



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM
No. 517 , s. 2023

November 10, 2023

**INVITATION FROM CITY SAVINGS BANK
RE: ADVOCACY PROGRAM “PROJECT #BETTER ME: MENTAL WELLNESS PROGRAM
FOR TEACHERS”**

To: Chief, CID and SGOD
Teaching and Non-Teaching Personnel
All Public Elementary and Secondary Principals
All Others Concerned

1. This Office hereby disseminates communication from City Savings Bank Re: Advocacy Program “Project #Better Me: Mental Wellness Program for Teachers” on November 18, 2023 (Saturday), 1:00 – 4:00PM at Metrocentre Hotel, CPG Avenue, Tagbilaran City. This program aims to help teachers develop self-care strategies to minimize stress, anxiety and depression and others in these trying times.
2. A maximum of 150 participants, preferably Guidance counselors, Guidance designates and Esp Teachers for the whole Division. Below is the number of participants per school.

Secondary	Number of participants	Elementary	Number of Participants
DCPNHS-JHS	15	TCCES	5
DCPNHS-SHS	13	Cogon ES	5
Manga NHS	12	All other ES(4 pax each school)	60
Mansasa NHS	10		
Cogon High School Evening Class	10		
TCSHS	9		
San Isidro NHS	9		
Tagbilaran High School for HI	1		
CTNHS	1		
TOTAL	80	TOTAL	70
GRAND TOTAL			150

3. Identified participants per school must register before November 15, 2023 using this link: <https://rb.gy/k0dfd5>
4. Immediate and wide dissemination of this Memorandum is desired.

WILFREDA D. BONGALOS PhD CESQ V
Schools Division Superintendent 