



ST. JUDE TRAINING CENTER
Center for Empowered Lifelong Learning
Est. 2011
(Seminars, Trainings, Workshops, Review Classes, Publications)
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Nueva Vizcaya #s: 0927-351-6294/ 078-392-1838

January 08, 2019

Dear Sir/Ma'am;

Greetings of Peace!

We are St. Jude Training Center (est. 2011), a PRC accredited training provider travelling around the country known for our MOST CREATIVE, INNOVATIVE & TRANSFORMATIVE PROFESSIONAL DEVELOPMENT PROGRAMS

STRESS is the number one cause of absences in the workplace and the prime factor of 9 lifestyle diseases such as hypertension, ulcer, diabetes, depression and the like. To help our workforce prevent and manage stress, we have taken the stand to educate people on mental health through our life-changing seminars.

We would like to invite you to join us in our 3-day mental health seminar with the following topics:

1. Rediscovering Inner Peace and Stability
2. Stress Management & Basic Cognitive Behavioral Therapy (CBT) in the Workplace.
3. Depression and Suicide

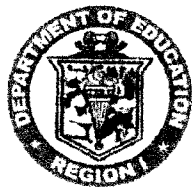
Attached is the program details, registration fees and dates of the event. You may attend just one day or take the 3-day package. IT COMES WITH ACCREDITED CPD UNITS.

We would love to entertain your queries. You may contact our Operations Manager MS. JEZEREL C. CREDO- **0927-351-6294 or 0997-897-6062**

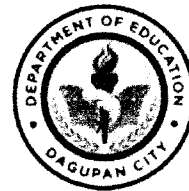
We hope you can join us in our quest for transformation through education. May God bless you more.

Sincerely yours,

Marie Curie O. de Pona
Marie Curie O. de Pona, LPT, RN, SW, RM
CEO, St. Jude Training Center



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region I
SCHOOLS DIVISION OFFICE
DAGUPAN CITY



January 22, 2019

DIVISION ADVISORY

For information and guidance.

Lorna G. Bugayong
DR. LORNA G. BUGAYONG, CESO VI
Schools Division Superintendent

