



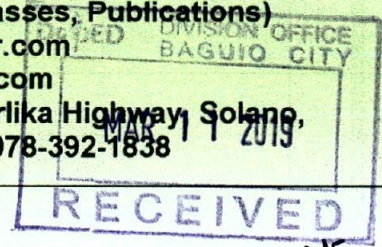
ST. JUDE TRAINING CENTER
Center for Empowered Lifelong Learning
Est. 2011

(Seminars, Trainings, Workshops, Review Classes, Publications)

stjudereviewandtrainingcenter.com

st.judereviewcenter@yahoo.com

Main Office: Galam's Bldg, Brgy Quirino, Maharlika Highway, Solang,
Nueva Vizcaya #s: 0927-351-6294/ 078-392-1838



March 11, 2019

RE: CPD SEMINARS ON MENTAL HEALTH FOR PROFESSIONALS.

Dr. Federico P. Martin, CESO V
Schools Division Superintendent
Baguio City

Greetings of Peace!

We are St. Jude Training Center (est. 2011), a PRC accredited training provider travelling around the country **known for our MOST CREATIVE, INNOVATIVE & TRANSFORMATIVE PROFESSIONAL DEVELOPMENT PROGRAMS.**

STRESS is the number one cause of absences in the workplace and the prime factor of 9 lifestyle diseases such as hypertension, ulcer, diabetes, depression and the like. To help our workforce prevent and manage stress, we have taken the stand to educate people on mental health through our life-changing seminars.

We would like to invite you to join us in our 3-day mental health seminar with the following topics:

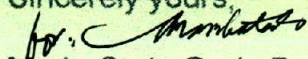
1. Rediscovering Inner Peace and Stability
2. Stress Management & Basic Cognitive Behavioral Therapy (CBT) in the Workplace.
3. Depression and Suicide

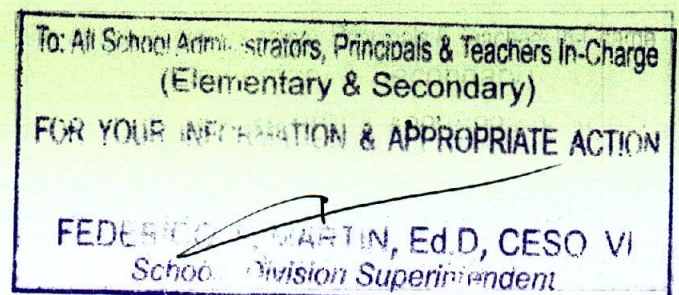
Attached is the program details, registration fees and dates of the event. You may attend just one day or take the 3-day package. **IT COMES WITH ACCREDITED CPD UNITS.**

We would love to entertain your queries. You may contact our Operations Manager **MS. JEZEREL C. CREDO- 0927-351-6294 or 0997-897-6062**

We hope you can join us in our quest for transformation through education. May God bless you more.

Sincerely yours,

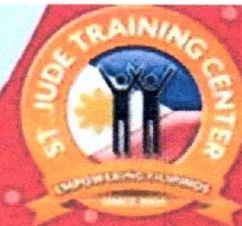

Marie Curie O. de Pona, LPT, RN, SW, RM
CEO, St. Jude Training Center



Marie de Pona's

ST. JUDE TRAINING CENTER

Center for Transformative Education | PRC ACCREDITED



CPD NATIONAL SEMINAR 2019

TOPICS:

5

units

1. Depression and Suicide

₱ 980 | 8am-5pm | FRIDAY | with snack, Lunch, Kit & Certificate

6

units

2. Personality Development: Rediscovering Inner Being

₱ 980 | 8am-5pm | SATURDAY | with snack, Lunch, Kit & Certificate

10

units

3. Stress Management with Basic Cognitive Behavioral Therapy

₱ 1,500 | 8am-5pm | SUNDAY | with snack, Lunch, Kit & Certificate

~ Register per day only or 3 days package ~

21

units

₱ 3,200 | Package Price for 3 DAYS

*units may vary per profession; subject to council approval

PROVINCE

TOPIC 1

TOPIC 2

TOPIC 3

DAGUPAN CITY

Feb 15

Feb 16

Feb 17

TARLAC CITY

Feb 22

Feb 23

Feb 24

BATANGAS CITY

March 1

March 2

March 3

DAVAO CITY

March 15

March 16

March 17

CAGAYAN DE ORO CITY

March 29

March 30

March 31

BICOL (Legazpi City)

April 12

April 13

April 14

BAGUIO CITY

May 3

May 4

May 5

Early Registration: 1 week before date | Late Registration: add ₱ 500 | Venues to be announced



Marie de Pona's St. Jude Review & Training Center

St. Jude Training Center CPD



st.judetrainingcenter



0927-351-6294



REGISTER ONLINE: (Click on Training & Seminar Box)

stjudereviewandtrainingcenter.com

#SJTCLMNLIVE