



Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CITY SCHOOLS – TAGBILARAN CITY
City of Tagbilaran



MEMORANDUM

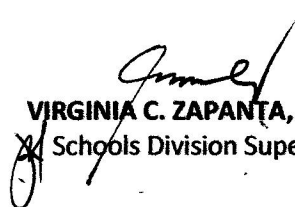
To: Pilar S. Dela Torre, Agnes Tina Dumas, Mary Ann Bernales, Monette Lumamba
Rhenalyn Lambus, Evelyn Dumadag, Riza Gultia
Leotibrilla Ontog, Rose Sharon Agustin, Maria Madena Simbit, Flordeliza Correa,
Ma. Cecilia Ordidor, Rene Beb Tecson, Carmela Quiño, Gemma Cabudbud, Lilia Capricho,
Maria Zenaida Labesores, Regina Echavez, Rossana Imbalsado, Ivy Calamba, Jennifer
Alas, Genoveva Taganahan, Lea Sale, Rufina Manriquez
Janet T. Butalid

From: DR. VIRGINIA C. ZAPANTA, CESO V
Schools Division Superintendent

Subject: ATTENDANCE TO THE ANNUAL CONFERENCE AND FELLOWSHIP OF THE PHILIPPINE
GUIDANCE AND COUNSELING ASSOCIATION

Date: October 15, 2018

1. You are hereby directed to participate in the Annual Conference and Fellowship which will be held at the Siliman University Hall, Siliman University, Dumaguete City on November 9, 2018.
2. The registration fee of One Thousand Pesos (P1000.00), transportation and other incidental expenses shall be chargeable against local funds/School MOOE subject to the usual accounting and auditing rules and regulations.
3. For more details, see attached letter from Dr. Angelita C. Young Ricardo, RGC and the endorsement from Dr. Juliet A. Jeruta, Regional Director of RO VII.
4. For your guidance and immediate dissemination.


VIRGINIA C. ZAPANTA, Ed.D., CESO V
Schools Division Superintendent



REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON
DEPARTMENT OF EDUCATION
REHIYON VII, GITNANG VISAYAS
REGION VII, CENTRAL VISAYAS
Sudlon, Lahug, Cebu City



OCT 09 2018


REGIONAL MEMORANDUM

No. 0745, s. 2018

Annual Conference and Fellowship of the Philippine Guidance and Counseling Association

**TO: All Schools Division Superintendents/OICs
All Others Concerned**

1. For the information and guidance of all concerned, attached is the communication from the Philippine Guidance Counseling Association, regarding its annual conference and fellowship with the theme, "*Enhancing Mental Health for Psychological Well-being*" on November 9, 2018 at the Silliman University, Dumaguete City.
2. Attention is invited to paragraph 2 of the said communication for more details of the said activity.
3. Herewith are copies of the said communication and its related documents for further reference.
4. Immediate dissemination of this Memorandum is enjoined.


JULIET A. JERUTA PhD
Director IV
Regional Director

RD
ARV

Office of the Director (ORDir), Tel. Nos.: (032) 231-1433; 231-1309; 414-7399; 414-7325; Office of the Assistant Director, Tel. No.: (032) 253-4542
Field Technical Assistance Division (FTAD), Tel. Nos.: (032) 414-7324 Curriculum Learning Management Division (CLMD), Tel. Nos.: (032) 414-7323
Quality Assurance Division (QAD), Tel. Nos.: (032) 231-1071 Human Resource Development Division (HRDD), Tel. No.: (032) 255-5239
Education Support Services Division (ESSD), Tel. No.: (032) 234-7062 Planning, Policy and Research Division (PPRD), Tel. Nos.: (032) 233-9030,
414-7065 Administrative Division, Tel. Nos.: (032) 414-7326; 414-4367; 414-7366; 414-7322; 414-4367
Finance Division, Tel. Nos.: (032) 256-2375; 253-8061; 414-7321

"ESQ 2015: Kapanatan ng Lahat, Pananagutan ng Lahat"



PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION
Negros Oriental-Siquijor Chapter



Department of Education
Region VII, Central Visayas

RD2018-3310
04-Oct-18

September 26, 2018

To: Dr. Juliet A. Jeruta
Director IV
Regional Director
Region VII

Through: Dr. Salustiano T. Jimenez, CESO IV
Assistant Regional Director

Dear Dr. Jeruta,

Greetings!

