of the Báb	Marks the beginning of the Bahá'í Faith and celebrates a message of unity and spiritual renewal.
May 24	Pansexual Visibility Day	Raises awareness of pansexual identities, promotes acceptance, and supports inclusion within and beyond the LGBTQ+ community.
May 24	Pentecost Sunday	Commemorates the descent of the Holy Spirit upon the disciples.

Date	Event / Observance	Focus / Why It Matters
May 24	*Buddha Day*	*Celebrates the birth of Siddhartha Gautama, the founder of Buddhism.*
May 25	*Memorial Day*	*Honors and remembers those who died while serving in the U.S. military.*
May 25	*African Liberation Day*	*Celebrates African unity, honors the fight against colonialism, and promotes freedom and self-determination.*
May 27-30	*Eid al-Adha*	*Commemorates Ibrahim's willingness to sacrifice his son, Ismail, and his charity toward people in need.*
May 29	*Ascension of Bahá'u'lláh*	*Commemorates the passing of Baha'u'llah, the founder of the Baha'i Faith.*