



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
GATE 2, KARANGALAN VILLAGE  
1900 CAINTA, RIZAL




4 December 2020

**Regional Memorandum**

**PARTICIPANTS TO THE WEBINAR ON TEACHER'S MENTAL WELLNESS AND SELF-CARE**

**To Schools Division Superintendents**

1. Relative to the wellness program of the Department of Education Region IV-CALABARZON in partnership with CitySavings through the Human Resource Development Division (HRDD) will conduct a webinar on Teacher's Mental Wellness and Self Care on December 16, 2020, 2:00 p.m. via Zoom.
2. This activity aims to:
  - a. help teachers develop self-care strategies to minimize stress, anxiety and depression;
  - b. provide practical ways on how they can take care of their mental well-being in this so-called "new normal" and
  - c. guide teachers to rediscover the value of their mission to educate children in these trying times.
3. This activity will be managed and facilitated by CitySavings through their training coordinator. The attendees to this webinar are teachers from the 21 Schools Division Offices. Please see attached number of required participants per SDOs.
4. All participants are required to pre-register online thru this link <https://bit.ly/CBTMW20> on or before December 9, 2020.
5. For clarifications and queries please e-mail [hrd.calabarzon@deped.gov.ph](mailto:hrd.calabarzon@deped.gov.ph) or call us at telephone no. 864-74-87 loc 460.
6. Immediate dissemination of this Memorandum is desired.

  
**WILFREDO E. CABRAL**  
Regional Director

hrdd/glen



**"The Region where EXCELLENCE is a CULTURE and QUALITY is a COMMITMENT"**

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Document Inquiry : <https://r4a-teadoc.com/inquire>

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**NUMBER OF REQUIRED PARTICIPANTS PER SCHOOLS DIVISION OFFICES ON THE  
WEBINAR ON TEACHER'S MENTAL WELLNESS AND SELF-CARE  
December 16, 2020**

<b>Schools Division Office</b>	<b>No. of Pax</b>
1. Cavite Province	42
2. Bacoor City	15
3. Cavite City	15
4. Dasmariñas City	15
5. Imus City	15
6. General Trias City	15
7. Laguna	42
8. Biñan City	15
9. Cabuyao City	15
10. Calamba City	15
11. San Pablo City	15
12. Santa Rosa City	15
13. Batangas Province	42
14. Batangas City	15
15. Lipa City	15
16. Tanauan City	15
17. Rizal	42
18. Antipolo City	15
19. Quezon	42
20. Lucena City	15
21. Tayabas City	15
<b>TOTAL</b>	<b>450</b>