



Republic of the Philippines
Department of Education

REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

Advisory No. **262** s. 2026

October 08, 2026

In Compliance with DepEd Order (DO) No. 8 s. 2013
this advisory is issued not for endorsement per DO 28 s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public
(Visit www.deped.gov.ph)

THRIVING MINDS PSYCHOLOGICAL SERVICES

The City Schools Division of the City of Tayabas informs all concerned school heads, teachers, and non-teaching personnel of the webinar entitled **Mental Health 101: School Essentials**, organized by **Thriving Minds Psychological Services**, scheduled on **October 10-11, 2026**.

Participation in this webinar is **purely voluntary**. Interested personnel are reminded to observe the provisions of **DepEd Order No. 009, s. 2026** on the Three-Term School Calendar and **DepEd Order No. 009, s. 2005** on Engaged Time-on-Task.

No DepEd funds shall be used for participation in this activity. All expenses incurred shall be charged to the personal funds of the participants.

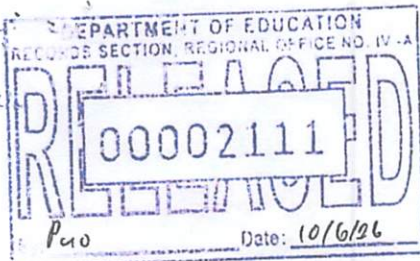
Details and other relevant information are attached to this advisory for reference.

Dissemination of this advisory is desired.

SGOD- thriving minds psychological services
REC6T9NJ-010846/October 08, 2026



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Republic of the Philippines
Department of Education
REGION IV-A CALABARZON

October 6, 2026

In compliance with DepEd Order (DO) No. 8, s. 2013,
this advisory is issued not for endorsement per DO 28, s.2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
(Visit depedcalabarzon.ph)

THRIVING MINDS PSYCHOLOGICAL SERVICES

Enclosed is a letter dated September 15, 2026 from **Ms. Krsna Dasi B. Rebong**, Registered Psychologist of the Thriving Minds Psychological Service, regarding the webinar titled **"Mental Health 101: School Essentials,"** scheduled on **October 10-11, 2026**. Kindly refer to the attached letter for further details regarding the webinar and the psychological services being offered by Thriving Minds Psychological Service.

Participation in the said activity is **purely voluntary**. School heads, teachers, and non-teaching personnel are reminded to strictly comply with the **instructional block** provisions stipulated in **DepEd Order No. 009, s. 2026**, titled *Guidelines on the Implementation of the Three-Term School Calendar in Basic Education*, and **DepEd Order No. 009, s. 2005**, titled *Instituting Measures to Increase Engaged Time-on-Task*.

Furthermore, no DepEd funds shall be utilized for participation in this activity. Any expenses incurred by participants shall be charged to their personal funds.

For the information and guidance of all concerned.

06/ROP08



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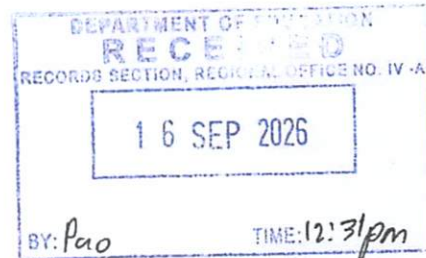


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September 15, 2026

CARLITO D. ROCAFORT, CESO III

Director IV, Regional Director
Department of Education
Region IV-A CALABARZON
Cainta, Rizal, Philippines



THRU: Jisela Ulpina
Chief Education Supervisor
Human Resource and Development Division

Dear Dr. Rocafort,

Greetings!

I am writing to respectfully endorse the services of Thriving Minds Psychological Services as your potential partner in nurturing the well-being of your employees and students. With four (4) years of extensive experience in research consultancy, and currently based in Antipolo City, Rizal, we are now bringing the same commitment to quality and excellence into the field of psychological and mental health services.

