

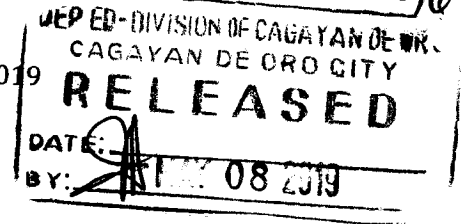
Republic of the Philippines
Department of Education
Region X
DIVISION OF CAGAYAN DE ORO



Fr. Masterson Avenue, Upper Balulang, Carmen, Cagayan de Oro City

May 7, 2019

DIVISION ADVISORY

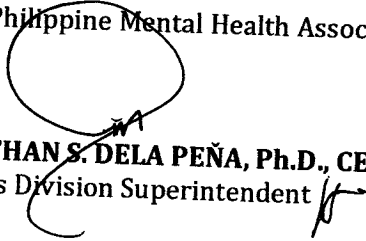


To: All Public Elementary and Secondary School Heads
All Teaching Personnel and School Guidance Counselors

This Division

LECTURE- WORKSHOP FOR THE TEACHERS THEMED "A RESPONSE TO THE RISING MENTAL HEALTH CRISES TOWARDS THE FILIPINOS' WELL- BEING"

1. The Philippine Mental Health Association will conduct lectures namely, "Basics on Mindfulness Based Cognitive Therapy" and "Basic Counseling Skills" on May 10, 2019, 8am-5pm at Buffalo Grill, Don Apolinar- Velez Sts., this city.
2. School Heads may allow their Teachers and Guidance Counsellors to attend the activity on Official Time only.
3. Attached is the letter from Fretzie Rose T. Dante of Philippine Mental Health Association for your reference.


JONATHAN S. DELA PEÑA, Ph.D., CESO V
Schools Division Superintendent



PHILIPPINE MENTAL HEALTH ASSOCIATION

Cagayan de Oro - Misamis Oriental Chapter
2ND FLOOR, CITY HEALTH OFFICE, HAYES STREET, CAGAYAN DE ORO CITY
TEL NO: (088) 8802257 | CEL NO.: 0965-260-5023
E-MAIL : pmha.cagayandeoro@gmail.com

CAGAYAN DE ORO CITY DIVISION

DepEd
1202

April 17, 2019

JONATHAN S. DELA PEÑA, Ph.D., CESO V
Schools Division Superintendent
Division of Cagayan de Oro
Department of Education – Region X
Fr. Masterson Ave, Upper Balulang,
Cagayan de Oro City

Dear Dr. Dela Peña,

Greetings of peace and good will!

Philippine Mental Health Association is a private, non-stock, non-profit organization dedicated to the promotion of mental health and prevention of mental disorders through advocacy, education & information dissemination, and best practice for the Filipino people. One of the Programs of PMHA is the Education and Information Services by which we conduct lectures, seminars, and workshops to various participants and/or professionals.

As part of our EIS Program, we will conduct a lecture –workshop for the teachers and other helping professionals themed **“A response to the Rising Mental Health Crisis Towards the Filipinos’ Well-Being”**. The goal of this lecture-workshop is to equip teachers with the basic counseling skills needed in counseling students within the classroom setting. There will be two (2) lectures namely, **“Basics on Mindfulness Based Cognitive Therapy”** and **“Basic Counseling Skills”**. Our guest speakers for this lecture are Dr. Charito B. Ferrer, the President of Philippine Guidance and Counseling Northern Mindanao and Dr. Joey Marie F. Jegonia, a Psychologist and Guidance Counselor.

CPO Points is currently on process for Teachers, Guidance Counselors, Psychometricians, and Psychologists. It will be held on **May 10, 2019 (Friday), 8:00 PM – 5:00 PM** to be held at **Buffalo Resto Grill, Don Apolinar-Velez St., Cagayan de Oro City**. The registration fee for the activity are as follows:

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TEL. NO: (088) 8802257 | CEL. NO.: 0965-260-5023

E-MAIL : pmha.cagayandeoro@gmail.com

Pre-Registration: Members: P 1, 200.00 Non-members: P 1, 350.00	Cut-off date for Pre-registration: May 3, 2019
On-Site Registration: Members: P 1, 350.00 Non-members: P 1, 400.00	Cut-off date for Membership: May 3, 2019

With your department and PMHA's continuous partnership over the years, we are writing this letter to especially invite you and your teachers for the said activity. Your endorsement will be of great help to disseminate about the said activity.

We are looking forward for your favourable response.

Thank you and God bless!

Respectfully yours,

FRETZE ROSE T. DANTE
Chapter Executive Manager

Noted by:

DR. CESAR Z. GAMBA, DM
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