

My wellness, it's up to me and
I choose to listen
to my needs

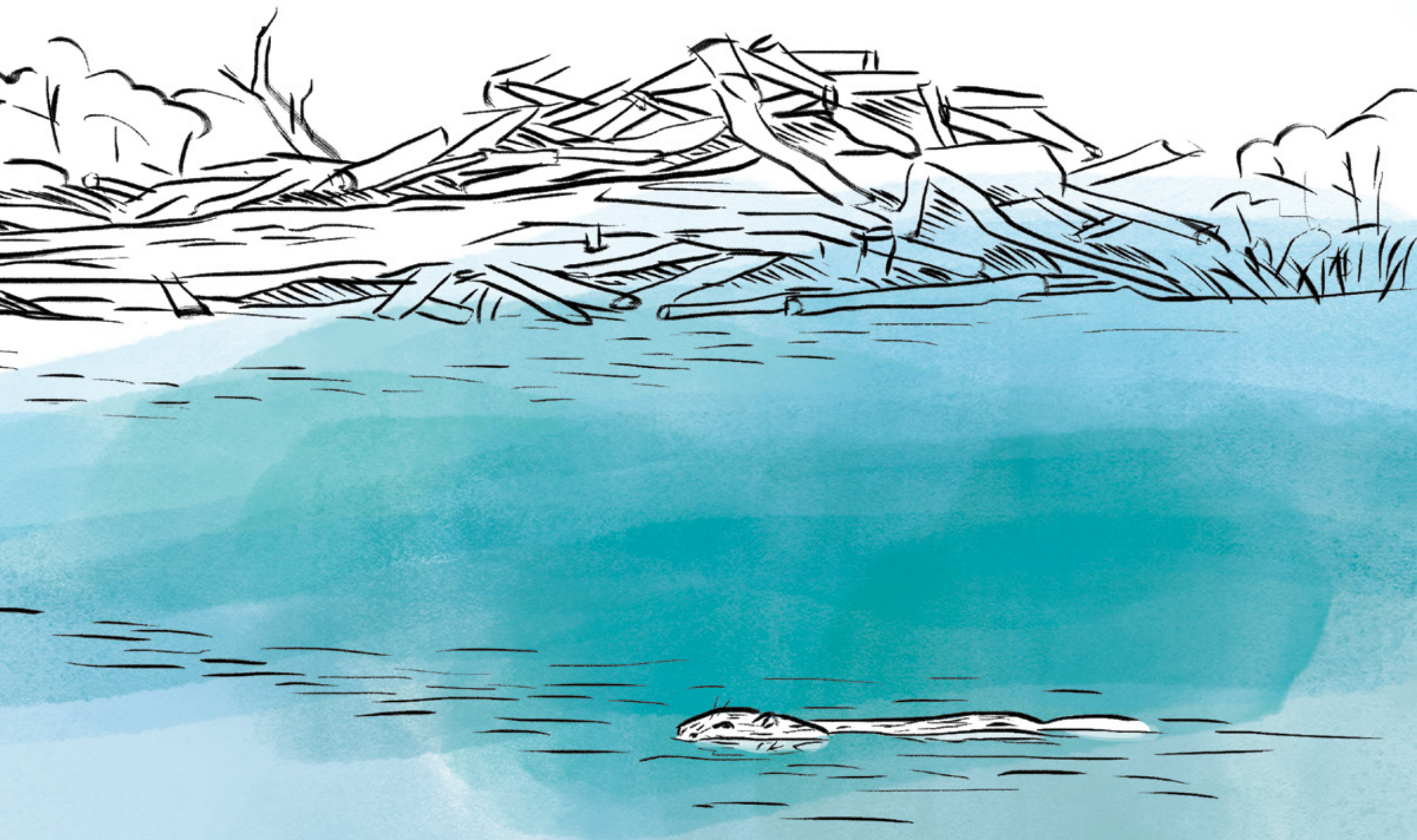
Twelve months
to take care
of ourselves

Calendar

From January 1, to
December 31, 2026



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION



Production

FNQLHSSC

Translation

FNQLHSSC collaborator

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Every year on February 1, the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) marks First Nations Wellness Day, decreed in 2011 by the Chiefs of the Assembly of First Nations Quebec-Labrador following a major Summit on Addictions. This day is intended to raise awareness among the entire First Nations population on individual and collective wellness by highlighting the importance of taking care of ourselves and those around us every day.

Drawing from the theme *My wellness, it's up to me and I choose to listen to my needs*, the FNQLHSSC created a calendar for 2026. It is an agenda, a reminder for important dates and a tool to set new-year goals and monthly challenges based on various themes. The calendar will help you balance the four elements of the medicine wheel—mental, physical, emotional and spiritual—in order to improve the wellness of all.



How to use the calendar

The calendar is designed to be used both individually and as a family.

Every month, there is a theme and a challenge to accomplish either individually or as a family. Different seasonal sections and activities are included, but these ideas are entirely customizable.

At the beginning of the year, you can set goals and follow their progression every month by filling out boxes with the activities completed. The end-of-year review allows you to look back and take stock of your achievements since you set your goals initially.



Before you get started...

