DA022 s. 2025

DEPARTMENT OF EDUCATION
Division of Misamis Oriental
RELEASED
DATE: MAR 13 2025
BY: STENNETTE A. CABASU

Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

Division Advisory No. 022, s. 2025

March 13, 2025

Complying with DepEd Order No. 8, s. 2013
this Office issues this Advisory not for endorsement per DO 28, s. 2001,
but for the information of DepEd officials,
personnel/staff, and the concerned public.

FREE WEBINAR TITLED "CARING FOR THE CARERS: SELF-CARE STRATEGIES FOR PARENTS OF CHILDREN WITH NEURODEVELOPMENTAL DISABILITIES"

Enclosed are the copies of the Regional Advisory No. 19, s. 2025 and Invitation from the Junior Chamber International (JCI) Macajalar 24k, to participate in the Free Webinar Titled "Caring for The Carers: Self-Care Strategies for Parents Of Children With Neurodevelopmental Disabilities" on March 15 (Saturday), 2025, at 5:00-7:30p.m. via Zoom at **https://bit.ly/CYCCReg**. The participants will be the parents, teachers, and instructional leaders of learners with special needs.

Participation in this event shall be on a voluntary basis. As such, the participants themselves shall shoulder any registration fees.

Immediate and wide dissemination of this Advisory is desired.

ATTCH.: As stated
To be indicated in the Perpetual Index
under the following subject:

SNED ADVOCACY

CID/cpv/jrlp/MAMA/ELO

Address: Del Pilar corner Velez Street, Brgy. 29, Cagayan de Oro City 9000
Telephone Nos.: (088) 881-3094 | Text: 0917-8992245 (Globe)
Website: www.deped.misor.net
Email: misamis.oriental@deped.gov.ph

DEPARTMENT OF EDUCATION
DIVISION OF MISAMIS ORIENTAL
RECEIVED
DATE: MAR 12 2025
BY: STEPHANIE [illegible] CABASAN

Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO

DEPARTMENT OF EDUCATION
RECORDS SECTION REGIONAL OFFICE NO. X
RELEASED
MAR 11 2025

2128

Regional Advisory No. 19, s. 2025
March 7, 2025
Complying with DepEd Order No. 8, s. 2013,
this Office issues this Advisory, not for endorsement per DO 28, s. 2001,
but for the information of DepEd officials,
personnel/staff, and the concerned public.
(Visit *r10.deped.gov.ph*)

FREE WEBINAR TITLED 'CARING FOR THE CARERS: SELF-CARE STRATEGIES FOR PARENTS OF CHILDREN WITH NEURODEVELOPMENTAL DISABILITIES'

This issuance refers to the invitation to the free webinar titled "Caring for the Carers: Self-Care Strategies for Parents of Children with Neurodevelopmental Disabilities" on **March 15, (Saturday), at 5:00-7:30 p.m., via Zoom at https://bit.ly/CYCCReg**.

Participation in this activity shall be personal and voluntary.

Attached is a copy of the communication for the specific details.

This Office directs the immediate and wide dissemination of this Advisory.

ATCH.: As stated
To be indicated in the Perpetual Index
under the following subjects:

HEAL EDUCATION WEBINAR

CLMD/Bambi

ASDS' OFFICE
RECEIVED
FROM:
DATE:
TIME:

1 March 2025

DIR. ARTURO B. BAYOCOT, CESO III
Regional Director
Department of Education Region 10
Cagayan de Oro City

Through: **Mr. Romeo V. Balandra II**
Regional Special Needs Education (SNED) Coordinator

Dear **Director Bayocot**:

Greetings from Junior Chamber International (JCI) Macajalar 24K!

We respectfully seek the support of the Department of Education Region 10 for our upcoming project, **"CARING FOR THE CARERS: Self-Care Strategies for Parents of Children with Neurodevelopmental Disabilities."** This free webinar is scheduled on March 15, 2025 (Saturday), from 5:00 p.m. to 7:30 p.m. via Zoom.

Raising a child with special needs presents unique challenges that can lead to chronic stress and emotional exhaustion. This initiative aims to address the pressing need for caregiver support in Northern Mindanao by providing participants with practical stress management strategies. The session will be led by a licensed psychologist and practicing clinician with expertise in interventions such as Cognitive Behavioral Therapy, Play Therapy, and Mindfulness-Based Interventions *(see attached Event Poster)*.

In this regard, we kindly request your endorsement to **encourage the participation of parents and caregivers of learners enrolled in Special Needs Education (SNED) programs** in the region through DepEd-10 school heads and SNED teachers. We believe this initiative will not only improve caregivers' well-being but also strengthen their ability to support their children effectively.

The webinar is free, but slots are limited. Interested participants are encouraged to register early at https://bit.ly/CYCCReg. The Zoom link will be sent to registered participants on a first-come, first-served basis.

For inquiries, please contact our Project Focal Person, Ms. Hannah Mae S. Salugsugan, at hmsalugsugan@gmail.com or 0917-146-3271 or visit the JCI Macajalar 24K Facebook page.

We look forward to your favorable response and sincerely appreciate your continued commitment to inclusive education. Let us continue working together to prioritize parental well-being and build a stronger, more supportive community.

Sincerely,

VAHJNA MAE B. FLORES
2025 President, JCI Macajalar 24K

Free Webinar

JCI Philippines JCI Macajalar 24K JCI BUILD BETTER JCI LIKHAYAN 2025 LO PRESIDENTS JCI HUSTLING WITH A HEART

CARING FOR THE CARERS

Self-Care Strategies for Parents of Children with Neurodevelopmental Disabilities

Raising a child with special needs presents unique challenges that can lead to chronic stress and emotional exhaustion. Here, you will learn practical strategies to identify burnout triggers, practice self-regulation, and improve overall well-being.

.

Jaymar T. Patana, MS, RPsy
Speaker

March 15
5:00 p.m.

Live at
ZOOM

Free

Limited slots!

Register early here: https://bit.ly/CYCCReg.

The Zoom link will be sent to registered participants on a first-come, first-served basis.