



Republic of the Philippines  
**Department of Education**  
REGION VII – CENTRAL VISAYAS  
Division of City Schools – Tagbilaran City

**Office of the Schools Division  
Superintendent**

MEMORANDUM

MLA-2022- 176

TO: **JUANITA C. LAFUENTE** -Principal II, Manga Elementary School  
**JOERMELYNE P. PASILBAS** -Project Development Officer I

FROM: **JOSEPH IRWIN A. LAGURA, Ph.D.**  
Schools Division Superintendent

*for the SDS:*

*BEATRIZ E. INCOG  
EP-SVR*

SUBJECT: **PROJECT #BETTER ME: A MENTAL WELLNESS PROGRAM**

DATE: September 21, 2022

1. You are hereby advised to attend the **Project #Better ME: A Mental Wellness Program** on **September 23, 2022, Friday from 10:00 AM to 12:00 NN** at **Executive Dining Hall, DepEd EcoTech Center, Lahug, Cebu City.**
2. Travel and other incidental expenses of participants shall be charged to the respective local (school/division) funds subject to the usual accounting and auditing rules and regulations while A.M. snacks and lunch shall be borne by City Savings Bank.
3. Please read attached communication for more details for your reference.
4. For your guidance and compliance.

JIL/MKP/SGOD/jjp2022



Address: Dampas District, Tagbilaran City, Bohol  
Telephone Nos.: (038)427-1702; (038)427-2506; (038)422-8177; (038)427-6718; (038)544-2147  
Email Address: tagbilarancity.division@deped.gov.ph



Republic of the Philippines  
**Department of Education**  
 REGION VII - CENTRAL VISAYAS

Office of the Regional Director

SEP 19 2022

REGIONAL MEMORANDUM  
 No. 0798, s. 2022


**PROJECT #BETTER ME: A MENTAL WELLNESS PROGRAM**

To: Schools Division/City Superintendents  
 Officers-in-Charge of Regular/Interim Divisions  
 All Others Concerned

- This Office scheduled a series of activities in celebration of the National Teachers' Month for ensuring the health and well-being and enhancing the resiliency of our Teaching and Non-Teaching Personnel.
- One of these activities is the conduct of a face-to-face mental wellness program dubbed by our partner provider, the City Savings Bank, as **Project #Better Me on September 23, 2022, Friday from 10:00AM to 12:00NN** at Executive Dining Hall, DepEd Ecotech Center, Lahug, Cebu City.
- Participants to this activity are Division Office Non-Teaching Personnel (preferably the Youth Formation Coordinators / SocMob Focal Persons) and School Heads (elementary and secondary) representatives with SDOs' slots as follows:

| Office        | NTP              | SH | Office          | NTP | SH |
|---------------|------------------|----|-----------------|-----|----|
| Bais City     | 1                | 2  | Dumaguete City  | 1   | 2  |
| Bayawan City  | 1                | 2  | Guihulngan City | 1   | 2  |
| Bogo City     | 2                | 4  | Lapulapu City   | 3   | 4  |
| Bohol         | 2                | 2  | Mandaue City    | 4   | 4  |
| Canlaon City  | 1                | 2  | Negros Oriental | 1   | 2  |
| Carcar City   | 4                | 4  | Siquijor        | 1   | 2  |
| Cebu City     | 3                | 4  | Tagbilaran City | 1   | 2  |
| Cebu Province | 4                | 4  | Talisay City    | 3   | 4  |
| City of Naga  | 2                | 4  | Tanjay City     | 1   | 2  |
| Danao City    | 2                | 2  | Toledo City     | 4   | 4  |
| Total:        | 22               | 30 |                 | 20  | 28 |
| Grand Total:  | 100 participants |    |                 |     |    |

- Travel and other incidental expenses of participants shall be charged to the respective local (school/division) funds while A.M. snacks and lunch shall be borne by City Savings Bank.
- For your support and compliance.

  
**SALUSTIANO T. JIMENEZ EdD, JD, CESO V**  
 Director IV  
 Regional Director

STJ/CAE/ESSD/TTP/BV/JY



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
 Telephone Nos.: (032) 231:1433; (032) 414-7399  
 Email Address: region7@deped.gov.ph

September 2, 2022

**Dr. Salustiano T. Jimenez**  
Regional Director  
DepEd Region VII  
Sudlon, Lahug  
Cebu City, Cebu

**Corporate Office:**  
City Savings Financial Plaza,  
Osmeña Blvd. corner P. Burgos St.,  
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Visit us: [www.citysavings.com.ph](http://www.citysavings.com.ph)

Dear Dr. Jimenez,

Greetings!

Education has always been at the forefront of City Savings Bank's Corporate Social Responsibility (CSR) programs. It is integral to what we do, not just as bankers, but as members of the communities where our businesses operate.

As we continue to strengthen our stakeholder engagement to ensure the health and well-being of teachers and non-teaching personnel, we would like to celebrate the **National Teachers' Month** by conducting a **mental wellness program** dubbed as **Project #BetterMe on September 23, 2022 (Friday) at 10:00AM - 12:00NN.**

The session aims to raise awareness on the importance of mental health by promoting good mental health practices, encouraging healthy and supportive relationships, correcting the stigma, and creating a positive and accessible working environment.

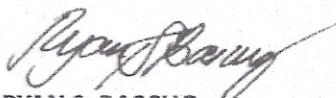
In line with this, we would like to partner with DepEd Region 7 for the conduct of the face-to-face Project #BetterMe session for educators. We are looking at a maximum of 100 pax for this run.

CitySavings will take charge of the resource speaker for the event as well as meals for the attendees. Meanwhile, we will be requesting your office if there is a training venue in DepEd that we can use for the said session.

Should you have any questions and/or clarification, please do not hesitate to contact me via my mobile at 0917 524 1560 or email me at [ryan.bascug@citysavings.com.ph](mailto:ryan.bascug@citysavings.com.ph).

We are looking forward to your positive response and support on this mental wellness advocacy.

Very Truly Yours,



**RYAN S. BASCUG**  
Regional Business Head  
Region 7