THE SEVEN SACRED TEACHINGS

The traditional First Nations values of respect and sharing are the foundation of our way of life and stem from the seven sacred teachings, which celebrate the basic qualities of a healthy and fulfilling life.

Each of the seven sacred teachings is represented by an animal. The animal kingdom teaches humans about the connection between life and the Earth and the need to respect for all forms of life.

Throughout the year, keep these lessons in mind and draw on them in your daily life.



Love

The eagle is the bird that flies the highest. True love is linked to the Creator. Love for the Creator is expressed by self-love and love for others.

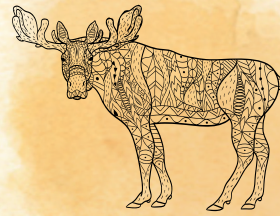


Honesty

The crow reminds us to be honest with the Creator and with one another. Honesty is shown when we keep promises made to the Creator, to ourselves and to others.

Respect

The moose tells us to respect all forms of life. To be respected, one must show respect for those around them.



Wisdom

The beaver teaches us that communities are built on the gifts that each person has received from the Creator. Have the wisdom to use these gifts to build healthy and peaceful communities.



Courage

The bear can be gentle and ferocious. It teaches us to have the mental and moral strength to do what is right and good, even though the consequences may be difficult to accept.



Humility

Recognition of the Creator's higher power is considered true humility. Putting others before oneself is a form of humility. The wolf teaches us this lesson. He lowers his head in the presence of others and does not take food until it is shared with the pack. The wolf is not arrogant and respects its community.



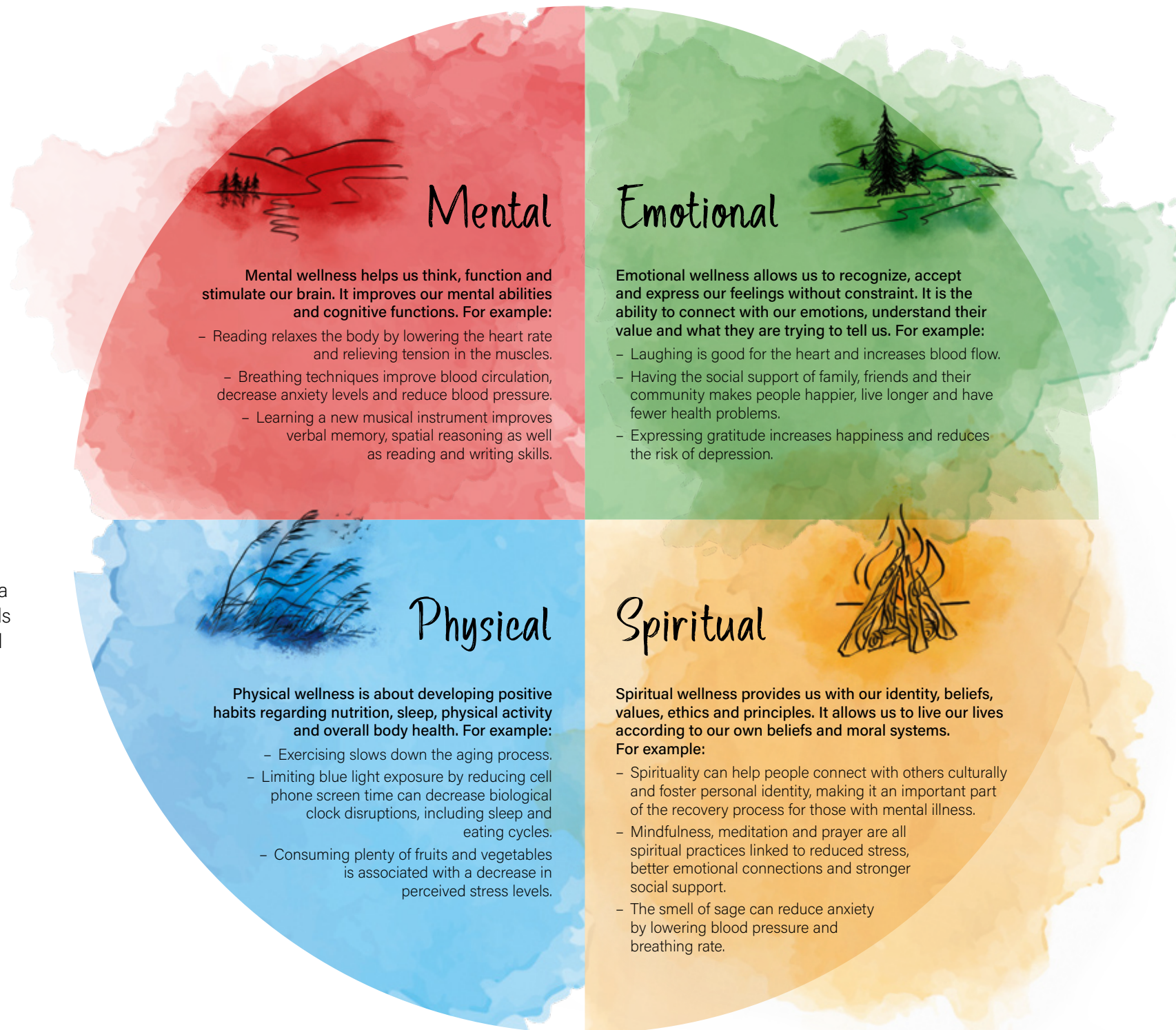
Truth

The turtle was present when the Creator created man and passed on the seven sacred teachings. It was the turtle's duty to ensure laws were not lost or forgotten. Knowing the truth means learning, understanding, and respecting these teachings. Speak the truth. Don't make mistakes and don't deceive others.

