



Press release
For immediate distribution

National Family and Life Week 2025

8 April 2025, Ottawa - The Catholic faithful across Canada are invited and warmly encouraged to celebrate **National Family and Life Week 2025 (NFLW)** from Sunday, 11 May, 2025, to Sunday, 18 May, 2025. This annual event is an initiative of the Canadian Conference of Catholic Bishops, in collaboration with its Standing Committee for Family and Life, and the corresponding Office.

In the context of the Jubilee Year of Hope, the theme of this year's NFLW is "**Abound in hope**" inspired by Saint Paul's letter to the Romans: "*May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit*" (Romans 15:13).

A 2-minute [launch video](#) has been produced for wide distribution, along with a digital Pastoral Toolkit available for download by families, parishes, parish groups, ecclesial movements and associations, and Catholic schools.

The Toolkit includes:

- Printable Activities for Children (6-8 years old, 9-12 years old), Youth, and Families
- Daily Social Media Graphics (#NFLW2025)
- Prayer for NFLW2025
- Homily Suggestions and Prayers of the Faithful

National Family and Life Week provides an opportunity for the Catholic faithful across Canada to be beacons of hope, promoting life, and living out the call to love one another at home, in communities, and in the world. This Week is a welcome reminder that, through God's grace, all can abound in the certain hope that Christ is always present, serving as a guide along the path to His perfect love.

In English: [NFLW 2025 - Resource page on the CCCB website](#)

In French: [SNFV 2025 - page ressource sur le site Web de la CECC](#)

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