

# National Family and Life Week



National Family and Life Week (NFLW) is organized by the Canadian Conference of Catholic Bishops (CCCB), and takes place from Sunday, May 10 to Sunday, May 17, 2026. This year's theme is **"I am with you always" (Matthew 28:20)**, and focuses on Christ's accompaniment of families in daily life, joy, and struggle.

The CCCB provides digital pastoral resources to support parishes, schools, and families in celebrating this week. The initiative highlights a special time for prayer, gratitude, and strengthening family bonds, inviting participation from families, parishes, and schools across Canada.

National Week for Life and Family is an appropriate time to reflect on the intrinsic and fundamental value of every human life. It can sometimes seem that when someone is struggling, or cannot contribute as much as they'd like, that they may be leaning more on the help and support of others that they may be a burden to those around them. We are invited to change our perspective on this: holding each other up, helping each other grow, and thrive, especially in our time of most need, isn't a burden. This shared responsibility strengthens bonds, builds resilience, and fulfills the foundational need for community, rather than being an unnecessary load.

The Ontario Provincial Council of The Catholic Women's League invites its members to reflect on the ways our lives proclaim the joy and gift of life, in its challenges and its joys. Are we grateful for all the things in our families? What area of our life would we like to grow as family in bearing witness to the gift of life and family? Let us reflect on the part we can play, especially in this National Week for Life and Family, in continuing to protect the dignity, sanctity and value of each human life, from conception to natural death, and every step in between.

Resources may be found at <https://www.cccb.ca/faith-moral-issues/family-and-life/national-family-and-life-week/>

Councils may wish to engage families in their parish community. Here are some suggestions:

1. Share the NFLW 2026 promo video with a friend!  
<https://www.youtube.com/watch?v=UCWIIROedhI>
2. Christ is with us in our families—in our everyday moments, in our laughter, in our struggles, in our love for one another. Download activities for the whole family! Resources may be found at <https://www.cccb.ca/faith-moral-issues/family-and-life/national-family-and-life-week/>
3. Christ is with us in our struggles (“Do not be afraid, for I am with you.” Is 41:10). Organize a prayer evening in your parish for families, especially those in difficulty.
4. Coordinate a family service project (support a local food bank, senior’s home, or pregnancy care centre.)

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