Dimensions of wellness

For First Nations, wellness is a balancing act between the spiritual, emotional, physical and mental dimensions, as represented by the medicine wheel.

According to this concept, wellness is a journey, a constant progression towards a positive and balanced state of overall health. It is a whole rooted in culture and values, where each sphere has an important role to play.



Review of the past year

BEFORE YOU BEGIN THE NEXT TWELVE MONTHS, TAKE A QUICK AND PERSONAL LOOK BACK OVER THE PAST YEAR BY ASKING YOURSELF THE FOLLOWING QUESTIONS:

- What were my best successes?
- Who has been there for me this year?
- What did I learn?
- What were some of my best successes and not so good moments?
- What are my greatest personal challenges?
- What are the things I wish I had done? Why?
- Have I always acted according to my personal beliefs and values?
- Are there things that have hurt me in the past year?

Considering this, answer the four following questions by trying to focus on the positive and not the negative. Think of this assessment as an opportunity to find constructive and positive approaches that will help you take better care of yourself in the coming year.

TO STOP

TO START

TO CONTINUE

TO IMPROVE



My wellness goals for 2026

Using your answers from the previous page, choose five categories from column below and write them at the top of the bubbles. For each of the chosen categories, write down the goals you want to achieve this year.

GOAL CATEGORIES

1. Health, nutrition and sports
2. Relationships with family and friends
3. Romantic relationship
4. Finances
5. Career or education
6. Skills to develop
7. Leisure and relaxation
8. Personality traits and attitude
9. Inner life and personal growth
10. Influence and social involvement
11. Other, your choice



THEME 1

Choosing your priorities!

Your mental health is a priority, your happiness is essential, your wellness is a necessity.

After identifying your wellness goals for 2026, you are encouraged to set a priority and a challenge for this month. Don't forget to be kind to yourself.

PRIORITY THIS MONTH

Four horizontal dotted lines for writing the priority.

MONTHLY CHALLENGE

Four horizontal dotted lines for writing the monthly challenge.

January

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New Year's Day

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Non-smoking week

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THEME 2

Living in the present!

Don't let your mind wander in the past or future.
Focus on the present moment.

Living in the present means being connected to what is happening at this very moment, without worrying about the future or the past. Stress, fear and guilt often take over our thoughts and prevent us from fully enjoying the moments we are living. When we can focus solely on the present moment, we are better able to thoroughly embrace it.

MONTHLY CHALLENGE

This month, take a few minutes to relax and focus on your feelings. After your break, how did you feel? Explain in the circles below.

February

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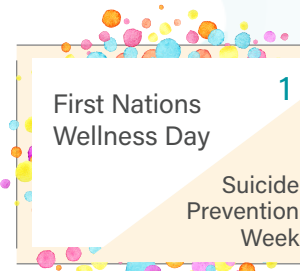
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 First Nations Wellness Day 1 Suicide Prevention Week	2	3	World Cancer Day 4	5	6	7
8	9	10	11	12	13	Sexual and Reproductive Health Awareness Week 14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

HERE ARE SOME SUGGESTIONS
FOR *springtime* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS SPRING
THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.



Spring



THEME 3

Targeting healthy eating!

Love yourself enough to pursue a healthy lifestyle.

In Canada, March is dedicated to nutrition and highlights the importance of making smart and healthy food choices. Since a varied and balanced diet helps us improve our health, avoid diseases and promote our wellness, this month is an opportunity for us to pursue healthy eating habits, while also having fun and exploring new things!

MONTHLY CHALLENGE

Choose healthy foods or new recipes to incorporate into your diet this month and list them below.

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If you want to plan seasonal activities to do this spring, feel free to fill out p. 15 before starting the month!

March

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8 International Women's right Day	9	10	11	12	13	14
15	16	17	18	19	20 Spring Equinox	21
22	23	24	25	26	27	28
29	30	31 National Indigenous Languages Day	Nutrition Month Indigenous Languages Month Fraud Prevention Month			



THEME 4

Taking care of the planet!

I honour and care for Mother Earth and thank her for all her blessings.

Reducing our environmental footprint starts with small, simple gestures every day. For example, there's travelling by bike or on foot, taking short showers to limit hot water consumption, cooking recipes with food you already have at home to avoid waste, using eco-friendly and reusable items, recycling or composting. Picking up a few pieces of garbage left in a park or other public space is another good way to help keep your community clean!

MONTHLY CHALLENGE

Choose a few eco-friendly gestures you can make during the month, either for yourself or for your circle of friends and community. List them below when they are accomplished.

April

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			1	2	3 Good Friday	4
5 Easter	6 Easter Monday	7	8	9	10	11
12	13	14	15	16	17	18
19 Administrative Professionals Week	20	21	22 Mother Earth Day	23	24	25
26	27	28	29	30		



THEME 5

Taking charge of your own healing



I recognize the importance of my physical, mental, spiritual, and emotional wellness.

