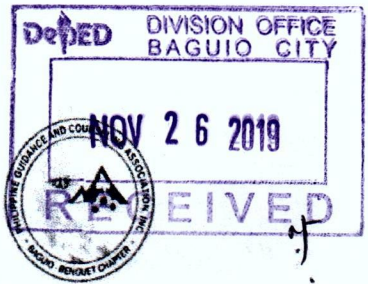


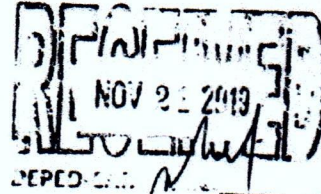


**Philippine Guidance and Counseling Association
BAGUIO-BENGUET CHAPTER**



November 21, 2019

MAY B. ECLAR, PhD, CESO V
Regional Director
Department of Education
Cordillera Administrative Region
Wangal, La Trinidad, Benguet



M a d a m :

Pleasant Felicitations!

We are glad to inform you that the **Philippine Guidance and Counseling Association (PGCA) BAGUIO-BENGUET Chapter** will conduct its **12th Regional Guidance Forum** with the theme **"Mental Health Advocacy in Guidance and Counseling: Building Resilient Communities"**. It will be held on December 6 and 7, 2019 at Palispis Hall, Benguet Capitol, La Trinidad, Benguet.

This activity aims to provide continuing professional education and updates to enhance the global competence and knowledge of practitioners especially on mental health issues. In doing so, they will be more equipped in designing and implementing and relevant programs.

In line with this, we would like to request for your endorsement to invite registered guidance counselors, guidance designates/licensed professional teachers, registered psychologists and registered psychometricians from both public and private schools to attend said activity. Registration Fee is PhP 2,000.00 which may be paid onsite.

Your favorable action to this request is greatly appreciated.

Very truly yours,


MAYCLAIRE A. JIMENEZ, MAEd, RGC
PGCA Baguio-Benguet Chapter President

- President:
Mayclaire Jimenez, RGC
- Vice President:
Rolando Malafu, RGC
- Secretary:
Ofelia Padlan, RGC
- Assistant Secretary:
Janna Mondares, RGC, Rpm
- Treasurer:
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- P.R.O.
Lt. Marco Publico, RGC
- Board Members:
Nicole Sabrina Dela Cruz, RGC, Rpm
Jeremy Lee Dela Cruz, RGC
Marie Ellami Refuerzo, RGC, RPsy, Rpm

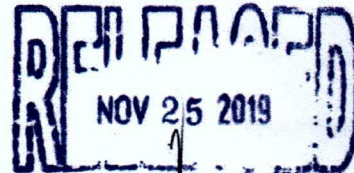
Republic of the Philippines
Department of Education
Cordillera Administrative Region
Wangal, La Trinidad, Benguet

ADVISORY

**TO: SCHOOLS DIVISION SUPERINTENDENTS
ALL DIVISIONS
ALL CONCERNED**

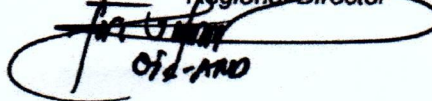
For information and dissemination.

November 21, 2019




DEPED-CAR

MAY B. ECLAR, Ph.D., CESO V
Regional Director


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To: All School Administrators, Principals & Teachers In-Charge
(Elementary & Secondary)
FOR YOUR INFORMATION & APPROPRIATE ACTION


MARIE CAROLYN B. VERANO, CESO VI
Schools Division Superintendent



**PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION
BAGUIO-BENGUET CHAPTER**



General Assembly and 12TH Regional Guidance Forum

THEME: Mental Health Advocacy in Guidance and Counseling: Building Resilient Communities

Palispis Hall, Benguet Capitol, La Trinidad, Benguet
December 6 and 7, 2019

PROGRAMME

Day 1 (December 6, 2019, Friday)

| | |
|-------------|--|
| 7:30-8:15 | Registration |
| 8:16-8:30 | Invocation and National Anthem Welcome Remarks/Message May B. Eclar, PhD, CESO V DepEd-CAR Regional Director |
| 8:31-10:30 | First Plenary Session : Mental Health Programs in the Comprehensive Guidance and Counseling Development Program Dr. Adelaida Gines, RGC, RPsy President, PGCA |
| 10:31-10:45 | Morning Health Break |
| 10:46-11:45 | Second Plenary Session : Updates from PRC-GC Board |
| 11:46-12:00 | PGCA-BBC Update; and Reports Mayclaire A. Jimenez, President |
| 12:01-1:00 | Lunch Break |
| 1:01-3:00 | Talk 1 : The Mental Health Advocates' Mental Health: Providing Caring Communities for the Community of Carers Agnes Kryza H. Sito, RGC, RPsy, RPrm |
| 3:01-3:15 | Afternoon Health Break |
| 3:15-5:15 | Talk 2 : Character Development as a Keystone in Promoting Mental Health Sally I. Maximo, RPsy, RGC |

Emcee: Roland Malafu, RGC, PGCA-BBC Vice President



PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION
BAGUIO-BENGUET CHAPTER



Day 2 (December 7, 2019, Saturday)

| | |
|-------------|---|
| 7:30-8:00 | Registration |
| 8:01-8:30 | Invocation PGCA-BBC Election Result and Presentation of Officers |
| 8:31-10:30 | Talk 3 : Deconstructing the Guidance Counselors' Balancing Acts in Organizations: A Relational View of Mental Health Lilian G. Gandeza, PhD, RGC, RPsy, RPm |
| 10:31-12:30 | Talk 4 : Enhancing Soft-Skills among the Youth: Driver for Career Success and Mental Health Joan Hertimia B. Wagang, RGC *Working Health Break |
| 12:31-1:30 | Lunch Break |
| 1:31-3:30 | Talk 5 : Counselor Supervision: Reflections and Lessons Learned Aileen Mae P. Ramirez, RGC, RPm |
| 3:31-3:45 | Afternoon Health Break |
| 3:46-4:15 | Paper Presentation 1 : Experiences of Mental Health Practitioners with Mood Disorders: The Role of Self-Compassion Ashley J. Valdez, RGC |
| 4:16-4:45 | Paper Presentation 2 : Personal and Professional Self-Care of Counselors Jeremy Lee Dela Cruz, RGC, RPm, LPT SLU / PNU |
| 4:46 - 5:00 | Closing Ceremony / Distribution of Certificates Evaluation of the Forum |

Emcee: Evita Lynn Ongchangco. RGC, PGCA BBC Auditor