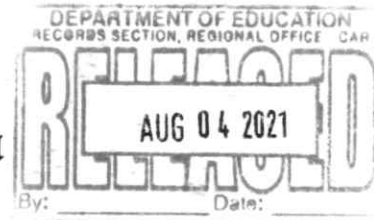




Republic of the Philippines
Department of Education
Cordillera Administrative Region



2 August 2021

REGIONAL MEMORANDUM

No. 8237-2021

**INVITATION FOR ALL DEPED PERSONNEL TO JOIN THE TAYO NAMAN!
TULONG, ALAGA, YAKAP, AT ORAS PARA SA MGA TAGAPAGTAGUYOD
NG EDUKASYON LIVE WEBINAR AND TAYO NAMAN! KUMUSTAHAN**

To: OIC-Assistant Regional Director
Schools Division Superintendents
School Heads
All DepEd Personnel

1. The Department of Education through the Disaster Risk Reduction and Management Service (DRRMS) has launched the Mental Health and Psychosocial Support Service (MHPSS) Program for all personnel entitled **TAYO Naman! Tulong, alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon.** It aims to address mental health concerns arising from the challenges brought about by the pandemic,
2. The program is conducted via **live webinar every Friday from 8:30 to 10:00 AM** livestreamed at DepEd Philippines Facebook and through the **Online In-depth Session support Group conducted every Wednesday from 2:00 TO 4:30 PM.**
3. The TAYO Naman! Kumustahan Online In-Depth Sessions is a safe space where personnel can freely share their thoughts and emotions. It is conducted via ZOOM and will remain private. It shall be conducted every Wednesday until August 25, 2021.
4. Participation to the TAYO Naman! Kumustahan Online In-Depth Session is on a first come, first served basis, with the sign-up sheet opened 3-days before the session. Interested personnel are therefore encouraged to register for the sessions. The schedule for the registration and the registration link shall be posted online through the TAYO Naman Facebook Group (**<http://bit.ly/TAYONamanFB>**).



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5. The live webinar will run every Friday until August 27, 2021. Topics for the live webinar are as follows:

Episode Number	Theme	Topics	Date of Release	Host Division
11	Enriching my Relationship with Others	Providing empathy and support in the Time of Physical Distancing	August 6, 2021	SDO Pangasinan
12	Exploring My Spirituality	Being One with Nature	August 13, 2021	SDO Lapu-Lapu City
13		Nurturing Spirituality	August 20, 2021	SDO Cotabato
14		Solace and Prayer	August 27, 2021	SDO Davao del Sur

6. All DepEd personnel are encouraged to watch and participate in the activities and to join the TAYO Naman Facebook Group (<http://bit.ly/TAYONamanFB>) for regular updates on activities and self-care contents.

7. Immediate dissemination of this memorandum is desired.



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

ESSD/EHM/epm