



Republic of the Philippines  
**Department of Education**  
REGION XI  
DIVISION OF DAVAO DE ORO



**Office of the Schools Division  
Superintendent**

October 11, 2024

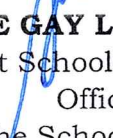
**OFFICE MEMORANDUM**

No. 111, s. 2024

To: ASSISTANT SCHOOLS DIVISION SUPERINTENDENT  
CID CHIEF  
SGOD CHIEF  
EDUCATION PROGRAM SUPERVISORS  
SDO OFFICE/UNIT HEADS  
DIVISION PERSONNEL

Subject: **SYMPOSIUM ON STRESS MANAGEMENT**

1. Consistent with Republic Act 11036, also known as the Mental Health Act, mandates the Department of Education to pursue strategies for mental health promotion in basic education. The Department of Education also aims to promote the emotional, psychological and social well being of division office personnel.
2. In line with this, the Mental Health Program of the Division of Davao de Oro will conduct **Symposium on Stress Management entitled "Breaking Stress Cycle: Achieving Mental Wellness in the Modern Age"** on October 16, 2024 at DepEd Training Center, Nabunturan Central Elementary School, Nabunturan, Davao de Oro.
3. Attached are the names of the personnel to attend the abovementioned activity.
4. Travel and incidental expenses relative to the attendance of the said activity are chargeable against School Menatl Health Program Funds/local MOOE funds subject to usual accounting and auditing rules and regulations.
5. This memorandum also serves as the Authority to Travel (ATT).
6. Immediate dissemination of this Memorandum is desired.

  
**PHOEBE GAY L. REFAMONTE, CESO VI**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent



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Republic of the Philippines  
**Department of Education**  
REGION XI  
SCHOOLS DIVISION OF DAVAO DE ORO

**STRESS MANAGEMENT PARTICIPANTS**

October 16, 2024 at DepEd Training Center, Nabunturan

NO.	NAME	POSITION
1	LUZ E. COMONAL	ADMINISTRATIVE OFFICER IV
2	MISHEL T. AMOSORA	ADAS II
3	GLAIZA A. MELENDEZ	AO II
4	LYNETTE P. BANAYO	AO II
5	CRISTY N. GA-AS	AO II
6	LORENA I. UBA	ADAS III
7	ESCENT N. NUDALO	ADAS III
8	JOEMERYN R. MUÑOZ	AO II
9	MILAGROS L. REVILLEZA	ADAS III
10	GRECILYN A. URBANO	AO II
11	JOHNWARD P. AMARANTO	ADAS II
12	JEZZRYLE R. MAYANG	AO II
13	ALUCHE P. TAMBULI	AO II
14	ANA O. CERBO	AO II
15	CHRISTY LOU GUDIN	AO II
16	JANETTE O. ROA	AO II
17	DOLLY JOY F. OCUBILLO	ADAS III
18	REYNANTE HOMIGOP	ADAS III
19	FILY M. RAS	ADAS II
20	MECO G. GUIRIGAY	CLERK
21	JENEZARETH B. ONOS	CLERK
22	JANET B. BASALO	ADAS II
23	CONSUELO C. BERGANIO	ADAS III
24	QUIN ANGEL C. URBANO	AO II
25	ROCELLE MAE P. ALIBANGBANG	ADAS II
26	SONIA M. ORPILLA	ADAS II
27	RAUL G. PAÑAMOGAN	ADAS II
28	LYZLE ABREGANA	EPS II
29	MARGIRIE M. ASUQUE	PDO I
30	MEDARD T. APIT	PDO I
31	ERJEN MAE N. ETANONG	CLERK

32	DEXTER C. CEQUINA	EPS
33	GRACE D. PONTILLAS	EPS
34	ANDY P. CABODOC	EPS
35	NOHARA O. PINUTE	EPS
36	MARGIE D. MAGTUBA	ENGR II
37	NISAN LEJAN M. CAL	AO V
38	TEODORO SAPIO JR.	ADAS III
39	JOEMAR M. DUMOPOY	LEGAL ASSISTANT
40	JAQUELYN A. DIAZ	ADAS III
41	MARIVIC C. ENDAYA	AO II

**TECHNICAL WORKING GROUP**

1	GRINGO JOHN F. PELAEZ, MD	Medical Officer III
2	RICHEL J. LASTIMADO	Nurse II
3	GODFREE L. ESPERO	Nurse II
4	MYLENE G. CAVA	Nurse II
5	NIKKA KARLA R. ALFARO	Dentist