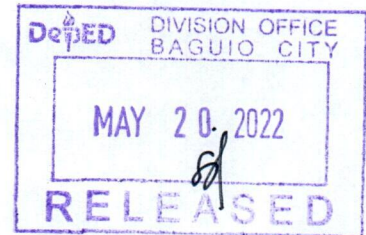




Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
SCHOOLS DIVISION OFFICE OF BAGUIO CITY



18 May 2022

DIVISION MEMORANDUM
No. 141, s. 2022

**CORDLESS CARE:
CARING FOR THE MENTAL WELLBEING OF SERVANTS CUM
UPSKILLING OF GUIDANCE COUNSELOR VOLUNTEERS**

To : CID and SGOD Chief Education Supervisors
All Public Schools District Supervisors
All Public and Private Elementary and Secondary School Heads
All SDO Proper Employees
All Interested School-based Personnel
All Cordless Care Guidance Counselor Volunteers
All Public and Private Guidance Counselors
All Public and Private Guidance Counselor Designates
Others Concerned

1. At the onset of pandemic, the Cordless Care Program was institutionalized on 24 July 2020 as indicated in Division Memorandum 249, series 2020 entitled *Cordless Care: An E-Counseling Program for Baguio City Learners*; and Basic Education (BE) Learning Continuity Plan (LCP). As of 5 May 2022, 134 learners have been under the program.
2. Anchoring from this program, this Office through its partners will conduct an activity entitled Cordless Care: Caring for the Mental Wellbeing of Servants cum Upskilling of Guidance Counselor Volunteers on 26-27 May 2022 via online platform. Zoom details are as follows:
Link: <https://tinyurl.com/BagMenHealth>
Meeting ID: 815 4895 4078
Passcode: jVJ3x6
3. For the Indicative Activity Matrix and Technical Working Committee Members, please refer to Enclosure 1 of this Memorandum.
4. Immediate and wide dissemination of this Memorandum is desired.

FEDERICO P. MARTIN, EdD, CEEd, CESO V
Schools Division Superintendent

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Enclosure 1 to Division Memorandum 14, s. 2022

**CORDLESS CARE: CARING FOR THE MENTAL WELLBEING OF SERVANTS
 CUM UPSKILLING OF GUIDANCE COUNSELOR VOLUNTEERS**

INDICATIVE ACTIVITY MATRIX

For SDO Proper Personnel and Interested School-Based Personnel

Time	Day 1 25 May 2022	Day 2 26 May 2022	Day 3 27 May 2022
8:30 AM – 8:45 AM	Preliminaries	Writeshop Day	Submission of Output
8:46 AM – 9:00 AM	Message FEDERICO P, MARTIN, EdD, CEEd, CESO V Schools Division Superintendent		
9:01 AM – 9:05 AM	PRESENTATION OF SPEAKER NIEVES D. EBANIO, Administrative Officer V		
9:06 AM – 11: 00 AM	Caring for the Mental Wellbeing of Servants ANDREW S. MACALMA, LPT, PRm, RPsy Registrar, Saint Louis University		
11:01 AM -11:50 AM	Instructions OFELIA B. PADLAN Guidance Counselor III, Baguio City National High School		
11:51 AM – 12:00 AM	Closing Prayer		
Master of Ceremonies: SAMUEL BAB-ANGA , Education Program Specialist II			



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For Guidance Designates

Time	Day 1 25 May 2022
8:30 AM – 8:45 AM	Preliminaries
8:46 AM – 9:00 AM	Message FEDERICO P, MARTIN, EdD, CEEd, CESO V Schools Division Superintendent
9:01 AM – 9:05 AM	Presentation of Speaker NIEVES D. EBANIO , Administrative Officer V
9:06 AM – 11:00 AM	Caring for the Mental Wellbeing of Servants ANDREW S. MACALMA , LPT, PRm, RPsy Registrar, Saint Louis University
11:01 AM - 11:50 AM	Instructions OFELIA B. PADLAN Guidance Counselor III, Baguio City National High School
11:51 AM – 12:00 AM	Closing Prayer Master of Ceremonies: SAMUEL BAB-ANGA , Education Program Specialist II



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Time	Day 2 26 May 2022	Day 3 27 May 2022
1: 30 PM – 1:40 PM	Preliminaries	Writeshop for Self-Care Plan
1:41 PM – 2:00 PM	Message DR. MARY LIBENEY SITO, MD Medical Officer	Writeshop for Self-Care Plan
2:01 PM – 2:05 PM	Presentation of Speaker REYNALYN T. PADSOYAN Senior Education Program Specialist	
2:06 PM – 4:30 PM	Psychosocial Processing DR. JEAN JANEANETTE DE HOYA Associate Professor V College of Teacher Education Benguet State University La Trinidad, Benguet	
4:31 PM -4:50 PM	Updates	
4:51 PM – 5:00 PM	Closing Prayer	



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For Guidance Counselor Volunteers

Time	Day 1 25 May 2022
8:30 AM – 8:45 AM	Preliminaries
8:46 AM – 9:00 AM	Message FEDERICO P, MARTIN, EdD, CEEd, CESO V Schools Division Superintendent
9:01 AM – 9:05 AM	Presentation of Speaker NIEVES D. EBANIO , Administrative Officer V
9:06 AM – 11: 00 AM	Caring for the Mental Wellbeing of Servants ANDREW S. MACALMA, LPT, PRm, RPsy Registrar, Saint Louis University
11:01 AM -11:50 AM	Instructions OFELIA B. PADLAN Guidance Counselor III, Baguio City National High School
11:51 AM – 12:00 AM	Closing Prayer
Master of Ceremonies: SAMUEL BAB-ANGA , Education Program Specialist II	



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Time	Day 2 26 May 2022
1: 30 PM – 1:40 PM	Preliminaries
1:41 PM – 2:00 PM	Message DR. MARY LIBENEY SITO, MD Medical Officer
2:01 PM – 2:05 PM	Presentation of Speaker REYNALYN T. PADSOYAN Senior Education Program Specialist
2:06 PM – 4:30 PM	Psychosocial Processing DR. JEAN JANEANETTE DE HOYA Associate Professor V College of Teacher Education Benguet State University La Trinidad, Benguet
4:31 PM -4:50 PM	Updates
4:51 PM – 5:00 PM	Closing Prayer

Time	Day 3 27 May 2022
8:30 AM – 8:45 AM	Preliminaries
8:46 AM – 9:00 AM	Zumba
9:01 AM – 9:05 AM	Presentation of Speaker MA. LUISA MIRANO Guidance Counselor III Baguio City National High School
9:06 AM – 11:30 AM	Psychosocial Processing MARIE ELLAMI S. REFUERZO, RGC, RPsy, RPM Department of Psychology Saint Louis University, Bonifacio St., Baguio City
11:31 AM -11:50 AM	Updates
11:51 AM – 12:00 AM	Closing Prayer



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Technical Working Committee Members

Committee/Task	Name
Overall Chairpersons	Nieves D. Ebanio Samuel F. Bab-anga
Overall Chairperson for Guidance Counselors/Designates	Reynalyn T. Padsuyan Ofelia B. Padlan
Co-Chairperson	Jimmy S. Santos
Technical Committee Chairpersons	Alejandro V. Ferry Jesse Lance S. Dawaton
Program and Certificates Chairperson	Rachelle D. Garcia



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