



DIVISION MEMORANDUM  
No. 199, S. 2019

TO : Public Schools District Supervisors  
Elementary School Heads  
Secondary School Heads

FROM : *me*  
SOCORRO V. DELA ROSA, CESO V  
Schools Division Superintendent

SUBJECT : **SEMINAR ON STRESS MANAGEMENT AND DANGERS OF  
DRUG ADDICTION**

DATE : July 4, 2019

1. The Catanduanes State University Offices on Guidance, Counseling and Testing and Student Support Services in collaboration with the Service & Outreach Initiatives for Positive Neuroscience (SINAPSE) of the Canadian Association of Neuroscience will conduct a **Seminar on Stress Management and Dangers of Drug Addiction** this coming **July 11, 2019** at the **Accreditation Room, 3<sup>rd</sup> floor, CSU Main Building**.
2. The resource speaker on this uplifting activity is **Dr. Francis R. Bambico**, SINAPSE founder, a Clinical Neuroscientist and a Professor of Behavioral Neuroscience and Psychology at Memorial University of Newfoundland.
3. Participants to this training are **Designated Guidance Counselors** in elementary and secondary schools in this division distributed as follows:
  - a. Elementary - 3 participants per district (total of 60 pax)
  - b. Secondary - 1 participant per school (total of 42 pax)Total number of Expected Pax: **102**
4. The following teachers shall report on official business on July 10-11, 2019 at the Accreditation Room, Main Building, CSU to serve as Technical Committee who will prepare and facilitate the conduct of the seminar. Viz:
  - a. Ivy SJ. Barrameda - Leandro I. Verceles NHS, Pandan
  - b. Aron V. De Leon - Cahon Barrio School, Bagamanoc
  - c. Resty M. Francisco - Yocti ES, San Andres
  - d. Liezl A. Gualberto - Moning ES, Baras
  - e. Tessarie Torzar - Moning ES, Baras
  - f. Christopher V. Villamartin - Viga Rural DHS, Viga
5. **No registration fee** shall be collected. Morning and afternoon snacks will be provided **for free**. However, lunch shall be shouldered by the participants including travel and other incidental expenses chargeable to school MOOE funds subject to the usual accounting and auditing rules and regulations.
6. For your information and widest dissemination.