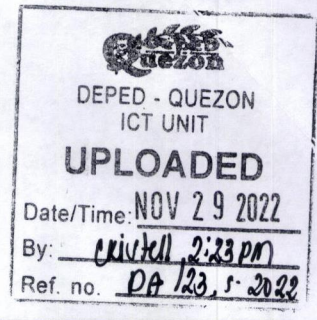




Republic of the Philippines  
**Department of Education**  
Region IV-A  
SCHOOLS DIVISION OF QUEZON PROVINCE



**DIVISION ADVISORY NO. 123, s. 2022**

November 28, 2022

With the reference to the communication sent by Philippine Guidance and Counselling Association, INC.-Quezon Chapter dated November 3, 2022 this advisory is issued for the information of all Public District Supervisors and Schools Heads and All Others Concerned.

**PURSuing WELLNESS RECALIBRATING MENTAL HEALTH PRACTICES IN THE NOW NORMAL**

The Philippine Guidance and Counseling Association, Inc.-Quezon Chapter will conduct its 10<sup>th</sup> Annual Convention on November 29, 2022, at Dr. Tobias Y. Enverga University Foundation Lucena City. Participation to this activity is on voluntary basis.

It is reiterated that participation to this activity shall subject to no-disruption-of-classes policy stipulated in **DepEd Order No. 9, s. 2005** entitled **Instituting Measures to Increase Engaged Time-on-Task and ensuring compliance therewith** and the policy on-off campus stated activities stated in **DepEd Order No. 66 s. 2017**.

For more information, please refer to the attached communication.

**ELIAS A. ALICAYA JR., EdD**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent

sgod/hsc/11/28/2022

DEPEDQUEZON-TM-SDS-04-011-003



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Email Address: quezon@deped.gov.ph  
Website: www.depedquezon.com.ph



RB11122 - 106067 ✓

PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC. – Quezon Chapter  
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2021-2022**

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November 3, 2022

**ELIAS A. ALICAYA, JR., Ed.D.**

Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent  
Pagbilao, Quezon

Dear Dr. Alicaya:

Greetings of Peace and Wellness!

The Philippine Guidance and Counseling Association, Inc. – Quezon Chapter will conduct its 10<sup>th</sup> Annual Convention with the theme ***"Pursuing Wellness: Recalibrating Mental Health Practices in the Now Normal"*** which will be held on November 29, 2022, at Dr. Tobias Y. Enverga, Sr. Alumni Center located at Manuel S. Enverga University Foundation, Lucena City, Quezon. Specifically, the program aims to meet the following objectives:

1. Integrate the basic concepts of positive psychology at work, personal, and professional standpoints to develop oneself and that of the other's perceptions and well-being.
2. Enhance the individual's ability to bounce back and hurdle challenges brought by the adjustments of the face-to-face modality of work and learning; and
3. Craft an appropriate post-pandemic mental health program fit for the HyFlex modality.

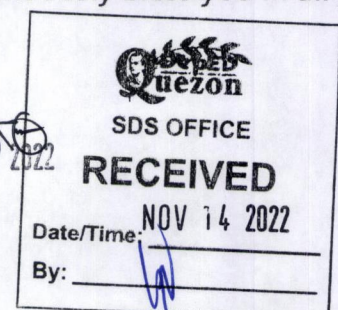
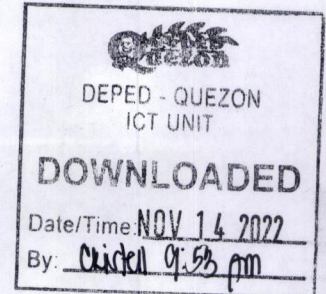
Relative to this, **may we respectfully request your good office to endorse this convention to counselors, guidance practitioners, and teachers in the DepEd Division of Quezon?**

Please see attached documents regarding the details.

Thank you very much for your continued support to the organization. May our Lord God continuously bless you in all your endeavors.

