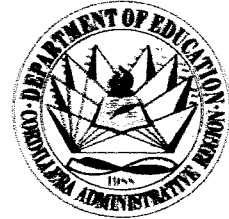


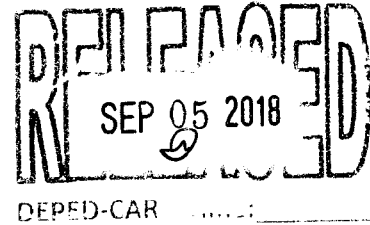


Republic of the Philippines
DEPARTMENT OF EDUCATION
CORDILLERA ADMINISTRATIVE REGION
Wangal, La Trinidad, Benguet 2601
Website: www.depedcar.ph / Email: car@deped.gov.ph



September 4, 2018

ADVISORY



TO: Schools Division Superintendents
All Others Concerned

Please be informed that Natasha Goulbourn Foundation (NGF), a Makati City-based institution, will be holding their annual Mental Health Awareness Campus Caravan in Baguio City at the University of the Cordilleras (UC) on October 4-5, 2018.

There will be 3 parallel sessions catering to three target groups:

1. Guidance Counselors and Teachers: *"Your Strength as the Centerpiece: A Resiliency Training for Teachers and Guidance Counsellors"*
2. Students: *"Finding Happiness Within and Responsible Digital Citizenry"*
3. Parents: *"Understanding of Children in the Millennial Generation and Good Communication Within the Family"*

The activity for Guidance counsellors and Teachers require a Php 2,000.00 registration fee while the Students and Parents are encouraged to bring packed meals.

Interested parties or individuals may contact the following NGF representatives for further details: Ms. Milagros Rollinas at 09178725514 or Dr. Gemma Clet at 09175024234. Attached are the overview and program matrix for the activity.

For information, guidance and appropriate action.

M
MAY B. ECLAR, Ph.D., CESO V
9/4 Regional Director

ESSD/SHU/afc

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**Your Strength as the Centrepiece:
Resiliency Enhancement Training for Teachers & Guidance Counselors
October 4 and 5, 2018
University of Cordillera
Governor Pack Road, Baguio City**

Responsive to the need of the millennials to adaptively handle the challenges of modern times, this two and a half days training program aims to enrich the abilities and psychological well-being of teachers. It is also intended to equip them with necessary knowledge and skills in promoting their own resilience in order to effectively cope with their personal problems. The participants will be guided to recognize their own resilience and develop attributes that enable them to foster resilience at home and in school.

This activity also aims to inculcate in them basic counseling skills to assist them in handling students with academic, familial, emotional, social and personal concerns. Furthermore, mental health concerns are becoming more prevalent in the country. Suicidal attempts, depression, and anxiety, among others, became primal concerns at home, in school, and in the community. Hence, this program is directed to increase their awareness on mental health issues and on how to address them.

It is well understood and recognized that they play a very important role in helping students. As such, included in this training program is a module on self-care and spirituality to nourish the participants' passion in teaching and serving. Lastly, they will be educated on how to establish a Peer Facilitators Program that will serve as a support group in advocating mental health in school and in the community.

PROGRAMME

Day 1 (October 4, 2018, Thursday)

7:30 – 8:00	Registration
8:00 – 8:15	Invocation/ Opening Remarks
8:15 – 8:30	Ice Breaker
8:30 – 9:30	Session 1: <i>Recognizing Your Resilience</i> <i>Facilitator: Ms. Angelie D. Bautista, MS, RGC</i> <i>University of Santo Tomas</i>
9:30 – 9:45	Health Break

- 9:45 – 12:00 **Session 2: *Developing Resilience Attributes***
Facilitator: Ms. Myreen P. Cleofe, MA, MEd, RGC, RPsy
University of Santo Tomas
- 12:00 – 1:00 Lunch Break
- 1:00 – 1:15 Energizer
- 1:15 – 3:15 **Session 3: *Fostering Resilience in the Classroom***
Facilitator: Ms. Angelie D. Bautista, MS, RGC
University of Santo Tomas
- 3:15 – 3:30 Health Break
- 3:30 – 5:30 **Session 4: *Basic Counseling***
Facilitator: Dr. Regina Atinaja, RGC, RPsy
University of Santo Tomas
- 5:30 – 5:45 Evaluation

Day 2 (October 5, 2018, Friday)

- 7:30 – 8:00 Registration
- 8:00 – 8:15 Energizer/ Recap
- 8:15 – 10:00 **Session 5: *Mental Health Awareness***
Facilitator:
Dr. Regina Atinaja, RGC, RPsy
University of Santo Tomas
- 10:00 – 10:15 Health Break
- 10:15 – 12:00 **Session 6: *Peer Facilitators' Training Program***
Facilitator: Dr. Lucila O. Bance, RGC, RPsy
University of Santo Tomas
- 12:00 – 1:00 pm **LUNCH BREAK**
- 1:00 – 3:00 pm **Session 7: *Self Care and Spirituality***
Peer Facilitator's Training
Facilitator: Dr. Lucila O. Bance, RGC, RPsy
University of Santo Tomas

3:00 – 3:15 pm

Evaluation
Awarding of Certificate
Photo Op

Master of Ceremony