



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DIGOS CITY

September 27, 2020


DIVISION MEMORANDUM
No. 529, s. 2020

PMHA INVITATION TO LUSOG ISIP NG KABATAAN (LINK) ONLINE PROGRAM

TO: Assistant Schools Division Superintendent
Chief Education Supervisors – CID & SGOD
Public Schools District Supervisors (Elementary & Secondary)
Private and Public High School Heads/Principals
Public and Private Teachers/Guidance Counselors
Division Guidance Coordinator

1. This has reference to the letter of invitation dated September 17, 2020 from Llewelyn Issa B. de la Cruz, Program Manager of Education, Advocacy and Research Department of the Philippine Mental Health Association, Inc. (PMHA), which invites our high school student-representatives (in any grade level), teachers/guidance counselors and parents to their Lusog Isip ng Kabataan (LINK) Online Program free webinars, via Zoom.
2. School heads and guidance counselors/guidance designates in schools shall remind target participants on the date of their webinars. Teacher-participants are on official time during their schedule.
3. Attached is the Letter of Invitation to Schools from PMHA for your reference.
4. For information and dissemination.


CRISTY C. EPE
Schools Division Superintendent 

DepEd Schools Division of Digos City
RECORDS SECTION
RELEASED
20-63656
DATE: 09 NOV 2020 TIME: 2:42 pm
BY: 

Encl: PMHA Letter of Invitation to Schools
References: PMHA Letter of Invitation to Schools
To be indicated in the Perpetual Index under the following subjects: Continuing Professional Development
GOVERNANCE, PMHA Invitation to Lusog Isip ng Kabataan (LINK Online Program)

rdm: PMHA Invitation to Lusog Isip ng Kabataan (LINK Online Program)
October 27, 2020



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PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

18 East Avenue P.O. Box 1040 Quezon City 1100, Philippines

MEMBER: WORLD FEDERATION FOR MENTAL HEALTH

September 17, 2020

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Subject: Invitation to Lusog Isip ng Kabataan (LINK) Online Program

Dear Partner Schools,

Greetings of peace and well-being from the Philippine Mental Health Association, Inc. (PMHA)!

PMHA is a private, non-stock, non-profit organization that provides premier Mental Health Services, through advocacy, education, intervention and research. One of our flagship programs under our Education, Advocacy and Research Department (EARD) is the Youth Life Enrichment Program (YLEP). It aims to raise awareness of the youth on mental health and inspire them to become mental health advocates.

During this COVID-19 pandemic, PMHA has partnered with United Nations Population Fund (UNFPA) to provide the **YLEP Lusog Isip ng Kabataan (LINK) Online program**. This program aims to enhance the well-being of the youth through the provision of psycho-educational sessions for them, their teachers and their parents. These sessions will focus on providing useful information that will address the present psychosocial concerns of the youth during this COVID-19 Pandemic.

In this regard, PMHA will conduct **free webinars via Zoom** and we would like to invite **student representatives** in any grade level, **teacher/Guidance Counselor** and **parents** in the following sessions. Below is the schedule of the webinars:

<p>STUDENTS</p> <p>Webinar 1: <i>Friendzone and Seenzone: Maintaining Healthy Teen Relationships</i></p> <p>Webinar 2: <i>Understanding Cyberbullying: Think before you Click</i></p> <p>Webinar 3: <i>What I Need to Know about Sexual Harassment: Protecting Myself from Abuse and Developing Healthy Self-Esteem</i></p>	<p>Date and Time:</p> <p>September 29, 2020; 2:00PM-4:00PM (Tuesday)</p> <p>October 27, 2020; 2:00PM-4:00PM (Tuesday)</p> <p>November 24, 2020 2:00PM-4:00PM (Tuesday)</p>
<p>TEACHERS</p> <p>Webinar 1: <i>Using Social and Emotional Learning to Enhance Students' Mental Health</i></p>	<p>October 13, 2020; 2:00PM-4:00PM (Tuesday)</p>

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Landline: 8921-20-93 · 8928-69-30 | Telefax: 8924-92-97
Mobile: 0917-565-2037 · 0917-565-2036 · 0917-635-5362

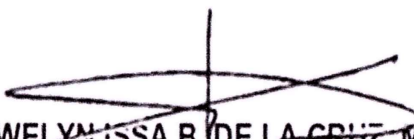
   /PMHAofficial

Webinar 2: <i>Understanding Cyberbullying: Providing a Safe Space for Students to Enhance Well-being"</i>	November 10, 2020; 2:00PM-4:00PM (Tuesday)
PARENTS Webinar 1: <i>Wired for Mental Health: Building Healthy Family Relationships</i>	October 20, 2020; 2:00PM-4:00PM (Tuesday)
Webinar 2: <i>Understanding Domestic Violence and its Impact on the Family's Mental Health</i>	November 17, 2020; 2:00PM-4:00PM (Tuesday)

The participants for each webinar can register in the registration link that we will send to your emails or through the link we will be posting on our PMHA Youth Life Enrichment Program Facebook Page (www.facebook.com/YouthLifeEnrichmentProgram).

Our Staff-in-Charge, Ms. Michelle Abigail L. Bonafe shall coordinate with you regarding these webinars. You may also call 0917-5652037 or 0905-1901641 or email pmha.link@gmail.com if you have any further questions or clarifications.

Thank you very much.


LLEWELYN ISSA B. DE LA CRUZ, MA ED, RGC, RPSY
Program Manager
Education, Advocacy, and Research Department