



SCHOOLS DIVISION OF BULACAN

Provincial Capitol Compound, Brgy. Guinhawa, City of Malolos, Bulacan
website: <https://bulacandeped.com> email: bulacan@deped.gov.ph

July 22, 2019

TO: Concerned Secondary Schools Principals
Concerned Guidance Counselors
(Through Channels)

Attached for guidance and appropriate action is DepEd Unnumbered Memorandum on the Conduct of Psychological First Aid Training for School Guidance Counselor and Coordinators of Central Luzon on August 4 to 7, 2019 at the Regional Neap, Pulungbulu, Angeles City, Pampanga.

Attention is invited to the attached list of participant to the workshop.

For clarifications, you may coordinate directly with the project proponent through the contact numbers provided in the memorandum.

For information, guidance and dissemination.

Very truly yours,


ZENIA G. MOSTOLES, Ed.D., CESO V
Schools Division Superintendent

DIVISION LETTER
No. 124 s. 2019



ISO 9001:2015 CERTIFIED
Registration Number: DE-50500546 QM15





Republic of the Philippines
Department of Education
Region III

SCHOOLS DIVISION OF BULACAN

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**LIST OF REGISTERED GUIDANCE COUNSELORS TO ATTEND PSYCHOLOGICAL FIRST AID TRAINING
FOR GUIDANCE COUNSELORS AND COORDINATORS OF CENTRAL LUZON**

	NAME	OFFICIAL STATION
1	LOLIT V. BUCOT, RGC	San Rafael National Trade School
2	MARIBEL M. CRUZ, RGC	Mariano Ponce National High School
3	EMILY P. CARREON	San Miguel National High School
4	JAYSON S. HERNANDEZ, RGC	San Miguel National High School
5	ANITA S. RAMOS, RGC	Prenza National High School
6	GAY S. ADRIANO, RGC	Fortunato F. Halili National Agricultural School
7	HERMINIA R. TUBIG, RGC	Sta. Monica National High School
8	ANDREA BERNABE, RGC	Prenza National High School
9	NELLY MALAYA DE JESUS, RGC	Assmw. Felicita G. Bernardino MTS
10	ELIZA T. ALTAR, RGC	Alexis G. Santos National High School
11	ROSALYN Q. CENTENO, RGC	Dr. Felipe de Jesus National High School
12	EMITA R. MENDOZA, RGC	Guiguinto National Vocational High School
13	ANNABELLE M. MENDOZA, RGC	Talipitip National High School
14	MA. CONCEPCION M. DE RUEDA, RGC	Taal High School
15	MARIA NIÑA M. MARIÑAS, RGC	Fortunato F. Halili National Agricultural School
16	OFELIA R. ARELLANO, RGC	San Roque National High School
17	ALICIA ESPIRITU, RGC	San Pedro National High School
18	REYNALDO ARAGON, RGC	Sta. Maria National High School
19	GUZMAN, KRISTLE C	San Roque National High School
20	MARANAN, JASMIN G.	Parada National High School
21	AJOSE, ROWENA	Balagtas National Agricultural School
22	PAGUIO, MARILEN	Felizardo C. Lipana Memorial High School
23	DELA CRUZ, IRENEO	Calumpit National High School
24	MERENCIANO, REGINA, RGC	Guiguinto National Vocational High School
25	MENDOZA, ESTER P.	Bajet Castillo High School



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Registration Number: DE-50500546 QM15



City 12, 2019
Dr. M. M. H304

DepED R.O. III
JUL 17 2019



Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON

July 15, 2019

MEMORANDUM:

TO : Schools Division Superintendents

FROM : The Regional Director

SUBJECT : **PROGRAM FOR THE CONDUCT OF PSYCHOLOGICAL FIRST AID TRAINING FOR SCHOOL GUIDANCE COUNSELORS AND COORDINATORS OF CENTRAL LUZON**

Pursuant to the unnumbered Memorandum dated July 5, 2019 from the Office of Director Ronilda R. Co of Disaster Risk Reduction and Management Service (DRRMS), the Department of Education Regional Office III will conduct the **PROGRAM FOR THE CONDUCT OF PSYCHOLOGICAL FIRST AID TRAINING FOR SCHOOL GUIDANCE COUNSELORS AND COORDINATORS OF CENTRAL LUZON** on August 5-7, 2019 at the Regional NEAP, Pulungbulu, Angeles City.

