



Republic of the Philippines  
**Department of Education**

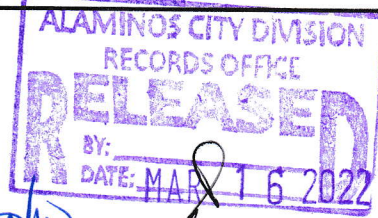
REGION I

**SCHOOLS DIVISION OFFICE OF ALAMINOS CITY**

**Office of the Schools Division Superintendent**

**DIVISION MEMORANDUM**

**DM-2022 – 097**



TO : Assistant Schools Division Superintendent  
Chief, Curriculum Implementation Division (CID)  
Chief, School Governance and Operations Division (SGOD)  
All School Heads and Teachers in the Division

SUBJECT : **PROJECT#BETTER ME: MENTAL WELLNESS PROGRAM FOR TEACHERS**

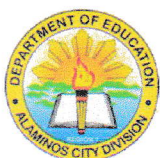
FROM : Office of the Schools Division Superintendent

DATE : March 16, 2022

1. To help the school leaders and teachers develop self-care strategies to minimize stress, anxiety and depression and to provide them practical tips on how they can take good care of their mental well-being, the City Savings Bank will conduct the Project#Better Me: Mental Wellness Program for Teachers on March 17, 2022 at 10:00 AM to 12:00 noon, via Zoom.
2. All school heads and teachers are invited to join the said webinar. School heads are encouraged to set up laptop/desktop and projector and attend the said activity using one account only. Teachers who will be teaching for the limited face-to-face classes during the scheduled time of the webinar may not join.
3. The link shall be emailed to the DepEd email account of the school heads.
4. For your information, guidance, wide dissemination and strict compliance.

  
**LORNA G. BUGAYONG PhD, CESO V**  
Schools Division Superintendent

***With hundred reasons to serve!***



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