
	Department of Education Region III <b>DIVISION OF CITY SCHOOLS</b> Angeles City Jesus Street, Pulungbulu, Angeles City		Document Code: SDO-QF-OSDS-SDS-005  Revision: 00  Effectivity date: 10/31/2018
	<b>DIVISION ADVISORY</b>		Name of Office: <b>OSDS-SDS</b>

**DIVISION ADVISORY**

No. 253, S. 2019

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By DepEd Angeles City  
Division of City Schools

**To** : Heads of Public Secondary Schools  
Guidance Counselors

**From** : The Schools Division Superintendent

**Subject** : Annual Convention for Mental Health Practitioners: Advocates of Self-Care and Workplace Well-being

**Date** : November 5, 2019

Please be informed that the Philippine Guidance and Counselling Association (PGCA) will conduct its Annual Convention entitled "Mental Health Practitioners: Advocates of Self-Care and Workplace Well-being" on November 21-22, 2019 at Pipanganan Restaurant, Dolores, City of San Fernando, Pampanga.

Attached is the letter of Mr. Edward G. Mendoza, RGC, RPm, LPT, President, PGCA-Pampanga, for reference.

*307amayo*  
**MA. IRELYN P. TAMAYO, Ph.D., CESE**  
 Assistant Schools Division Superintendent  
 Officer-in-Charge *IN*  
 Office of the Schools Division Superintendent

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**"SMILES BRIGHT, SERVES RIGHT"**





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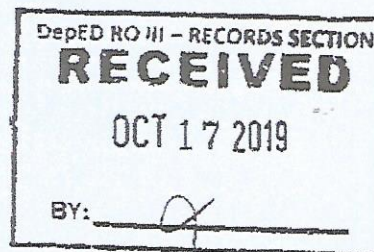
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16 October 2019

**NICOLAS T. CAPULONG, PhD., CESO V**  
Director III  
Officer-in-Charge  
Office of the Regional Director



Dear Dr. Capulong

Greetings!

The Philippine Guidance and Counseling Association (PGCA) Pampanga Chapter will be conducting its Annual Convention entitled, ***"Mental Health Practitioners: Advocates of Self-Care and Workplace Wellbeing"*** on November 21-22, 2019 at Pipanganan Restaurant, Dolores, City of San Fernando, Pampanga.

The two-day seminar/workshop will cover the following topics:

**a. Self-Care for Mental Health Practitioners**

This aims to provide mental health practitioners with insights on the importance of taking care of one's well-being to be an effective mental health advocate. Various effective self-care techniques will be discussed to the participants. At the end of the session, it is expected that the participants will be able to craft their personal self-care plan.

**b. Workplace Wellbeing through Mental Health Programs**

This will give the participants current evidenced-based practices on the status of mental health programs in different workplaces and the considerations for creating the program. Issues on mental health experienced in diverse workstations and efficient mental health programs will be presented. After the session, the participants have developed a mental health program suitable to their workplace.

In line with this, we seek for your endorsement so that we may also share this meaningful experience with our colleagues from the public sector.


Convention registration fee which will include kits, handouts, workshop materials, two-day buffet lunch and snacks; and, certificates are as follows:

Early Bird: Php 2,300 (Until November 08, 2019 only)  
Regular/Onsite: Php 2,500

Registration procedure will be posted on the official Facebook page of PGCA Pampanga.

We look forward to your favourable response and usual support on this matter.

Warmest Regards,

  
Ma. Agatha Anne D. Dizon, RGC, Rpm,  
Secretary, PGCA-Pampanga

Noted by: