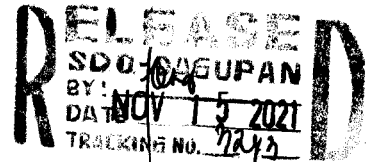




Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF DAGUPAN CITY



Office of the Schools Division Superintendent

DIVISION MEMORANDUM

No. 311, s. 2021

TO: All SDO Personnel
FROM: Office of the Schools Division Superintendent
DATE: November 15, 2021
SUBJECT: SDO WEBINAR ON STRENGTHENING MENTAL HEALTH

The Schools Division Office (SDO) will conduct a one-day **Webinar on Strengthening Mental Health** on **November 26, 2021 (8:00 AM-5:00 PM)**, in support of the *World Mental Health Day* that we celebrate annually and to ensure that the mental health of its personnel is being taken care of.

All SDO personnel are enjoined to actively participate on the said webinar and are expected to sign in 10 minutes before the start of the session using the **link to be provided through email/messenger**.

For information, guidance, and compliance.


AGUEDO C. FERNANDEZ, CESO VI
Schools Division Superintendent

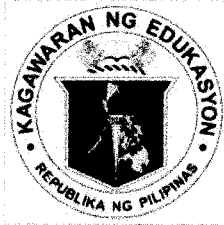


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Republic of the Philippines
Department of Education

REGION I
 SCHOOLS DIVISION OFFICE DAGUPAN CITY

Office of the Schools Division Superintendent

Attachment A		
Title:	Strengthening Mental Health	
Date:	November 26, 2021	
Venue:	SGOD Office and Online platform	
Time	Session	Facilitator
8:30-9:00	Management of Learning National Anthem Prayer Webinar Etiquettes Inspirational Message Presentation of Participants and Resource Speakers Overview and Objectives of the Program	TWG AVP AVP AVP Aguedo C. Fernandez, CESO VI Schools Division Superintendent Marissa O. Perez, EdD Education Program Supervisor-SGOD Edilberto R. Abalos, EdD Chief ES, SGOD
9:00-10:30	<i>Kumusta ka sa Bagong Normal</i>	Howard R. Catinec, MS Psych, Rpm, LPT Teacher I DCNHS SHS
10:30-11:45	<i>How to Support Mental Health at Work</i>	Jane P. Salayog, RN Nurse II DCNHS SHS
11:45-12:00	Open Forum	TWG
12:00-1:30	Health Break	
1:30-3:30	<i>Dealing with Loss and Grief</i>	Elvira N. Villamor, MAN, LPT Project Development Officer II
3:30-4:00	Open Forum	Facilitators
4:00-5:00	Closing Program Words of Challenge Group Photo M&E Awarding of Certificates	TWG Marciano U. Soriano Jr., CESO VI Asst. Schools Division Superintendent TWG M&E TWG



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