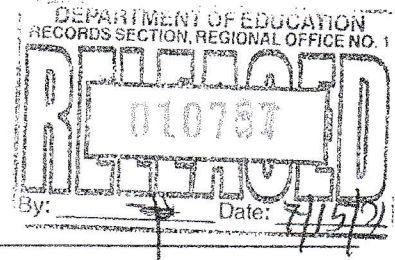


Sir Carlo A



Republic of the Philippines
Department of Education
REGION I



Office of the Regional Director

JUL 15 2021

REGIONAL MEMORANDUM
No. 747 s. 2021

WEBINAR ON MENTAL HEALTH AWARENESS IN THE EDUCATION SECTOR

To: Schools Division Superintendents

1. The Department of Health-Center for Health Development-1 shall conduct a Webinar on Mental Health Awareness in the Education Sector via Cisco Webex on July 27-28, 2021 at 8:00 AM to 12:00 Noon. The meeting link is <https://departmentofhealth.webex.com/departmentofhealth/j.php?MTID=m9cdaa9dc5a4584fbc0310f457521b282> meeting access code: 184 997 0847 and meeting password: 1ncd .

2. The participants to the abovementioned activity are Teachers, Health Personnel and Guidance Counsellors. Attached is the Programme and schedule, for more details.

3. For information and compliance.



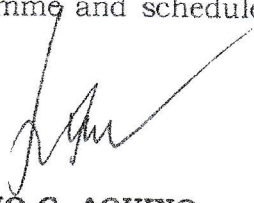

Department of Education
Region I
Alaminos City Division

Division Memorandum
DM-2021-231

To: Heads of Public Elem and Sec. Schools

Please see the attached program for your information, guidance and compliance.


DR. LORNA S. BUGAYONG, CESO V
Schools Division Superintendent


TOLENTINO G. AQUINO
Director IV 

DepEd Region 1: Built on character; empowered by competence.



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NATIN 2040

MENTAL HEALTH AWARENESS IN THE EDUCATION SECTOR

July 27-28, 2021

Via Cisco Webex

PROGRAMME

9:00 AM - 9:10 AM	Preliminaries	DOH CHD I Staff
9:10 AM - 9:30 AM	Lecture on the following:	
9:30 AM - 10:00 AM	Mental Health Awareness	
10:00 AM - 10:30 AM	• Bullying	
10:30 AM - 10:45 AM	• Suicide Prevention	
10:45 AM - 11:00 AM	Meditation	
11:00 AM - 11:30 AM	• Lecture on Mental Health Amidst COVID-19	
11:30 AM - 11:45 AM	• Stress Management	
11:45 AM - 12:00 AM	Progressive Muscle Relaxation	
12:00 AM - 12:15 AM	Evaluation Closing Remarks	

SCHEDULE

July 27, 2021 8:00 AM - 12:00 NN	Ilocos Norte & Ilocos Sur DepEd Teachers, Guidance Counselors and School Nurses	https://departmentofhealth.webex.com/departmentofhealth/j.php?MTID=m9cdaa9dc5a4584fbc0310f457521b282
July 28, 2021 8:00 AM - 12:00 NN	Pangasinan & La Union DepEd Teachers, Guidance Counselors and School Nurses	Meeting number (access code): 184 997 0847 Meeting password: 1ncd CISCO WEBEX