Recognizing the importance of your wellness involves exploring different approaches – be they ancestral traditions or modern methods – to find the one that works best for you. Feel comfortable to ask for help and surround yourself with caring people, because healing is a personal endeavour that can also benefit from the support of your community.

MONTHLY CHALLENGE

Every month, schedule some time for a wellness activity, like meditation, walking, or some form of traditional care, and enter the activities below once you have completed them.

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National Aboriginal
Hockey Championships

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Safety and Health Week

Mental Health Week

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Moose Hide
Day

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Indigenous
Nurses Day

National
Nursing Week

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Intergenerational
Week

Victoria
Day

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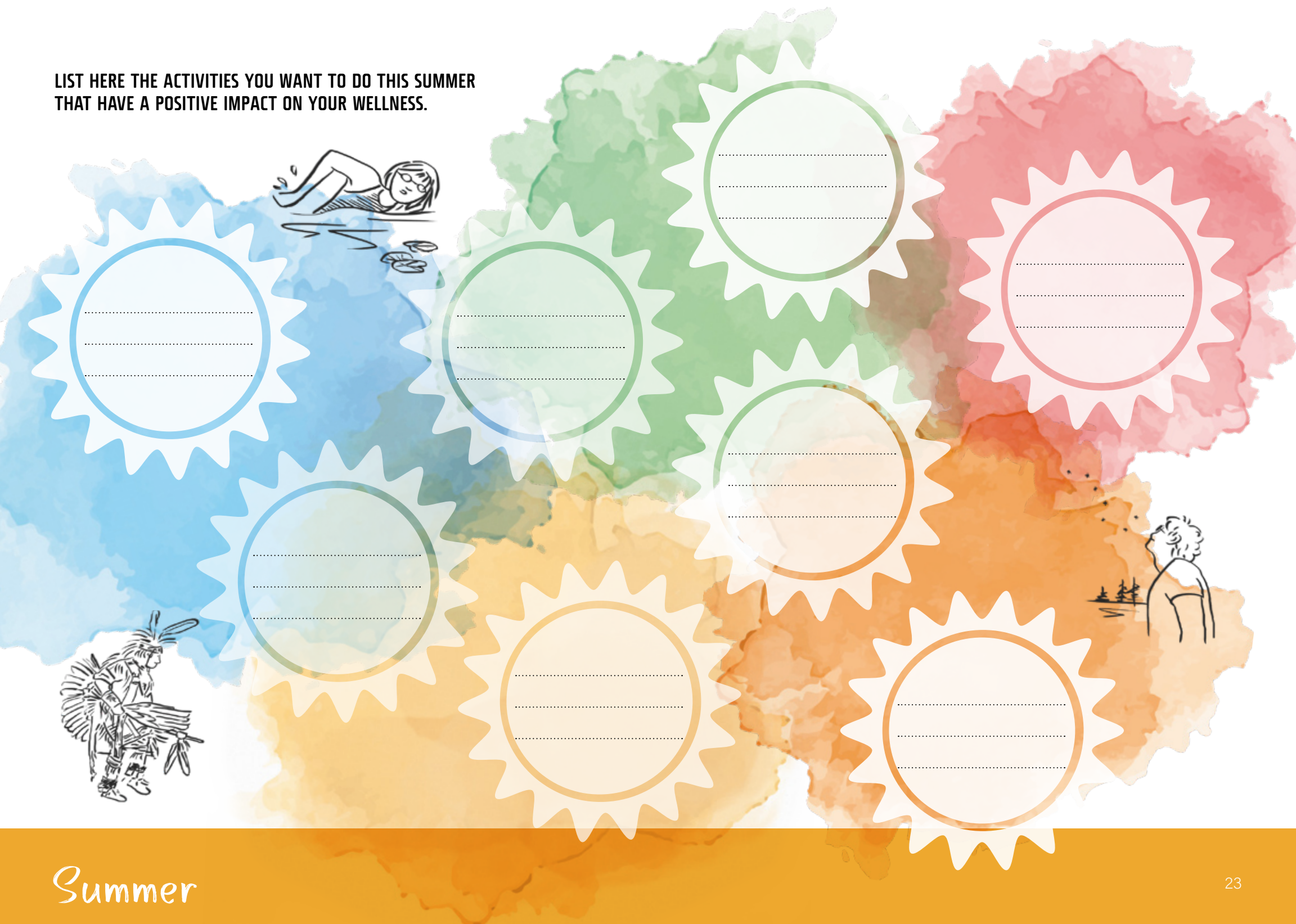
29

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HERE ARE SOME SUGGESTIONS
FOR summertime ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS SUMMER
THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.





THEME 6

Promoting cultural transmission!

One of the most rewarding things to do is reconnecting with your culture.

June is National Indigenous History Month. The occasion to celebrate and honour our rich history and cultural heritage reminds us of how important it is to protect and transmit our languages, customs and traditional skills. It is also an opportunity to encourage all those who contribute to making it shine on a small or large scale.

MONTHLY CHALLENGE

Do something that supports First Nations economy or entrepreneurship. For example, buy a book, artwork or craft, or promote the work of local artists, authors or businesses through social media. List your efforts below.