The requested participants of the training are School Registered Guidance Counselors and Guidance Coordinators. Below is the allocation of participants allotted per Division.

School Division Offices (SDO)	Registered Guidance Counselors	Guidance Coordinators
1. Angeles City	2	-
2. Bulacan	25	-
3. Tarlac City	2	-
4. Olongapo City	1	1
5. City of San Fernando	3	-
6. Balanga City	1	1
7. Bataan	3	-
8. Pampanga	3	25
9. Tarlac Province	3	-
10. Nueva Ecija	13	-
11. Aurora	3	-
12. San Jose Del Monte	3	-
13. Zambales	-	5
14. Cabanatuan City	-	2



Address: Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)
Telephone Number: (045) 598-8580 to 89; **Email Address:** region3@deped.gov.ph





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15. Gapan City	-	2
16. Meycauayan City	-	2
TOTAL - - -	62	38

Travelling expenses and other incidental expenses of the participants shall be charge against the local funds subject the usual accounting and auditing rules and regulation.

For inquiries, you may contact Albert A. Manlutac of Education Support Services Division at contact number 09202772220 or email address at albert.manlutac@deped.gov.ph..

For your information and guidance.

NICOLAS T. CAPULONG, Ph.D., CESO V
Director III
Officer-in-Charge
Office of the Regional Director

Incl.:As stated.

Essd5



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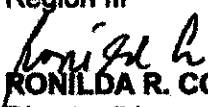


REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
DISASTER RISK REDUCTION AND MANAGEMENT SERVICE
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MEMORANDUM

TO : **NICOLAS T. CAPULONG**
OIC- Regional Director
Region III

FROM : 
RONILDA R. CO
Director IV
Disaster Risk Reduction and Management Service (DRRMS)

SUBJECT : **PROGRAM FOR THE CONDUCT OF PSYCHOLOGICAL FIRST AID TRAINING FOR SCHOOL GUIDANCE COUNSELORS AND COORDINATORS OF CENTRAL LUZON**

DATE : **05 JULY 2019**

This is to inform your good office that the Psychological First Aid (PFA) Training for School Guidance Counselors and Coordinators scheduled last 1-3 July 2019 is moved to August 5-7, 2019 as part of the agreements during the meeting of Department of Education (DepEd) Regional Office (RO) III, Disaster Risk Reduction and Management Service (DRRMS), and Department of Health (DOH) RO III last July 3, 2019.

Moreover, the program matrix which the DRRMS and DOH RO III has agreed upon is attached for your reference. Please note that the DepEd promotes PFA, a non-intrusive way of psychosocial intervention to learners and personnel, hence, psychosocial debriefing, counseling and processing/advising is not included in the training.

As agreed, the DRRMS coordinated with DOH Central Office regarding the request for a resource person for the topics Introduction to Mental Health and Psychosocial Support and Psychological First Aid Overview.

We recommend that the Regional DRRM Coordinator can now commence with the processing of administrative requirements for the venue and accommodation with the above-mentioned dates for the training.

For inquiries, you may contact Mark Harris Lim of DRRMS at contact number (02) 637- 4933 or email address drmo@deped.gov.ph.

For appropriate and immediate action.



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DEPARTMENT OF EDUCATION
DISASTER RISK REDUCTION AND MANAGEMENT SERVICE
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 Email address: drmo@deped.gov.ph



Program: Psychological First Aid Training Relative To 6.1 Magnitude Earthquake in Zambales For Guidance Counselors/Coordinators

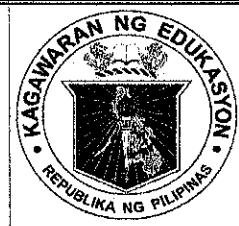
Day 0 (August 4)		
2:00 PM	Arrival and Check in Registration	
6:00 PM	Dinner	
Day 1 (Monday, August 5)		
Time	Activity	Speaker
8:00 – 8:30	Preliminaries (National Anthem, Prayer, Opening Remarks, Introduction of Participants and Heart Contract)	
8:30 – 9:30	Warming Up and Unfreezing Activities	DepEd
9:30 – 9:50	Health Break	
9:45 – 10:15	Overview of SEES Manual	DepEd DRRMS
10:15 – 12:00	Introduction to Mental Health and Psychosocial Support Services - Basic Technicalities - Active Listening - Process Observation and Analysis - -Unconditional Acceptance and Support	DOH
12:00 – 1:30 PM	Lunch	
1:30 – 1:45	Psychological First Aid Overview - Knowing what is PFA and its difference to CISD	DOH
1:45 – 3:00	- Techniques of Look, Listen, and Link - Introduction to Grief - Options for Self-Care	
3:00-3:30	Health Break	
3:30 – 5:00	Psychological First Aid Overview - Referral system Linking towards resilience	DOH
5:00 – 5:10	Community Singing	All, DRRMS
6:30 – 8:00	Dinner	
Day 2 (Tuesday, August 6)		
8:00 – 8:30 AM	Stretching and Breathing Exercises Recap Unfreezing Activities	DepEd DRRMS
8:30 – 12:00	Actual Learning Experience of Psychological First Aid Provision using the 4 Modules of SEES Manual Module I. Validating and Normalizing Feelings	DepEd DRRMS

