



Community Health
& Wellbeing Month

October
Octobre
2026

Mois de la santé et du bien-être
communautaires



PQCHC/SNCHC October 2026 Calendar - "Furthering Health Equity, Powering Connections."

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		30-Sep	1 CHWM Launch event at PQ	2	3	4
		Caring & Sharing XMAS exchange open for the month of October.	South Nepean Health Promotion (SNHP) two interactive CHWM booths - Parkwood Hills Seniors' Day			
	PQCHC Social Media presence through the month - #CHWM2026 - #PoweringConnections	Health Equity Cue Cards Table through the month - community, staffs and partners' involvement	Connected Canadians National Seniors Day Celebration event			
5	6	7	8	9	10	11
		Health Promotion at the OPH's Aging Well in Ottawa - interactive table for CHWM activity for older adults and partners	Bayshore Donation Giveaway for older adults			
		MPP Chandra Pasma PQ visit	MPP Tyler Watt PQ visit			
12 SNHP - collaborative Thanksgiving meal in Bells Corners for families living on low income.	13	14	15	16	17 SNHP - collaborative Barrhaven Youth & Families Resource Fair	18
19 Bayshore Cancer Education and Screening	20	21 Carlingwood Community Hub (Seniors' Outreach event) Health Promotion	22	23	24	25
26 Election Day Mission Truck	27 Headstart Childcare - CHWM Self Care Parent Chat	28	29 Wrap up event at PQCHC, celebrating CHWM together	30	31	
			Primary Care flu clinic for staff			