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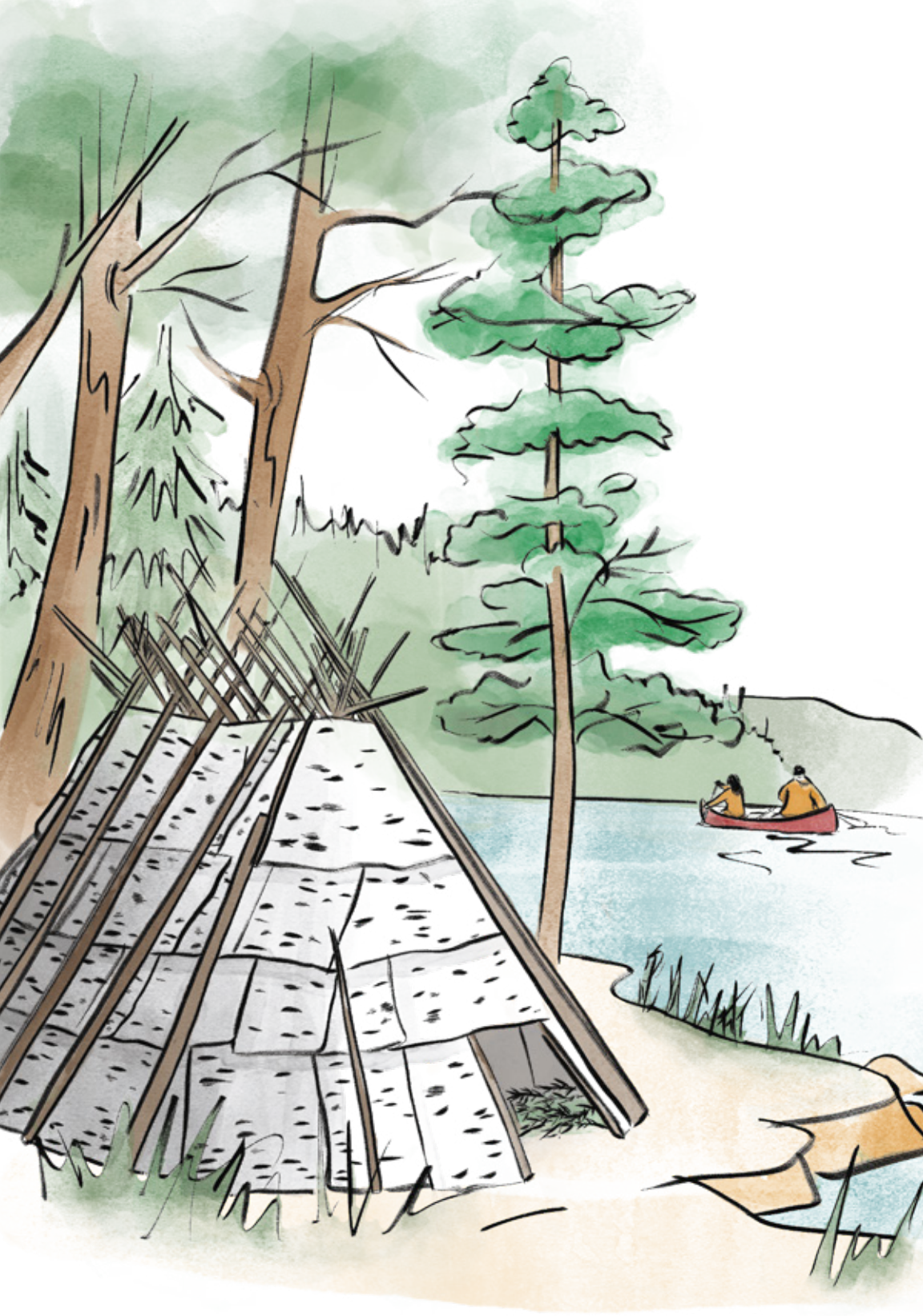
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If you want to plan seasonal activities to do this summer, feel free to fill out p. 23 before starting the month!

June

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7	8	9	10	11	12 Anniversary of the signing of the Declaration of the Rights of First Nations Children	13
14	15 World Elder Abuse Awareness Day Men's Health Week	16	17	18	19	20
21 National Indigenous Peoples Day Summer Solstice	22	23	24 Quebec's National Day	25	26	27
28	29	30	Stroke Awareness Month National Indigenous History Month			



THEME 7

Discovering your nation's history

Understanding your history is key to strengthening your identity, fostering your pride, and solidifying your feeling of belonging.

By learning about our ancestors' challenges and successes, we are preserving our collective memory and passing down this precious heritage to future generations.

MONTHLY CHALLENGE

Choose activities that will allow you to learn more about your nation's history: take the time to reconnect to the territory and your roots by spending time with an elder or visiting a museum. Write the activities below.

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July

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THEME 8

Being positive!

Your mind is a powerful tool. Transform your life with positive thinking.

Since our thoughts generate our emotions, being negative can cause fear, anger, stress and anxiety. Positive thinking, on the other hand, can promote an open, enthusiastic and optimistic state of mind. The ability to transform negative thoughts into positive ones is beneficial to your wellness.

MONTHLY CHALLENGE

List positive thoughts you had this month.

Five light green circles arranged in two rows (three on top, two on bottom) for writing positive thoughts. Each circle contains three horizontal dotted lines.

August

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International
Overdose
Awareness Day



HERE ARE SOME SUGGESTIONS
FOR *fall* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS FALL
THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.



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THEME 9

Surrounding yourself well!

Be around people who make you grow.

Good, healthy, positive relationships with family and friends are essential to your overall health and wellness. Our relationships with others provide support, comfort and a sense of belonging that brings us stability and strength. This month, do activities that you enjoy with your loved ones!

MONTHLY CHALLENGE

Spend time with people who are good to you and list the times you shared together below.

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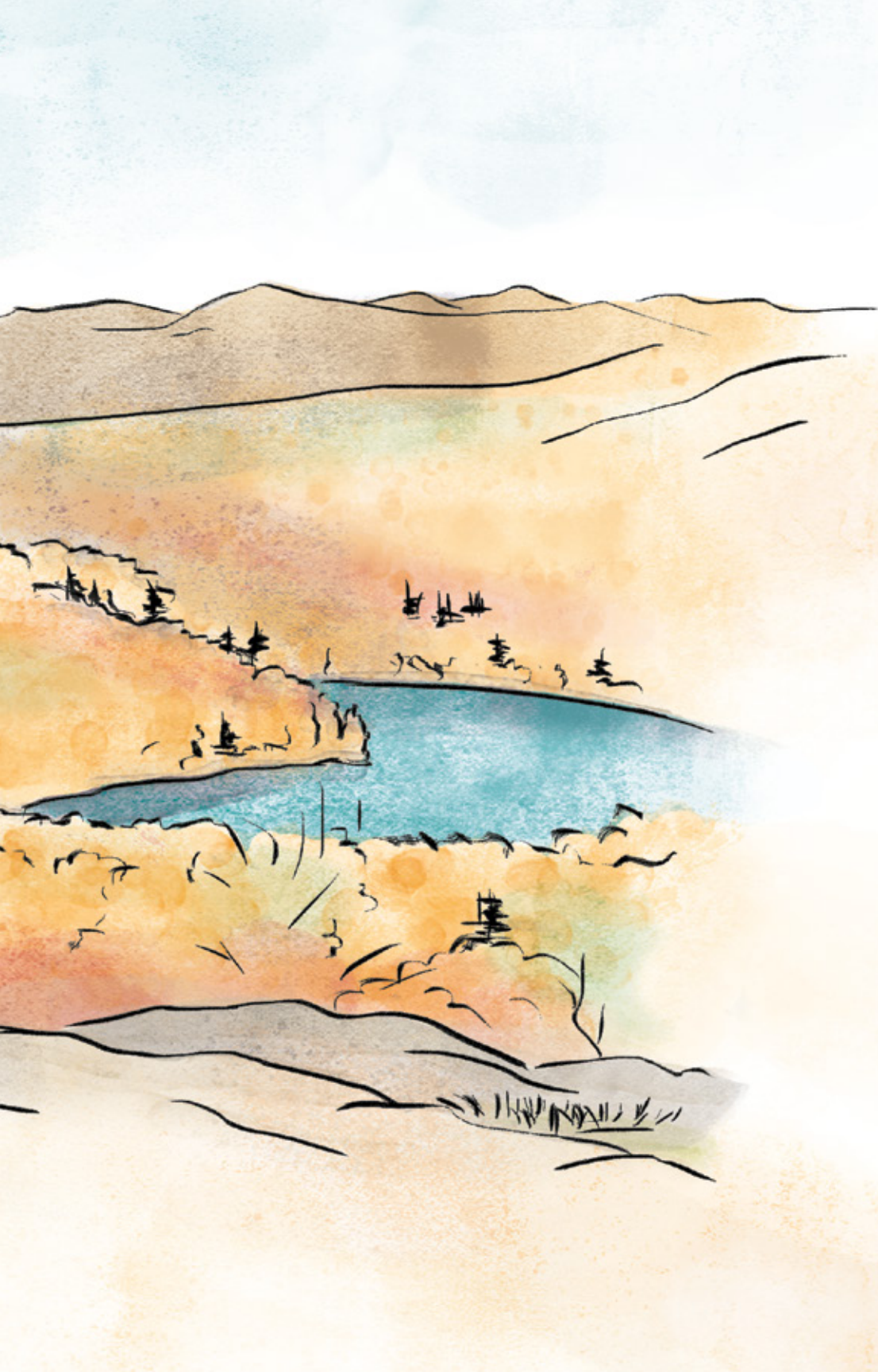


If you want to plan seasonal activities to do this fall, feel free to fill out p. 31 before starting the month!

September

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		1	2	3	4	5
6	7 Labour Day	8	9	10 World Suicide Prevention Day	11	12
13 Anniversary of the United Nations Declaration on the Rights of Indigenous Peoples	14	15	16	17	18	19
20	21	22 Fall Equinox	23	24	25	26
27	28	29	30 Orange Shirt Day			

Did you know? Orange Shirt Day commemorates six-year-old Phyllis (Jack) Webstad's first day at St. Joseph's Mission Indian Residential School in British Columbia, where her new orange shirt, given by her grandmother, was taken from her. Since then, September 30 has been the annual day of remembrance for residential schools, which were attended by over 150,000 First Nations children across Canada between 1831 and 1996. The date was chosen to commemorate the time of year when children were taken to residential schools.