Sincerely,

**DAIZELENE C. JABRICA**  
President, PGCA Quezon Chapter





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2021-2022**

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**Registration Details:**

1. CPD points for **registered guidance counselors, licensed professional teachers, registered psychologists and psychometricians** are currently being processed for PRC approval.
2. To register for the convention, please register online through the following link: <https://forms.gle/LS5GTpMXaaSb5FbKA>.
3. Moreover, we are now accepting applications for membership of PGCA Quezon Chapter. To further inquire about membership, please send your message to Mr. Rey Marco Z. Casiño, RGC at [casinoreymarco@mseuf.edu.ph](mailto:casinoreymarco@mseuf.edu.ph).
4. Below are the registration rates (with discounted rates for new member applicants). Early bird registration will be accepted until November 16, 2022.

Early Bird Rate, Regular Member (Php 900)

Early Bird Rate, Associate/ Affiliate Member (Php 1000)

Early Bird Rate, Student Member (Php 800)

Early Bird Rate, Non-Member (Php 1100)

Regular Rate, Regular Member (Php 1000)

Regular Rate, Associate/ Affiliate Member (Php 1100)

Regular Rate, Student Member (Php 900)

Regular Rate, Non-Member (Php 1200)

5. You may send your payment to:

**Option 1:**

Union Bank Account Number: 1098 5675 3919

Account Name: Daizelene C Jabrica

**Option 2:**

Gcash: 09171323239

Account Name: Daizelene Jabrica

To inquire more about the program, please send an email to [pgcaquezonchapter@gmail.com](mailto:pgcaquezonchapter@gmail.com). You may also reach us through our **Fb page: PGCA Quezon Chapter**.



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**PGCA QUEZON CHAPTER'S 10<sup>th</sup> ANNUAL CONVENTION**  
**Pursuing Wellness: Recalibrating Mental Health Practices in the**  
**Now Normal**

**Dr. Tobias Y. Enverga Sr. Alumni Center**  
**Manuel S. Enverga University Foundation, Lucena City**

**November 29, 2022**  
**7:30 a.m. to 5:00 p.m.**

PROGRAMME

7:00 a.m. – 7:30 a.m.	Onsite Registration of Participants
7:30 a.m. – 8:00 a.m.	OPENING PROGRAM
8:00 a.m. – 10:00 a.m.	<u>Topic 1 (2 hours)</u> Understanding the Adversity Quotient (2 hours) <b>Dr. ARSENIO SZE ALIANAN, Jr., RPSy</b> Associate Professor, Ateneo de Manila University Consultant, Psyconsult, Inc.
10:00 a.m. – 10:15 a.m.	Break
10:15 a.m. – 12:00 nn	Keynote Address (45 minutes) <b>Dr. SHEILA MARIE G. HOCSON, RGC, RPm, RPSy, LPT</b> President, Philippine Guidance and Counseling Association, Inc. -National
<b>LUNCH BREAK</b>	
12:45 p.m. – 1:00 p.m.	PGCA Quezon Chapter's 2-year plan and Report <b>Daizelene C. Jabrica, RGC, RPm, LPT</b> Chapter President, PGCA Quezon Chapter
1:00 p.m. – 2:45 p.m.	<u>Topic 2 (1 hour and 45 minutes)</u> Devising (School and Organizations-based) Mental Health Program to Address Post-Pandemic Blues (1 hour and 45 mins) <b>REMEDIOS C. MOOG, RGC, RPm, CSCOP</b> Secretary, Philippine Guidance and Counseling Association, Inc. - National University Counselor De La Salle University – Manila
2:45 p.m. – 4:30 p.m.	<u>Topic 3 (1 hour and 45 minutes)</u> The (He)art of Happiness: Assisting Self-care Using Positive Psychology (1 hour and 45 minutes) <b>Dr. GLADIOLA EJE-DIMACULANGAN, RGC, LPT</b> Officer for External Affairs, Integrated Professional Organization of the Philippines Director, Counseling and Psychological Wellness Center University of Batangas
4:30 p.m. – 4:50 p.m.	CLOSING PROGRAM
4:50 p.m. – 5:00 p.m.	Evaluation Period