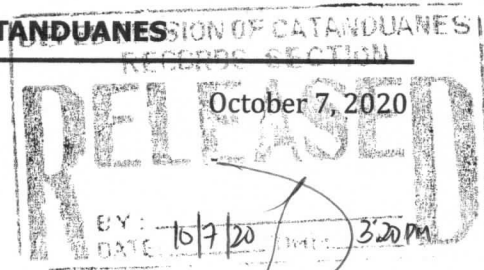




Republic of the Philippines
Department of Education
REGION V - BICOL
SCHOOLS DIVISION OFFICE OF CATANDUANES

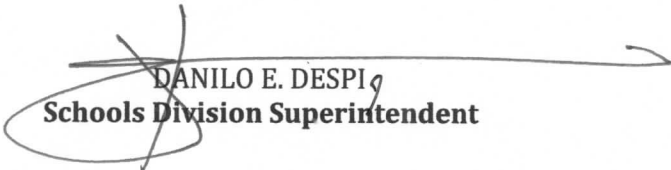


DIVISION MEMORANDUM
OSDS-SGOD-DM-235s. 2020

VIRTUAL MENTAL HEALTH CONFERENCE; "Myself, My Family, and My Community; A Virtual Mental Health watch during the COVID-19 Pandemic."

To: Assistant Schools Division Superintendent
Chief Education Supervisors, CID & SGOD
Education Program Supervisors
Secondary School Head
All Others Concerned

1. Pursuant to The Presidential Proclamation No. 452 entitled "Declaring the Second Week of October of every year as National Mental Health Week, and in celebration of the World Mental Health Day on October 10, the Department of Education Region V-Bicol, in partnership with HELP Learning Center Foundation Inc. will conduct a **Virtual Mental Health Conference, entitled; "Myself, My Family, and My Community: A Virtual Mental Health Watch during the COVID-19 Pandemic " on October 9, 2020 from 9:00am- 4:00pm** via Zoom and FB Live at CBM Philippines Page. Everyone is encourage to join the Zoom Meeting on a First Come, First Serve basis. Link as follows:<https://us02web.zoom.us/j/4885629652?pwd=NnoxaoZGckJNQOFqRm1wbDZMUowdz09> **Meeting ID: 488 562 9652 Passcode: 9652102997**
2. Objectives of this activity are to:
 - a. Lead the participants on a journey of self-discovery;
 - b. Help dispel fears and look at the future with confidence; and
 - c. Hone our individual skills, muster strength and come together as community to face our challenges in this pandemic.
3. Participants to this webinar are the **Junior and Senior High School Students, their respective Teachers and Non- Teaching Personnel** of this Division.
4. For information and immediate dissemination.


DANILO E. DESPI
Schools Division Superintendent