	(Health Break in between)	
	Module II. Calming Down and Controlling One's Emotion	
12:00 - 1:30PM	Lunch	
1:30 - 2:00	Module III. Linking, Addressing and Identifying Needs	DepEd DRRMS
3:00 - 3:30	Health Break	
3:30 - 6:00	Module IV. Sources of Strength (Internal and External)	DepEd DRRMS
6:30 - 8:00	Dinner	
Day 3 (Wednesday, August 7)		
9:00 AM- 12:00NN	PFA Simulation and Synthesis	All
1:00 PM- 2:30PM	Action Planning	All
2:30PM- 4:00PM	Closing Program	All

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Document Code:
SDO-GQF-PER-001
 Revision: 00
 Effectivity date:
11-16-2017

TRAVEL ORDER

Name of Office:
SGOD

Date: June 24, 2019

Name:
(See attached list of participants)

Position/Designation:
(See attached list of participants)

Office:
SDO Bulacan

Departure Date: August 4, 2019

Return Date: August 7, 2019

Report to:
Regional Neap, Pulungbulu, Angeles City, Pampanga

Purpose of the Trip:
Attend GUIDANCE COUNSELORS TO ATTEND PSYCHOLOGICAL FIRST AID TRAINING FOR GUIDANCE COUNSELORS AND COORDINATORS OF CENTRAL LUZON

Per Diems Expenses Allowed:


Class (Please Check):

- First Land
- Second Water transportation is hereby authorized
- Third Air

Appropriation to Which Travel Expenses be Charged:

Remarks or Special Instructions:

APPROVED:


ZENIA G. MOSTOLES, Ed.D., CESO V
 Schools Division Superintendent



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LIST OF LICENSED GUIDANCE COUNSELORS TO ATTEND PSYCHOLOGICAL FIRST AID TRAINING FOR GUIDANCE COUNSELORS AND COORDINATORS OF CENTRAL LUZON

Name of Guidance Counselors	School Assignment
De Jesus, Nelly Malaya	AFGBMTS SHS
Mendoza, Emita Reyes	GNVHS SHS
Mariñas, Maria Niña Marcelo	FF HALILI SHS
Mendoza, Annabelle Mallari	TALIPTIP NHS
Dela Cruz, Ireneo Castro	CALUMPIT NHS
Pitong, Roscel Cardenas	CALUMPIT NHS
Juguilon, Isabelita Torres	IBA NHS
Guzman, Kristle Concepcion	SAN ROQUE NHS
Hernaez, Mary Jade Frias	BALAGTAS NAHS
Domondon, Maria Elena Mercado	LOLOMBOY NHS
Santos, Michael Mendoza	FC LIPANA
Merenciano, Regina Manahan	GNVHS
Canlas, Baby Linda Cruz	MINUYAN NHS
Hernandez, Jayson Samson	SAN MIGUEL NHS
Maranan, Jasmin Guillen	PARADA NHS
Lachica, Marissa Santiago	PULONG BUHANGIN
Espiritu, Alicia Cruz	SAN PEDRO NHS
Tubig, Herminia Reyes	STA. MONICA NHS
Ramos, Anita Sacro	PRENZA NHS
De Rueda, Ma Concepcion Manalili	TAAL NHS
Principe, Jesusa Montilla	NORZAGARAY NHS
Cruz, Maribel Mananguit	MARIANO PONCE
Bernabe, Andrea Fajardo	PRENZA NHS
Adriano, Gay Sotoserano	FF HALILI NHS
Bucot, Lolita Villangca	SAN RAFAEL NTS



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