THEME 10

Discovering yourself!

Everything you need—courage, strength, compassion and love—is already part of you.

Self-discovery is a thorough self-examination that aims to restore your life's purpose. Knowing yourself better means fully accepting, developing and fulfilling yourself, understanding your true aspirations and doing what it takes to achieve them.

MONTHLY CHALLENGE

Do activities that will challenge you or that you've never dared to do, and list them below.

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October

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Day of Remembrance⁴
and Action for
Missing and
Murdered Indigenous
Women and Girls

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Thanksgiving

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Birthday of Jordan
River Anderson
(Jordan's Principle)

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THEME 11

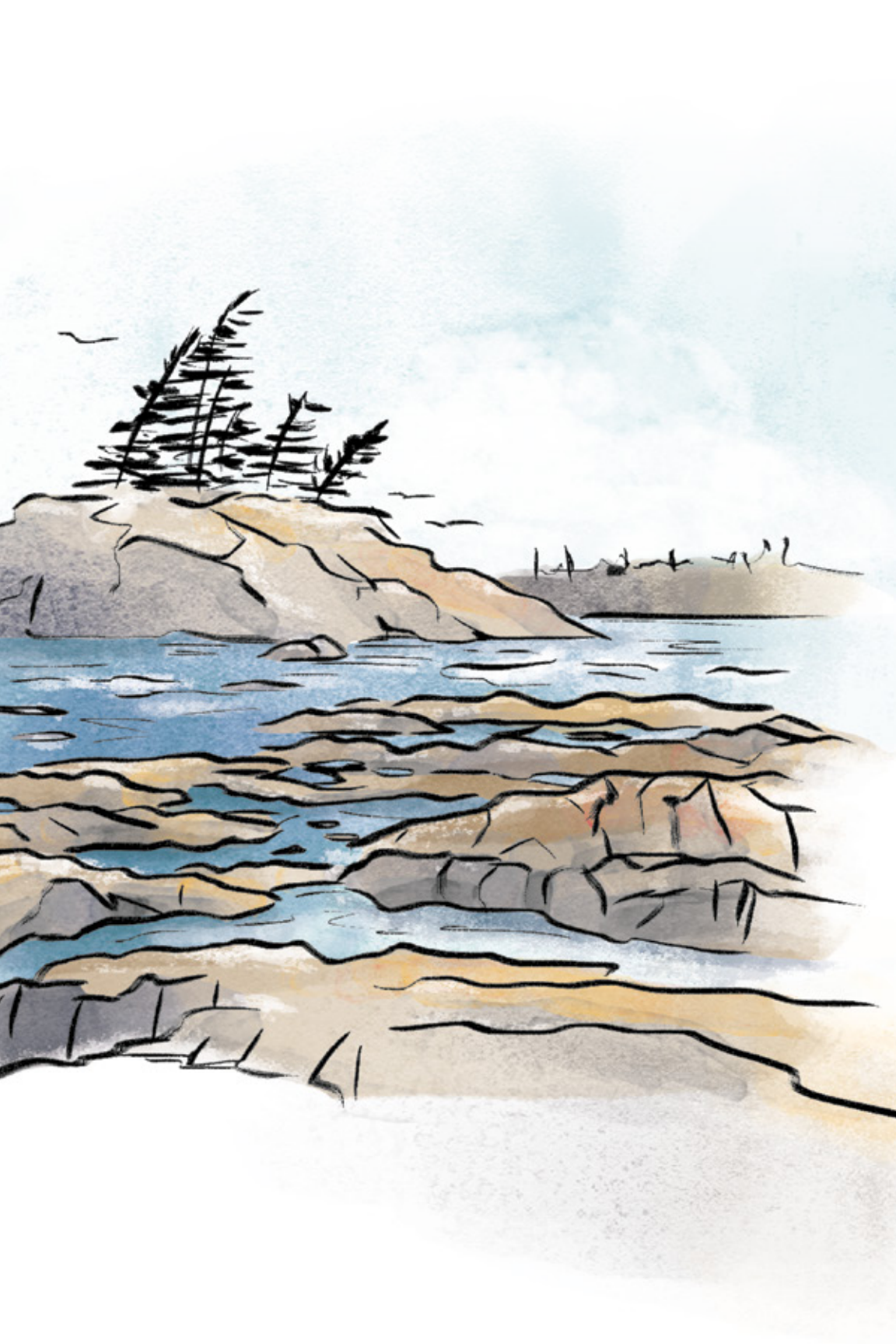
Thinking about your consumption habits!

Motivation is how you start, but it's your habits that will achieve your goals.

In Canada, National Addictions Awareness Week is held every November. It's the time to question our alcohol, drug and other consumption habits and to be aware of the impact they have on our health and wellness. The goal is not to condemn or put an end to all types of consumption, but rather promote responsible behaviours that reduce short-term and long-term risks and consequences.

MONTHLY CHALLENGE

Target one or more responsible habits or changes to make this month that affect your consumption and list them below.



