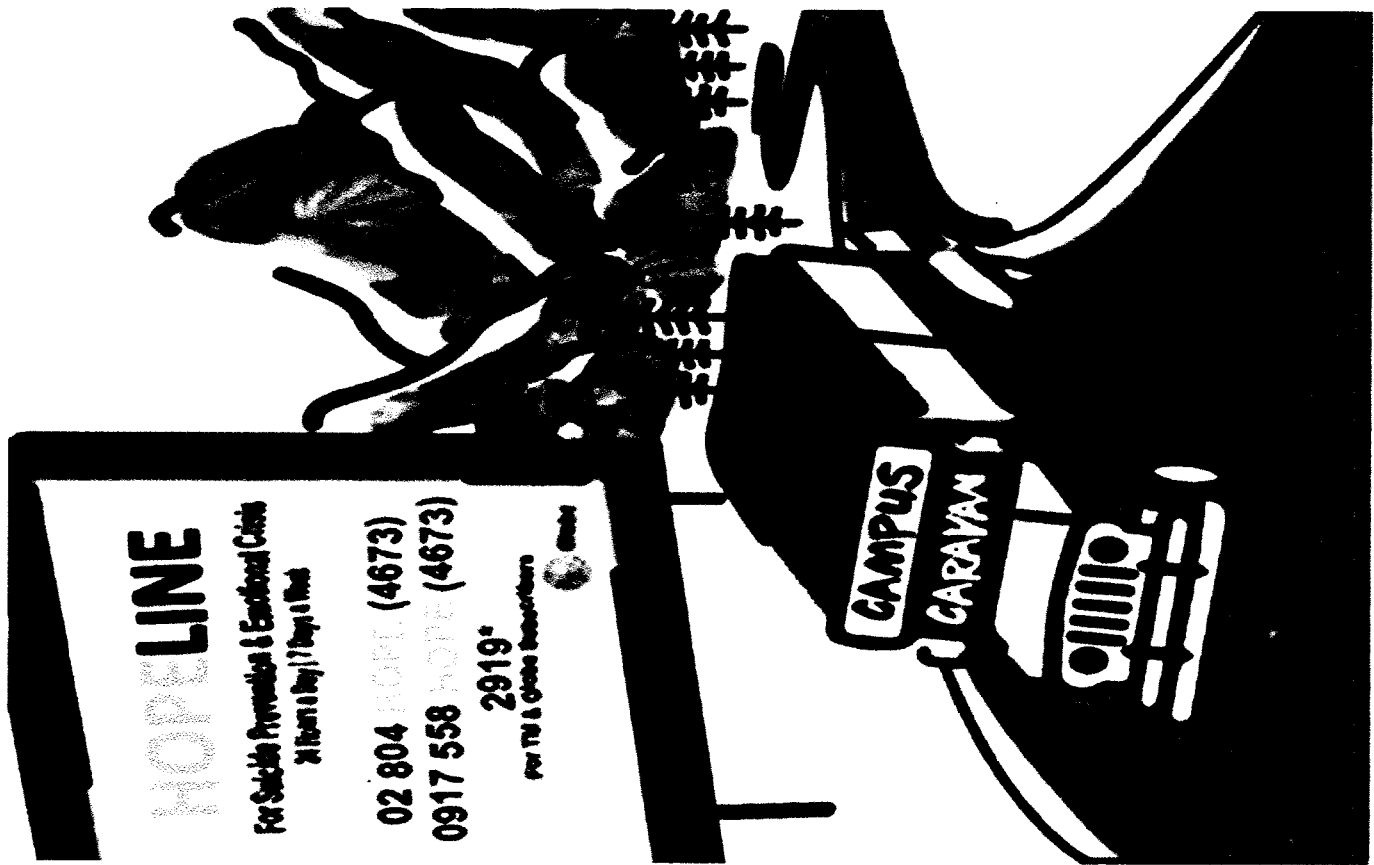


HOPELINE 2018 Campus Caravan
 Suicide Prevention Celebration
 Theme: *"Working Together to Prevent Suicide"*
PROGRAM of ACTIVITIES for STUDENTS & PARENTS
 University of the Cordillera, Baguio City
 October 4 & 5, 2018

