



Republic of the Philippines  
**Department of Education**  
REGION VII – CENTRAL VISAYAS  
Schools Division Office of negros oriental

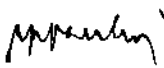
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**Office of the Schools Division  
Superintendent**

MEMORANDUM

MLA-2021- 05

TO : (Through the District Supervisors/ School Heads)  
  
**REYNALD C. DOTE**, Sibulan 1 District  
**MA. IRENE CECILIA A. ELEMIA**, Division Office  
**MA. JEZREELA R. KINKITO**, Siaton NHS, Siaton 2

FROM :   
**SENEN PRISCILLO P. PAULIN, CESO V**  
Schools Division Superintendent  
Office of the Schools Division Superintendent  
1/7/2022

SUBJECT : **CAPACITY BUILDING OF GUIDANCE COUNSELORS ON STRESS  
MANAGEMENT AND COPING MECHANISM IN THE NEW NORMAL**

DATE : January 5, 2022

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1. This office informs the above-mentioned personnel as additional participants to the Capacity Building of Guidance Counselors on Stress Management and Coping Mechanism in the New Normal on January 6-8, 2022 at Hotel Palwa, Dumaguete City.
  2. All other provisions on Division Memorandum No. 1055 and 1068, s. 2021, still remain.
  3. Travelling and other incidental expenses relative to the conduct of the activity shall be charged to School MOOE subject to the usual accounting and auditing rules and regulations.
  4. For your guidance and compliance.

SPP/PCL-NLR/SGOD/RBf/imsm



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