



CHEDRO III MEMORANDUM
No. 126, s. 2019

To : Presidents/Heads of Higher Education Institutions

SUBJECT : PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION (PGCA)
PAMPANGA CHAPTER ANNUAL CONVENTION

DATE : October 17, 2019

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This Office hereby informs and encourages the participation of all concerned in the holding of the Annual Convention entitled, "*Mental health Practitioners: Advocates of Self-Care and Workplace Wellbeing*" of the **Philippine Guidance and Counseling Association (PGCA) Pampanga Chapter**. It will be held on **November 21-22, 2019** at *Pipanganan Restaurant*, Dolores, City of San Fernando, Pampanga.


The objectives of the two-day seminar/workshop are:

- 1) To provide mental health practitioners with insights on the importance of taking care of one's well being to be an effective mental health advocate; and
- 2) To give the participants current evidenced-based practices on the status of mental health programs in different workplaces and the consideration for creating the program.

Target participants are Guidance Counselors, Psychologists, Psychometricians and Teachers in the Region.

For other details, please contact **Ms. Agatha Anna Dizon**, Secretary, PGCA-Pampanga at mobile number **0993979830** or email at agathadizon15@gmail.com.

Participation of all concerned shall be VOLUNTARY.


MS. LORA L. YUSI
Officer-in-Charge
Office of the Director IV