7:30AM -8:00AM	Registration
8:00AM-8:15AM	Prayer/Doxology/National Anthem
8:15AM-8:25AM	Welcome Remarks <i>Mr. Ray Dean Salvosa</i>
8:25AM – 8:35AM	Inspirational Message <i>Dr. Paulyn Jean Rosell-Ubial, Former DOH Secretary</i>
8:35AM-8:50AM	Message & Overview of NGF <i>Jean Goulbourn</i>
8:50AM – 9:05AM	Rationale: Overview on Professionals Workshops <i>Dr. Lucila O. Bance</i>
9:05AM – 9:20AM	Overview on Students Sessions <i>Fr. Dennis Paez</i>
9:20AM-9:35AM	Overview on Parents Sessions <i>Lillian Ng Gui</i>
9:35AM – 10:15AM	First Speaker: Mental Health Awareness
10:15AM –10:30AM	Healthy Break and Intermission Number UC Students
10:30AM-11:00AM	Second Speaker: Importance of Holistic Well-being: "Feeling Good, Looking good inside out" <i>Jean Goulbourn</i>
11:00AM-11:30AM	Third Speaker: Moods and Emotions: "Gut to Brain Connection" <i>Dr. John Reyes</i>
11:30AM to 12:00NN	Q & A-Panel



LUNCH BREAK

CONTINUATION

PART II – PARALLEL SESSIONS WITH THE STUDENTS

Venue: Theatre, University of the Cordillera

1:30PM – 2:30PM	Depression & Suicide Definition, Statistical Data, Signs and Symptoms, Treatment <i>Ronaldo Elepiano III, MD</i> Psychiatrist & NGF Consultant
2:30PM – 3:00PM	Bullying <i>Lillian Gui</i> Psychologist
3:00PM – 3:30PM	Healthy Break Intermission Number
3:30PM – 4:15PM	Addiction in Gadgets & Social Media <i>Dr. Jose Geraldo Los Baños</i> Psychiatrist & NGF Consultant
4:15PM – 5:00PM	Q & A- Panel of 3 speakers
5:00PM – 5:30PM	Evaluation Awarding of Certificate and Token to Speakers

Closing Remarks

PART III- HEALING MASS CELEBRATION AND CANDLE LIGHTING to all

Students, parents and professionals

PARALLEL SESSIONS WITH THE PARENTS

Venue: Auditorium, Cordillera of the University

1:00PM-1:10PM	Opening Remarks
1:10PM – 1:30PM	Message and Overview of the Program <i>Jean Gaulbourn</i>
1:30PM – 2:00PM	Overview on Depression and Suicide <i>Dr. Jose Gerardo Los Baños, Psychiatrist</i>
2:00PM – 2:30PM	Challenges Among the Millennials <i>Lillian Ng Gui, Psychologist</i>
2:30PM – 3:00PM	Adolescence Storms <i>Dr. Cornelio Banaag Jr., Psychiatrist</i>
3:00PM – 3:15PM	Healthy Break
3:15PM – 4:30PM	Topic 1: The Pope and the Value of Family Topic 2: Healing the Family Tree <i>Fr. Dennis Paez</i>
4:30PM – 4:45PM	Testimonial by Nena Tantoco
4:45PM – 5:15PM	Q & A - Panel
5:15PM – 5:30PM	Evaluation and Awarding of Certificate & Token

Closing Remarks

Note:

*Day 1, Oct. 4- for students and parents from private schools
Day 2, Oct. 5- for DepEd Students and parents*

Day 2

COMMUNITY OUTREACH TALK

Venue: BRS Function Hall

7:30-8:00AM	Registration
8:00-8:15AM	Prayer/Doxology/National Anthem
8:15-8:30AM	Welcome Remarks
8:30-9:00AM	Introduction of Participants
9:00-10:00AM	1st Speaker: Topic: Depression & Suicide
10:00-11:00AM	2nd Speaker Topic: Addiction in Gadgets & Social Media
11:00-11:30AM	Q & A
11:30-12:00PM	Closing Program