The Philippine Guidance Counseling Association (PGCA) Negros Oriental-Siquijor Chapter will hold its Annual Conference and Fellowship with the theme on *“Enhancing Mental Health for Psychological Well-being”* on November 9, 2018 at the Silliman University Hall, Silliman University, Dumaguete City. We have invited Dr. Stephanie Miaco, Psychiatrist as our main speaker.

Thus, in this connection we would like to invite your Guidance Counselors, Career Guidance Advocates and Program Development Officers (PDO) in your division for this conference. The conference will offer useful information about the common mental health cases and issues encountered in the school or community setting such as non-suicidal self-harming behaviors, stigma and shame attached to mental health and various mental health conditions commonly experienced by adolescents. Likewise mindfulness sessions will be conducted for psychological well-being of guidance practitioners.

A registration fee of one thousand (Php 1,000) shall be collected from each participant which will cover 2 snacks (A.M. & P.M.), lunch, certificate, as well as other incidental expenses.

We look forward to a continuing partnership with the Department of Education in the professional development of its personnel. Thus, we are hopeful that participants' registration will be shouldered by their respective schools to encourage attendance to this activity as part of their continuing education. Kindly contact the following: Ms. Rosyl Geraldine M. Partosa, RGC (Mobile no. 0997 550 9921) Ms. Marichyle Lajato (Mobile No. 0917 540 3313) and Dr. Anna Marie C. Austero, RGC (Mobile No. 0935 213 5813) to confirm the number of personnel from DepEd Schools who will be attending the conference. Please take note that in order to facilitate the smooth and effective proceedings of the conference, we are requiring pre-registration not later than November 5, 2018.

Attached is a copy of the program of activities. Participants are encouraged to wear their most comfortable attire for the afternoon session. Thank you!

Respectfully Yours,

DR ANGELITA C. YOUNG RICARDO, RGC /RPM
President



PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION
Negros Oriental-Siquijor Chapter

Forum on: "Enhancing Mental Health for Psychological Well-Being"
November 9, 2018 8: 00 AM – 4: 00 PM
Silliman Hall, Silliman University

P R O G R A M M E

8:00 – 8:30 AM	REGISTRATION	
8:30 – 9:00	OPENING PROGRAM	
	Invocation	Ms. Ma. Rosella S. Nocete <i>Designate Guidance,</i> <i>Negros Maritime College Foundation Inc.</i>
	National Anthem	
	Welcome Remarks	Dr. Angelita Young Ricardo, RGC, Rpm <i>Faculty, St. Paul University, Dumaguete City</i>
	Acknowledgment of Participants	
	Introduction of Resource Speaker	Dr. Jaruvic Rafols, RGC, Rpm <i>Head, Guidance & Testing Division,</i> <i>Silliman University</i>
9:00 – 9:30	A Testimony	
9:30 – 10:30	Lecture Proper	Dr. Stephanie Eloisa Miaco <i>Psychiatrist</i>
10:30 – 11:00	Open Forum and Nutritional Break	
11:00 -11:15	Updates from National PGCA	Dr. Evangeline P. Aguilan, RGC, RPsy <i>Counselor, SU CARES</i> <i>Silliman University</i>
11:15 – 11:30	Treasurer's Report	Ms. Marychyle P. Lajato <i>Designate Guidance</i> <i>Negros Oriental High School</i>
11:30 – 1:00PM	LUNCH BREAK & ELECTION OF OFFICERS	
1:00 – 3:00	Mindfulness & Mindfulness Practice	Ms. Marychyle P. Lajato <i>Designate Guidance</i> <i>Negros Oriental High School</i>
		Ms. Dulce de Guzman, RGC, Rpm <i>Guidance Counselor</i> <i>Dumaguete City National High School</i>
3:00 – 4:00	Acknowledgment of Officers & Giving of Certificates	