Thriving Minds Psychological Services aims to support institutions through accessible, professional, and compassionate mental health programs designed to promote psychological wellness, resilience, and productivity among individuals and organizations.

One of our offered services is the issuance of Mental Health Certificates for pre-employment and/or fit-to-work/study requirements. This service includes online consultation, administration of standardized psychological screening tools, and issuance of a professional certificate upon completion of the assessment process.

In addition, we also offer the following services:

- Mental Health Consultation
- Counseling and Psychotherapy
- Organizational Wellness Coaching

Also, we have an upcoming webinar titled: Mental Health 101: School essentials on October 10-11, 2026, 4pm-8pm. I have attached here the program description for your reference. This will be beneficial for the school guidance counselors, associates, and other mental health professionals.

Our goal is to become a reliable partner in creating mentally healthy and supportive environments for both employees and students. We believe that prioritizing mental health contributes significantly to academic success, workplace efficiency, and overall well-being.

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SEP 24 2026



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53 SL Rebong St., Brgy. San Roque, Victoria, Laguna
thrivingminds.ph@gmail.com | 09998148773

Should your good office be interested, we would be honored to discuss how our services may be tailored to the needs of your division. We are also willing to provide further details, presentations, or proposals at your most convenient time.

Thank you very much for your time and consideration. We look forward to the opportunity of working together in promoting mental wellness—one mind at a time.

Warm Regards,

Krsna Dasi B. Rebong, RPsy, RPs, LPT, CTSP
Registered Psychologist
License No: 0002503; PTR No: 4676718



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Thriving Minds Psychological Services

Mental Health Consultation

Experience the first step to self-discovery and healing. Our mental health consultation is a 45-minute tuning in to introduce the idea of awareness before change. The aim is to create a supportive starting point, centered on exploring and appreciating the client's inner experiences.

Adult (18 and above)

₱1,000

Adolescents (13 to 17)

₱1,200

BOOK NOW!

thrivingminds.ph@gmail.com

Thriving Minds Psychological Services

Counseling and Psychotherapy

Highlighting Patterns through Cognitive and Emotional Mapping. Our minds can be linked to triggers and unhelpful thoughts that could lead to distress. Learn cognitive restructuring skills to be more in control of your thoughts and emotions.

Adult (18 and above)

₱1,000

Adolescents (13 to 17)

₱1,200

BOOK NOW!

thrivingminds.ph@gmail.com

Thriving Minds Psychological Services

Organizational Wellness Coaching

Offers customized talks, workshops, and seminars on mental health awareness, stress management, emotional resilience, and workplace well-being. Integrates psychoeducation, experiential skills, and guided interactive processing to support meaningful learning and behavior change.

Starts at

₱3,000
per hour

BOOK NOW!

thrivingminds.ph@gmail.com

Thriving Minds Psychological Services

Mental Health Certification

Covers an online consultation, use of standardized screening tools, and issuance of a certificate. Suitable for fit-to-work/study, leave of absence/resignation, mental health clearance, Emotional Support Animal (ESA), and PWD ID Clearance.

Regular Rate

₱1,500

ESA Certificate

₱2,000

BOOK NOW!

thrivingminds.ph@gmail.com

Mental Health 101: School Essentials Webinar

I. Rationale

The Department of Education released its DepEd Order No. 019, s. 2026 (establishing counselor qualification standards for Republic Act No. 12080), DepEd Order No. 006, s. 2026 (Ensuring Safe and Motivating Learning Environments), and DepEd Memorandum No. 002, s. 2026 (the Kaagapay Program engaging parents). With this, Thriving Minds Psychological Services aims to be part of the wellness of each individual within the school community by providing specialized expertise and support tailored to these new policy directions.

In light of these directives, educational institutions face the critical task of not only ensuring professional compliance, but also fostering holistic mental health support systems that bridge the gap between schools, students, educators, and parents. While the mandates set higher standards for mental health services and parent engagement, putting them into practice requires structured training, evidence-based tools, and collaborative partnerships.

