



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

UNNUMBERED MEMORANDUM

TO: OIC- Assistant Schools Division Superintendent, CID Chief and SGOD Chief, Section Heads, Education Program Supervisors, Public Schools District Supervisors, Elementary and Secondary School Heads, Teaching and Non-Teaching Personnel and All Others Concerned

FROM: ELIAS A. ALICAYA, JR., EdD
 Assistant Schools Division Superintendent
 Officer-in-Charge
 Schools Division Superintendent

SUBJECT: List of Participants to the Webinar on Teacher's Mental Wellness and Self-Care

DATE : December 10, 2020

Attached hereto is the Regional Memorandum 531 s. 2020 entitled "Participants to the Webinar on Teacher's Mental Wellness and Self-Care" for your reference.

Relative to this, listed below are the participants on the said webinar to be conducted on December 16, 2020, 2:00 p.m. via Zoom.

No.	Name of Participants	District
1	Mitos Amadel Villamor	Infanta
2	Sheryl Lyn F. Ostonal	Mauban
3	Norilyn Almadrones	Jomalig
4	Aristeo Suario	Lucban
5	Clarinda B. Romano	Patnanungan
6	Roselyn Nolasco	Pagbilao
7	Novelita Del Rio	Panukulan
8	Benedicto Portales	Polillo
9	Gerka Layana V. Astoveza	General Nakar 2
10	Corazon Alcalá	Sariaya East
11	Angelica B. Castullo	Sariaya East
12	Marissa Camposano	Candelaria West
13	Erica Castro	Tiaong
14	Marlyn Alano	Candelaria East
15	Lkybe I. Aurellana	Sariaya East

DEPED - QUEZON
 ICT UNIT
 U P L O A D E D
 Date/Time: DEC 11, 2020
 By: CRISTELL 6:05 PM
 Ref. No.: UM 230, S. 2020

DEPEDQUEZON-TM-SDS-04-010-003



"Creating Possibilities, Inspiring Innovations"

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16	Estefany Pesigan	Sariaya West
17	Perpetou Raca	San Antonio
18	Caterine May D. Delos Santos	Sariaya East
19	Annaliza Forbes	Pitogo
20	Helen Baldoviso	Macalelon
21	Maria Cecilia A. Organo	Unisan
22	Suzette S. Caponpon	Gen.Luna
23	Divina S. Pardisto	E.Salvador
24	Emelita R. Calawit	San Andres
25	Karen P. Edano	Catanauan 1
26	Mara Victoria C. Mahinay	Buenavista
27	Analyn M. Medenilla	Mulanay
28	Mart Rose M. Olea	Lopez East
29	Vigiline A. De Vera	Gumaca
30	Catherine Japone	Tagkawayan 1
31	Lady Lyn M. Ogayon	Quezon
32	Adeluisa Llaneta	Perez
33	Corazon Campomanes	Atimonan 1
34	Angelika Alvarez	Atimonan 2
35	Dr. Marie Antoinette Tesalona	SDO- Pagbilao
36	Ma. Teresita Abella	SDO-Pagbilao
37	May Ann Gail Candelaria	Infanta
38	Felirose Uy	QNHS
39	Katrina Thea Reyes	Macalelon
40	Zandy Del Moro	Perez
41	Marie R. Melas	Guinayangan North
42	Maria Leonisa C. Talero	LNCHS-Lopez West

Immediate dissemination and strict compliance to this Memorandum is desired.

shsmtma12/102020

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Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
GATE 2, KARANGALAN VILLAGE
1900 CAINTA, RIZAL



4 December 2020

Regional Memorandum

PARTICIPANTS TO THE WEBINAR ON TEACHER'S MENTAL WELLNESS AND SELF-CARE

To Schools Division Superintendents

1. Relative to the wellness program of the Department of Education Region IV-CALABARZON in partnership with CitySavings through the Human Resource Development Division (HRDD) will conduct a webinar on Teacher's Mental Wellness and Self Care on December 16, 2020, 2:00 p.m. via Zoom.
2. This activity aims to:
 - a. help teachers develop self-care strategies to minimize stress, anxiety and depression;
 - b. provide practical ways on how they can take care of their mental well-being in this so-called "new normal" and
 - c. guide teachers to rediscover the value of their mission to educate children in these trying times.
3. This activity will be managed and facilitated by CitySavings through their training coordinator. The attendees to this webinar are teachers from the 21 Schools Division Offices. Please see attached number of required participants per SDOs.
4. All participants are required to pre-register online thru this link <https://bit.ly/CBTMW20> on or before December 9, 2020.
5. For clarifications and queries please e-mail hrd.calabarzon@deped.gov.ph or call us at telephone no. 864-74-87 loc 460.
6. Immediate dissemination of this Memorandum is desired.


WILFREDO E. CABRAL
Regional Director

hrdd/glen



"The Region where EXCELLENCE is a CULTURE and QUALITY is a COMMITMENT"

Trunkline: 02-8682-5773

Website: depedcalabarzon.ph

Document Inquiry : <https://r4a-teadoc.com/inquire>

Facebook: DepEd R-4A Calabarzon

**NUMBER OF REQUIRED PARTICIPANTS PER SCHOOLS DIVISION OFFICES ON THE
WEBINAR ON TEACHER'S MENTAL WELLNESS AND SELF-CARE
December 16, 2020**

Schools Division Office	No. of Pax
1. Cavite Province	42
2. Bacoor City	15
3. Cavite City	15
4. Dasmariñas City	15
5. Imus City	15
6. General Trias City	15
7. Laguna	42
8. Biñan City	15
9. Cabuyao City	15
10. Calamba City	15
11. San Pablo City	15
12. Santa Rosa City	15
13. Batangas Province	42
14. Batangas City	15
15. Lipa City	15
16. Tanauan City	15
17. Rizal	42
18. Antipolo City	15
19. Quezon	42
20. Lucena City	15
21. Tayabas City	15
TOTAL	450