

With this, we would like to invite you, your HR Personnel, school principals, department heads, guidance counselors, and teachers to join us in this worthwhile activity.

The registration fee which covers the participant's seminar kit, certificate, lunch and snacks in the morning and afternoon is as follows:

	PMHA Members as of February 15, 2023	Non- Members
Registration Fee	Php 1,300.00	Php 1, 600.00


- Note: 1. Payments are transferrable but nonrefundable.
2. Onsite registration will NOT be accommodated.
3. Limited slots only.**

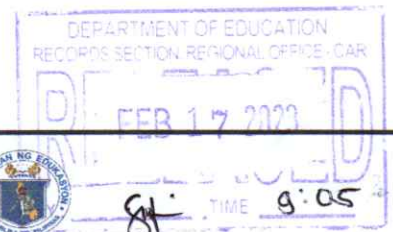
You may register online through this link: <https://rb.gy/21qs2k> or get in touch with us thru the following numbers: (074) 442-2337; 0943-708-4672; or thru Facebook: Pmha Cci on or before March 1, 2023. Payments can be made through our Metrobank Account No: 0033003561659 with Account Name: PMHACCI, Landbank Account No: 0221383214 with Account Name: Philippine Mental Health Association, or via GCash (09175172083).


We hope that this symposium will not only serve as an avenue for participating organizations/agencies to create and incorporate practical mental health programs in their respective workplaces but also for individual participants to practice work-life balance. Attached is a copy of the program for your reference.

Thank you and we look forward to seeing you then.

Sincerely Yours,


Dionisio R. Claridad, Jr., MD, MHA
Chairperson
PMHA CCI




Republic of the Philippines
DEPARTMENT OF EDUCATION
CORDILLERA ADMINISTRATIVE REGION


February 15, 2023

To : Schools Division Superintendents
All Division

For information and appropriate action.

ESTELA P. LEON-CARIÑO EdD, CESO III
Director IV/Regional Director

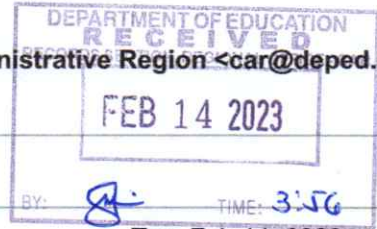
For the Regional Director:


JESSIE L. AMIN, CESO V
Director III/Assistant Regional Director

ESSD/EHM/bb



DepEd Cordillera Administrative Region <car@deped.gov.ph>



37th Mental Health Symposium

PMHA CORDILLERA CHAPTER <pmhacci@pmha.org.ph>
To: car@deped.gov.ph

Tue, Feb 14, 2023 at 3:24 PM

Sir/ma'am,

We are pleased to invite the DepEd CAR personnel to our Symposium on "Promoting Mental Health in the Workplace". For more details, please see attached document. Thank you and we hope to see you then.

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Best Regards,
Philippine Mental Health Association - Cordillera Chapter, Inc.



(074) 442-2337 | 0943 708 4672 / 0917 708 4672

www.pmhacci.com

BGH Exit Road, Marcos Highway, Baguio City, Philippines 2600

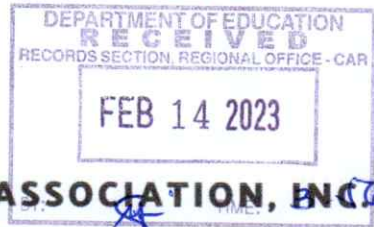
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PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

MEMBER: WORLD FEDERATION FOR MENTAL HEALTH
BGH Exit Road, Marcos Highway, Baguio City 2600, Philippines

February 14, 2023

ESTELA P. LEON-CARIÑO, EdD, CESO III
Director IV/Regional Director
Department of Education - CAR
Wangal, La Trinidad, Benguet

Dear Dr. Cariño:

Warm greetings from the PMHA CCI Family!

After a two-year hiatus from our regular face-to-face mental health conferences, PMHA CCI is thrilled to conduct its first fund raising symposium for this year on **March 3, 2023 at the Pedro Dumol Hall, Benguet Electric Cooperative, South Drive, Baguio City**. The proceeds of the funds to be raised will be used in the implementation of the Youth Life Enrichment Program for the youth in the Cordillera Administrative Region. The theme of the said event will focus on Mental Health in the Workplace with the following proposed topics:

Topic 1: Government guidelines in the creation and implementation of mental health programs in the workplace

Objective: To discuss government policies or guidelines in the creation and implementation of mental health programs in the workplace as mandated by Republic Act 11036 or the Mental Health Act.

Topic 2: Fostering Efficiency and Wellbeing in the Workplace

Objectives:

- a. *To discuss mental health programs that can be adapted for the promotion of wellbeing in the workplace.*
- b. *To provide tips for employers and employees on how to create a healthy workplace where employees feel valued thus resulting to increased efficiency in performing their office duties.*

Topic 3: Finding a Balance between Work and Parenting

Objectives:

- a. *To discuss tips to help working parents find a balance between duties at work and parenting obligations.*
- b. *Discuss ways to remain involved parent while remaining dedicated to their work.*

E-mail: pmhabbc@yahoo.com/Website: www.pmhacci.com

Landline: (074) 442-23-37

Mobile: 0917-517-2083/0943-708-4672



Philippine Mental Health Association Cordillera Chapter Inc.

With this, we would like to invite you, your HR Personnel, school principals, department heads, guidance counselors, and teachers to join us in this worthwhile activity.

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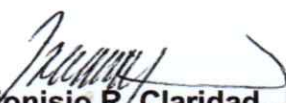
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Sincerely Yours,


Dionisio R. Claridad, Jr., MD, MHA
Chairperson
PMHA CCI



Philippine Mental Health Association Cordillera Chapter, Inc.

37th Mental Health Symposium

Theme: "Promoting Mental Health in the Workplace."

March 3, 2023; Pedro Dumol Hall, Benguet Electric Cooperative, South Drive, Baguio City.

Program

8:00AM – 8:30	Registration
8:30 – 9:00	Opening Program Opening Prayer Singing of the Philippine National Anthem Welcome Remarks Dionisio R. Claridad, Jr., MD, MHA Chairperson, Board of Management PMHA CCI
9:00 – 12:00	Symposium Proper
9:00 – 10:00	Topic 1: Government Guidelines in the Creation and Implementation of Mental Health Programs in the Workplace DOLE-CAR
10:00 - 10:15	Open Forum
10:15 – 10:30	Health Break
10:30 – 11:45	Topic 2: Fostering Efficiency and Wellbeing in the Workplace Carolina Uno-Rayco, PhD, RGC, RPsy National Executive Director, PMHAI
11:45 - 12:00	Open Forum
12:00 – 1:00	Lunch Break
1:00 – 2:30	Topic 3: Finding a Balance between Work and Parenting Cornelio G. Banaag, Jr., MD, FPSCAP, FPPA President, PMHAI Board of Trustees
2:30 – 3:00	Open Forum Awarding of Certificate of Appreciation to the resource speaker
3:00 – 3:30	Health Break
3:30 – 4:00	Closing Program and Acknowledgement