



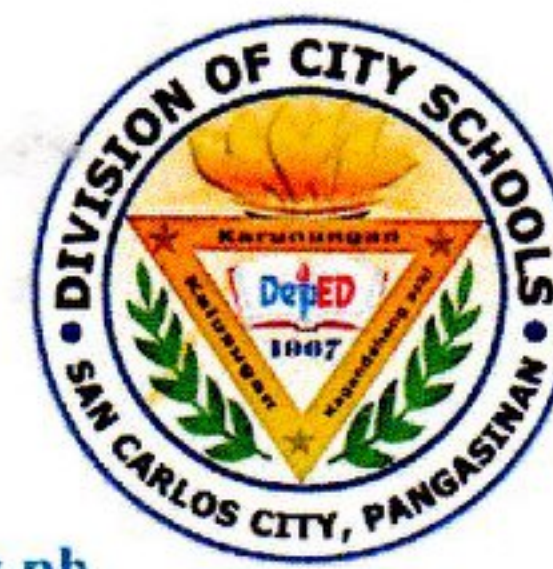
Republic of the Philippines
DEPARTMENT OF EDUCATION
 Region I

SAN CARLOS CITY DIVISION

Roxas Boulevard, San Carlos City, Pangasinan

Tel. No./Fax No. (075) 632-3293 (OSDS) Trunkline Nos. (075) 633-5691 to 93

Email Address: sdosancarloscity@gmail.com ; sancarlos.city1@deped.gov.ph



DIVISION MEMORANDUM

DM-2020-123

TO: Asst. Schools Division Superintendent
 Chiefs of CID and SGOD
 Public Schools District Supervisors
 Educational Program Supervisor
 Unit Heads
 Public Elementary and Secondary School Heads
 Non-Teaching Personnel

ED SAN CARLOS CITY, PANGASINAN
RELEASED
 DATE: 8/27/20
 TIME: 5:09
 BY: [Signature]
 TO: [Signature]
 RECORDS SECTION

FROM: *MS* **LOURDES D. SERVITO, Ed.D., CESO VI**
 Assistant Schools Division Superintendent
 Officer-In-Charge
 Office of the Schools Division Superintendent

APPROVED
FOR TRANSMISSION

SUBJECT: Webinar on Fostering Mental Health for a Better New Normal *Ann* 8.27.22

DATE: August 28, 2020

PARTICULARS

- To raise awareness of Teaching and Non-Teaching personnel about mental health and equip them with strategies in managing stress amidst COVID-19, San Carlos City Division through SGOD-Youth Formation Section will conduct the Webinar on Fostering Mental Health for a Better New Normal with the following details, to wit:

	Participants	Date	Time	Platform	Link
Batch 1	District I Teachers	September 1, 2020	9:00 am – 11:00 am	Via Google Meet	https://tinyurl.com/Webinar-Mental-Health-YFD
Batch 2	District II Teachers		2:00 pm – 4:00 pm		
Batch 3	District III Teachers	September 2, 2020	9:00 am – 11:00 am		
Batch 4	District IV Teachers		2:00 pm – 4:00 pm		
Batch 5	District V-A Teachers	September 3, 2020	9:00 am – 11:00 am		
Batch 6	District V-B Teachers		2:00 pm – 4:00 pm		
Batch 7	SEPNAS and Turac NHS	September 4, 2020	9:00 am – 11:00 am		
Batch 8	School Heads, Head Teachers		2:00 pm – 4:00 pm		
Batch 9	DO Personnel and Non-Teaching Personnel	September 7, 2020	9:00 am – 11:00 am		





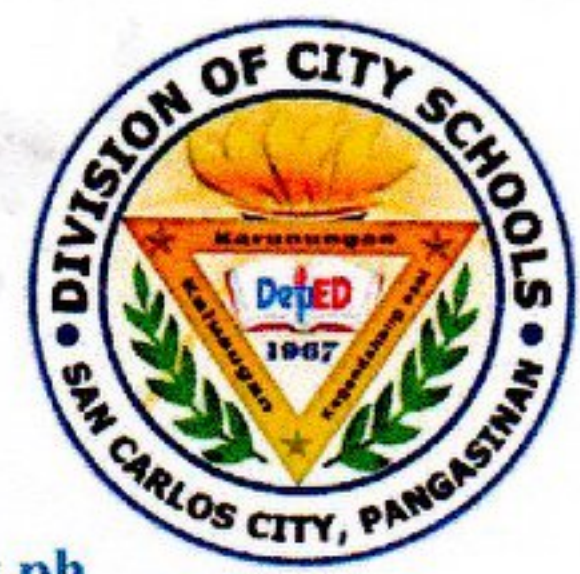
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2. All participants are advised to register at least one (1) day before the allotted schedule through this link: <https://tinyurl.com/YFD-Reg-Mental-Health>
3. At the end of the webinar, the participants are expected to:
 - a. understand the impact of mental health on the employee;
 - b. comprehend the importance of support from the workplace; and
 - c. develop coping strategies and techniques applicable in the classroom and workplace setting
4. Wide dissemination of this memorandum is highly enjoined.