



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
GATE 2, KARANGALAN VILLAGE  
1900 CAINTA, RIZAL



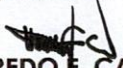
13 April 2020

**Regional Memorandum**

**ONLINE TECHNICAL ASSISTANCE IN AMPLIFYING RESILIENCE AMID COVID – 19**

To **Schools Division Superintendents**  
**Regional and Division Chiefs**  
**Unit Heads**  
**School Heads**  
**All Concerned**

- 1) Resilience has been identified as key factor in determining how people adapt in the challenges like COVID – 19. Amplifying resilience will help DepEd Region IV- A community to adjust in the face of adversity; or even significant sources of stress due to pandemic disease and it can help personnel to deal with this situation in a positive way and “bouncing back” from difficult experiences.
- 2) This Office, through the Field Technical Assistance Division will provide relevant, timely and needs-based online Technical Assistance to Amplify Resilience Amid COVID -19 to all target delivery units in light of the stringent social distancing measures and in response to the challenge of containing and managing COVID – 19 on April 23, 2020 at 2:00 -3:00PM.
- 3) This online session is open to all DepEd Region IVA CALABARZON, Schools Division Office and School personnel on a voluntary basis and will only accommodate first 100 registrants. Participants who wish to attend the session are requested to register by sending their complete name, division, school, DepEd Official E-mail account and contact numbers at [fta.calabarzon@deped.gov.ph](mailto:fta.calabarzon@deped.gov.ph) on or before April 21, 2020. The invitation and guidelines to the online platform will be sent through e-mail.
- 4) This aims the participants to gain basic knowledge about mental health; demonstrate basic concepts of disaster mental health and psychosocial support and define well – being in the context of COVID – 19 and understand the value of resilience, adaptive coping, and social extreme life events.
- 5) For inquiries, please call (02) 86825773 local 440 or 09178885853.
- 6) Immediate dissemination of this Memorandum is highly desired.

  
**WILFREDO E. CABRAL**  
Regional Director

Cc:ftad/alba



**“EXCELLENCE is a CULTURE and QUALITY is a COMMITMENT”**

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