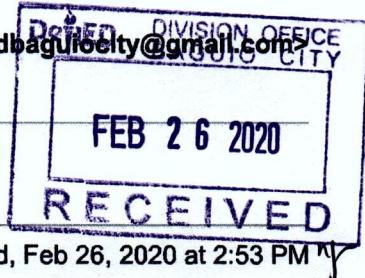




DepEd Baguio <depedbaguio@depedbaguio.gov.ph>

**Invitation of PMHA's 37th Symposium**

2 messages

PMHA CCI <pmhabagbeng@gmail.com>
To: depedbaguio@depedbaguio.gov.ph

Wed, Feb 26, 2020 at 2:53 PM

Dear Sir/Ma'am;

May we invite and inform you that PMHA will be having its 37th Symposium this coming April 24, 2020.

Our Symposium Program and Invitation letter are attached to this email.

Thank you and good day.

PHILIPPINE MENTAL HEALTH ASSOCIATION CORDILLERA CHAPTER INC.

BGH EXIT ROAD, MARCOS HIGHWAY, BAGUIO CITY 2600

TEL/FAX: 074-442-2337; MOBILE NO.: 09175172083, 09437084672; WEBSITE: www.pmhbbci.comEMAIL: pmhabagbeng@gmail.com, pmhabbc@yahoo.com FACEBOOK: www.facebook.com/pmhabaguiobenguet**2 attachments** **DivBGO.docx**
70K **Symposium Programme.pdf**
1532K**DepEd Baguio** <depedbaguio@depedbaguio.gov.ph>
To: **PMHA CCI** <pmhabagbeng@gmail.com>

Wed, Feb 26, 2020 at 2:55 PM

Received, thank you.

[Quoted text hidden]

Department of Education**Division of Baguio City**

#82 Military Cut-off, Baguio City

Office of the SDS: 442-7819 telefax**Planning Office:** 446-1488**Front Desk / Finance:** 442-4326**Supply Office / CID:** 442-4393**Administrative / Personnel Office:** 446-6738**ALS:** 442-2923**COA Office:** 424-1379 telefax**E-mail:** depedbaguio@depedbaguio.gov.ph**Website:** www.depedpines.com

19 February 2020

MS. MARIE CAROLYN B. VERANO, CESO VI
Schools Division Superintendent
Schools Division of Baguio
Military Cut-Off, Baguio City

Dear Ma'am:

Warm greetings.

The Philippine Mental Health Association Cordillera Chapter, Inc., will be staging its **37th Mental Health Symposium on April 24, 2020 at Grand Ballroom of Venus Parkview Hotel, Kisad Rd, Baguio City from 8:00 A.M. – 5:00 P.M.**

As our partner in advocating mental health, **we would like to invite you, your guidance counsellor, teachers and PTCA Officers to attend the said event.** It will be a very informative conference and will help us become more effective advocates of mental health.

The conference has four topics namely:

1. **"Now Trending: Mental Health Law 101"** which aims to enlighten us about the Implementing Rules and Regulation of RA 11036 or Mental Health Law, and the implications and applications of reframing mental health based on the United Nations sustainable goals;
2. **"Featuring: Keeping up with the Elderly,"** to help us understand the holistic changes among the elderly and how to connect with them;
3. **"Now Showing: Digi Kids and Mental Health,"** intends to discuss the effect of digital media to children's mental health and on how parents or teachers can effectively manage the use of it; and
4. **"Now Playing: Monday Blues No More"**, which will guide us to shift our Monday blues or gloom into vibrancy.

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


MARIE CAROLYN B. VERANO, CESO VI
Schools Division Superintendent

The registration fee shall cover morning and afternoon snacks and lunch meal as well as the seminar kit and certificate.

	PMHA Members	Non-members
Early Registrants (on or before March 31, 2020)	Php 1,500.00	Php 1,700.00
Regular Registrants (until April 17, 2020)	Php 1,700.00	Php 1,900.00

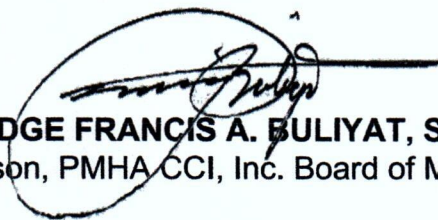
- Note:**
1. Payments are transferable but non-refundable.
 2. On-site registration will NOT be accommodated
 3. Limited slots only.

Payments can be made at the PMHA CCI Office, or through our Metrobank Account no. 003-3-0035-6165-9 and Landbank Account no. 0221-3832-14 with account name: PMHACCI.

Kindly confirm the attendance of interested participants on or before **April 17, 2020** by sending a copy of the list of attendees and deposit slip of payment to our email address pmhabbc@yahoo.com and by calling us through (074) 442-2337 or 0943-7098-4672. Attached is a copy of the program for your reference.

Thank you and we hope to see you during this important event.

Sincerely,



HON. JUDGE FRANCIS A. BULIYAT, SR. (Ret.)
Chairperson, PMHA CCI, Inc. Board of Management

"Mental health is
not a destination
but a process.
It's about how you
drive, not where
you're going."

- Noam Shpancer,
The Good
Psychologist
(2010)



**PHILIPPINE
MENTAL HEALTH
ASSOCIATION
CORDILLERA
CHAPTER, INC.**

invites you to the

**37TH MENTAL
HEALTH
SYMPOSIUM**

April 24, 2020

(7:30 a.m.—5:00 p.m.)

Grand Ballroom, Venus
Parkview Hotel, Baguio City

PROGRAMME

- 7:30 – 8:00** Registration
- 8:00 – 8:15** Opening Ceremonies
Opening Prayer
National Anthem
**Welcome Remarks: Retired Judge Francis A. Buliyat, Sr
Chairman, Board of Management**
- 8:15 – 9:30** **"Featuring: Keeping up with the Elderly"**
Speaker: Ms. Jill Galuba
Supervisor, Rippling River Nursing Home
- 9:30 – 9:45** Open Forum
- 9:45 – 10:00** B – R – E – A – K
- 10:00 – 11:45** **"Now Playing: Monday Blues No More"**
Speaker: Rolando M. Mamaat, Jr., PhD RPsy, LPT
Resource Speaker
- 11:45 – 12:00** Open Forum
- 12:00 – 1:00** L – U – N – C – H
- 1:00 – 2:15** **"Now Trending: Mental Health Law 101"**
Speaker: Carolina Uno-Rayco PhD, RGC, RPsy
National Executive Director, PMHAI
- 2:15 – 2:30** Open Forum
- 2:30 – 2:45** B – R – E – A – K
- 2:45 – 4:15** **"Now Showing: Digi Kids and Mental Health"**
Speaker: Cornelio G. Banaag, JR., MD, FPSCAP, FPPA
(Life)
Child, Adolescent, Adult Psychiatrist
Psychiatry Department, Medical City
- 4:15 – 4:30** Open Forum
- 4:30 – 5:00** Closing Program

SPEAKERS' PROFILES



MS. JILL GALUBA

Supervisor of Rippling River Nursing Home which serves elderly patients requiring preventive, therapeutic, and rehabilitative nursing care services for non-acute, long-term conditions.



ROLANDO "DEM" M. MAMAAT, JR., MSPsy, RPsy, PhD, LPT

Freelance Psychologist and Motivational Speaker with 23 years of experience in facilitating and teaching subjects in General Psychology, Developmental Psychology, Educational Psychology, Guidance and Counseling, Special Education and Educational Management.



CAROLINA UNO-RAYCO, PhD, RGC, RPsy

National Executive Director of Philippine Mental Health Ass'n. – National Office with 26 years of experience as a mental health advocate and educator through her past work as a psychologist, counselor, consultant, and professor. Moreover, she spent 11 years conducting various workshops, seminars, and lectures on mental health programs, parenting, and mental disorders and interventions/preventions. She also represented the PMHA in the drafting of the IRR of the Mental Health Act or RA 11036.



CORNELIO G. BANAAG, JR., MD, FPSCAP, FPPA

Father of Child Psychiatry in the country - Child, Adolescent and Adult Psychiatrist based in Manila, Philippines. Consultant, coordinator and contributor to various national and global organizations, including World Health Organization, National Project on Street Children, Philippine Children's Medical Center, Kaisahan Buhay Foundation, Inc., Community and Family Services International, and TASH Foundation. He is also a member of the Board of Trustees of PMHAI.