To address this need, this proposed activity - **Mental Health 101: School Essentials Webinar**, is designed to empower school personnel, guidance staff, and stakeholders with actionable strategies aligned with the latest policy frameworks. By bridging professional standards with practical mental health solutions, Thriving Minds Psychological Services seeks to help schools cultivate safe, nurturing, and psychologically supportive learning environments where students, educators, and families can thrive together.

II. Learning Objectives

- Understand the fundamental principles of school-based mental health and guidance services.
- Apply preventive strategies and basic psychosocial interventions to support students' mental health.
- Recognize signs of psychological distress and determine appropriate initial responses.
- Identify appropriate referral pathways and professional support systems for students requiring further intervention.

III. Activity Description & Methodology

To maximize engagement in a digital environment, the webinar-workshop will adopt an Adult Learning Approach (Andragogy) and a Participatory Online Methodology comprising four main components:

1. Plenary Expert Sessions (Interactive Lectures):
Resource Speakers and Registered Psychologists/Counselors from *Thriving Minds Psychological Services* will deliver live, structured presentations interpreting the core mandates of the new DepEd issuances.

2. **Virtual Breakout Workshops (Small-Group Discussions):**
Participants will be divided into digital breakout rooms to analyze case scenarios (e.g., handling learner distress, organizing parent engagement under the Kaagapay Program, and enforcing safe environment protocols).
3. **Digital Toolkits & Interactive Tools:**
The activity will utilize web-based platforms (e.g., Padlet, Slido, Mentimeter, and Google Docs) for real-time Q&A, live polling, collaborative brain-storming, and immediate feedback loops.
4. **Outputs & Action Planning:**
Participants will engage in a guided workshop session to draft a localized Mental Health & Learner Protection Action Plan tailored to their respective schools' context.

IV. Target Participants Profile

The primary participants for this online webinar-workshop are School Guidance Counselors and Associates, applicants, guidance designees, and aspiring school mental health personnel who are preparing to fulfill or transition into the newly established School Counselor Associate (SG 11–15) plantilla positions pursuant to R.A. No. 12080 and D.O. No. 019, s. 2026.

V. Expected Outputs

Upon completion of the online webinar-workshop, the program will yield the following tangible deliverables:

1. **Individual / School-Based Deliverables:**
 - Draft Strategic School Guidance Program (SGP) Matrix (Aligned with Module I)
 - Standardized Student Guidance Intake & Record Template System (Aligned with Module II)
 - Customized School Referral Flowchart & Protocol Sheet (Aligned with Module IV)
 - Sample Homeroom Guidance (HG) Preventive Activity Plan (Aligned with Module V)
2. **Administrative & Compliance Outputs:**
 - Certificate of Completion / Participation awarded to participants who complete attendance and output submissions.
 - Comprehensive Activity Completion Report (ACR) with compiled QATAME evaluation results.



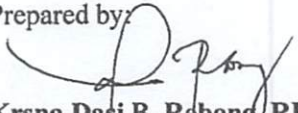
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VI. Program Matrix / Schedule of Activities

Day & Time	Module	Main Deliverable
Day 1: Oct. 10, 2026 4:00 PM – 6:00 PM	Module I: Designing a Strategic SGP and Systematic Record Management	Annual Guidance Program (AGP) Matrix and Objective Anecdotal & Incident Report Notes
Day 1: Oct. 10, 2026 6:00 PM – 8:00 PM	Module II: Initial Psychosocial Interventions	PFA & Micro-Counseling Roleplay Script
Day 2: Oct. 11, 2026 4:00 PM – 6:00 PM	Module III: Prevention Over Cure in Homeroom Guidance	Homeroom Guidance Facilitation Session Plan
Day 2: 6:00 PM – 8:00 PM	Module IV: Understanding Referral Pathways	Standardized Referral & Intake Form Package

Prepared by:


Krsna Dasi B. Rebong, RPsy, Rpm, LPT, CTSP
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Thriving Minds Psychological Services
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