November

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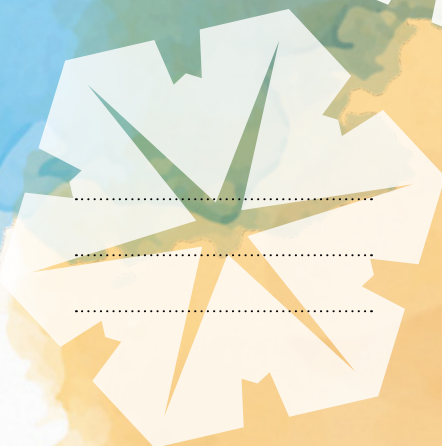
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1 National Caregivers Week	2	3	4	5	6	7
8 National Aboriginal Veterans Day	9	10	11 Remembrance Day	12	13	14
15 Addictions Awareness Week	16 Early Childhood Week	17	18	19	20 World Children's Day	21
22	23	24	25	26	27	28
29	30	Diabetes Awareness Month				

HERE ARE SOME SUGGESTIONS
FOR *wintertime* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS WINTER
THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.





THEME 12

Being grateful!

I choose my feelings and, today, I choose happiness.

"Gratitude is the ability to appreciate the good in life and express thankfulness, which in turn has a positive effect on emotional, physical, and social wellness." As 2026 comes to an end, be grateful to yourself for your learnings, successes and new habits.

MONTHLY CHALLENGE

Take note of the things you're grateful for in the past year and list them below.

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If you want to plan seasonal activities to do this winter, feel free to fill out p. 39 before starting the month!

December

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World AIDS
Day

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International
Volunteer Day

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Aboriginal
AIDS Awareness
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Winter
Solstice

Christmas

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WHAT ARE YOUR WISHES FOR THE NEW YEAR?

WHAT WERE YOUR
GREATEST SUCCESSES?

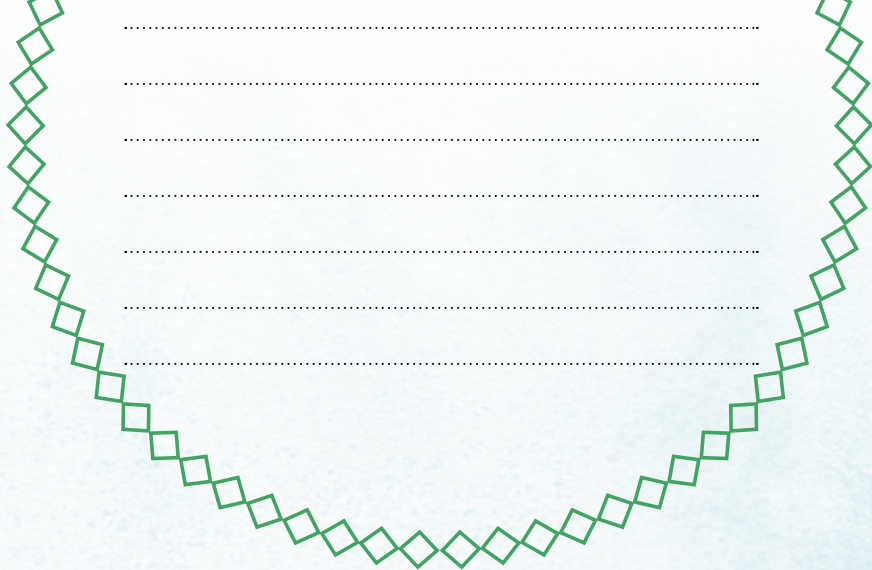
IF YOU HAD TO DESCRIBE YOUR YEAR
IN THREE WORDS, WHAT WOULD THEY BE?

IF YOU FACED CHALLENGES,
WHAT DID YOU LEARN FROM THEM?

Reviewing
the last
12 months

HERE ARE SOME IDEAS TO HELP YOU
REFLECT ON THE PAST YEAR:

WHAT DID YOU LEARN?



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**DID YOU ACCOMPLISH THE GOALS YOU SET AT THE BEGINNING OF THE YEAR?
IF YOU DIDN'T, WHAT WOULD YOU HAVE NEEDED TO DO TO ACHIEVE THEM?**

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WHAT WERE YOUR FAVOURITE MOMENTS?

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**WHO STOOD BY YOU THIS YEAR?
WHAT WERE SOME OF THE POSITIVE THINGS YOU GAINED FROM THEM?**

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2026

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February

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March

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29	30	31				

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August

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September

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October

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25	26	27	28	29	30	31

November

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December

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January

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31						

February

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28						

March

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

April

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18	19	20	21	22	23	24
25	26	27	28	29	30	

May

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June

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27	28	29	30			

July

s	m	t	w	t	f	s
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

s	m	t	w	t	f	s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

s	m	t	w	t	f	s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October

s	m	t	w	t	f	s
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

s	m	t	w	t	f	s
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

s	m	t	w	t	f	s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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Vision

First Nations individuals, families and communities are healthy, have equitable access to quality care and services, and are self-determining and culturally empowered.



Mission

To accompany Quebec First Nations in achieving their health, wellness, culture and self-determination goals.

The tools developed by the FNQLHSSC can be found on the documentation centre at **cssspnql.com/en**.



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION