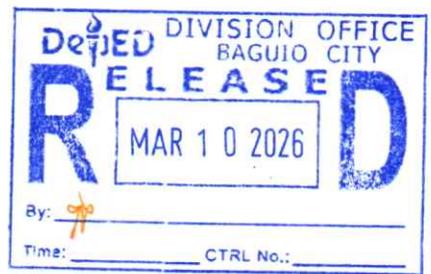




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



March 10, 2026

DIVISION MEMORANDUM

No: **194-2026**

**PARTICIPATION TO THE ISANG MILYONG GABAY (IMG) – ANCHORED 1M
MOVEMENT GATHERING**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All others concerned

1. The AnchorED 1M Movement, a nationwide initiative led by Emotional Reset Center USA LLC aimed at training and certifying one million Mental Health Coaches, First Responders, and Community Anchors across the Philippines. The movement seeks to equip local governments, schools, and community leaders with the tools to strengthen early mental health support, prevention systems, and recovery pathways within communities.

The summit carries the theme: “TIWALA: Championing a Mentally Resilient Philippines Through Recovery Coaching, Trust, and Community Care.”

2. In this connection, teaching and non-teaching personnel from public schools received free registration sponsorship; however, snacks and lunch (P200.00 only) are shouldered by participants, payable via the online registration link. Register through the link below on or before March 12, 2026, as slots are limited.

<https://tinyurl.com/3y8ujh4m>

3. All participants must bring their own water tumbler for refills. Bamboo spoon and fork will be provided (or bring your own utensils if preferred). Teaching and non-teaching personnel attendees will receive one day service credit or compensatory time off (COC).

4. Attached is the invitation for your reference.



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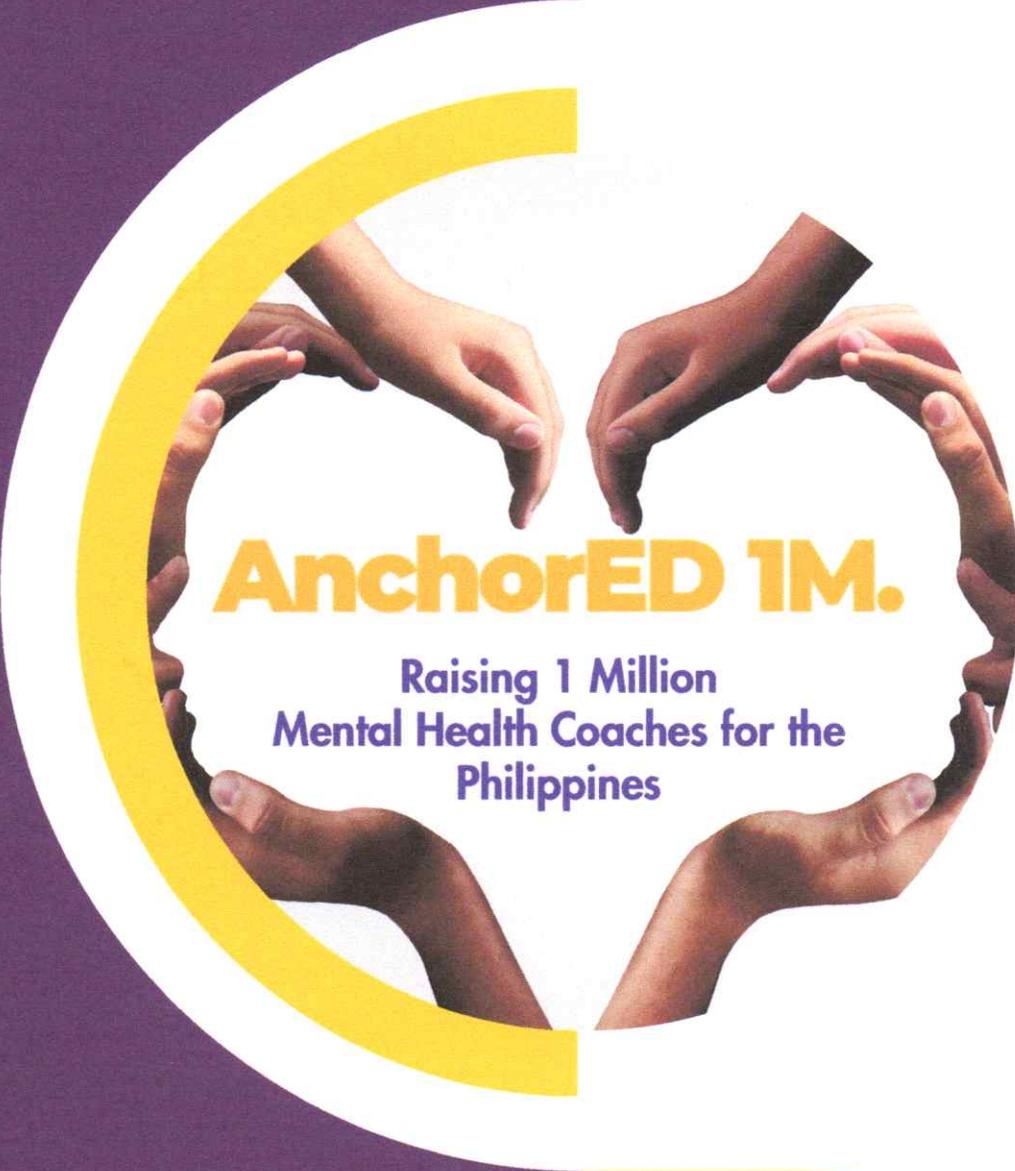
5. Immediate and wide dissemination of this memorandum is desired.

SORAYA T. FACULO PhD, CESO V
Schools Division Superintendent

For the SDS:


SAMUEL T. EGSAEN JR. EdD, CESO VI
Assistant Schools Division Superintendent

SGOD-SEPS/jdp
03-10-2026



Anchored 1M.

Raising 1 Million
Mental Health Coaches for the
Philippines

INVITATION WITH SPONSORSHIP

Prepared by :

Maria Bryce Fabro, Ph.D
Co-founder
Emotional Reset Center USA LLC

bryce@emotionalresetcenter.com
0917 192 7471



EMOTIONAL
RESET CENTER

📍 US Head quarter:
1191 NW Gooseberry CT, Silverdale Washinton USA

📍 Manila Partner office: : St. Cecilia Hall,
St Scholastica College Manila

📍 Baguio office:
Zonta Building, Military Cut-off

www.emotionalresetcenter.com

February 23, 2026

DR. SORAYA T. FACULO, CESO V
Schools Division Superintendent
Department of Education – Schools Division of
Baguio City

Dear Dr. Faculo,

Warm greetings of partnership and shared purpose.

In recognition of your strong leadership in advancing learner and teacher well-being in Baguio City, we are honored to invite your office to participate in the **Isang Milyong Gabay (IMG) — AnchorED 1M Movement Gathering on March 15, 2026, from 9:00 AM to 5:00 PM in Baguio City**, in partnership with the **ABS-CBN Foundation**, with **ABS-CBN Foundation Ambassador Mr. Ernie Lopez**, and presented by **Emotional Reset Center USA LLC**.

As part of this initiative, we are **sponsoring 200 selected public school teachers from Baguio City** to attend the gathering at no cost. These sponsored participants will receive:

- Access to expert sessions on student mental health, addiction prevention, and recovery support
- Practical tools to address **online addiction and digital overuse among learners**
- Training exposure under the **TIWALA Recovery Coaching Track** of AnchorED 1M
- Certificates of participation aligned with mental health capacity building
- Opportunities to be endorsed for further certification as Mental Health First Responders

A key highlight of the program is a special learning session on **Healthy Digital Habits and Online Addiction Prevention**, led by:

Dr. Filomeno Aguilar — Pediatrician at the Philippine General Hospital, Addiction Specialist, and Founder of **Healthy Screens PH**, a national advocacy promoting safe and balanced technology use among children and youth.

The gathering will also feature distinguished speakers and recovery leaders:

- **Dr. Benjamin Salvador Vista** — Practicing Psychiatrist; President, Philippine Addiction Specialists Society (PASS); Retired Associate Professor, UP College of Medicine; and Director, International Society of Substance Use Professionals.
- **Mr. Ernie Lopez** — ABS-CBN Foundation Advocacy Ambassador and mental health champion who shares his powerful personal journey of resilience and recovery.
- **Mr. Rechi Cristobal** — Executive Director, Family Wellness Center Foundation, a leading advocate in family-centered addiction recovery support.
- **Mr. Lito Gruet** — Executive Director, Battle Against Ignorance Foundation, championing community education and prevention initiatives on substance use and behavioral addiction.
- **Mr. Emmanuel Llenos** — Director and Recovery Coach, Safehaven Recovery Village, known for his work in community-based recovery mentoring and relapse prevention support.
- **Dr. Maria Bryce Fabro** — Founder of the Emotional Reset Center and lead convenor of AnchorED 1M, a national movement to train one million Mental Health Coaches and community anchors.

AnchorED 1M is a nationwide movement committed to training and certifying **one million Mental Health Coaches, First Responders, and Community Anchors** across the Philippines. It addresses the urgent reality that fewer than 2,000 mental health professionals serve more than 113 million Filipinos, making it essential to equip schools and communities with accessible, frontline support.

Isang Milyong Gabay serves as the movement's national platform for mobilizing partnerships among government, education sectors, and community institutions to strengthen grassroots mental health capacity.

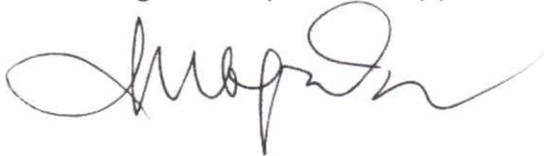
This Isang Milyong Gabay's focal theme is:

TIWALA: Championing a Mentally Resilient Philippines Through Recovery, Trust, and Community Care."

In this regard, we respectfully request your support in endorsing and facilitating the selection and participation of 200 teachers who may benefit most from this sponsored opportunity.

We are deeply grateful for your continued leadership in nurturing safe, resilient, and mentally healthy learning environments for the youth of Baguio City.

With highest respect and appreciation,



Maria Bryce Fabro, Ph.D

Founder & CEO, Emotional Reset Center USA LLC
Lead Convenor, AnchorED 1M Movement

Isang Milyong Gabay

BAGUIO CITY

A Recovery Coaching Summit on Addiction

AnchorED 1M.



Mr. Rechi Cristobal
Family Wellness Center Foundation

Dr. Salvador Benjamin Vista
Philippine Addiction
Specialists Society

Dr. Paul Filomeo
Healthy Screens PH

Mr. Ernie Lopez
ABS-CBN Foundation

March 15, 2026 | 9AM -5PM | Baguio Convention Center | Reg @P1,000 Early Bird