



Republic of the Philippines  
**Department of Education**  
Region II – Cagayan Valley  
SCHOOLS DIVISION OF NUEVA VIZCAYA

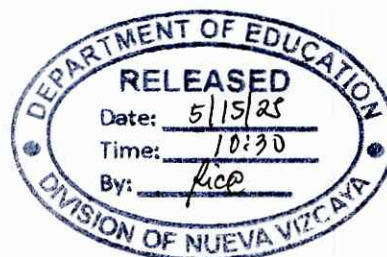
UNNUMBERED MEMORANDUM

TO: Assistant Schools Division Superintendent  
School Governance and Operations Division Chief  
Curriculum Implementation Division Chief  
Public Schools District Supervisors/District In-Charge  
Concerned Public School Heads  
All others concerned

FROM: **ORLANDO E. MANUEL PhD, CESO V**  
Schools Division Superintendent

DATE: 14 May 2025

SUBJECT: **CONDUCT OF THE CARING FOR CARERS: A WELLNESS RETREAT  
TO RECHARGE, REFLECT, AND RECONNECT**



1. In line with the agency's commitment to promoting a culture of safety and resilience among its personnel, this office will be conducting **Caring for Carers: A Wellness Retreat to Recharge, Reflect, and Reconnect** on **June 5-6, 2025** at **Baguio Teachers' Camp, Leonard Wood Road, Baguio City**. The retreat will be attended by selected SDO personnel, Registered Guidance Counselors/Senior Guidance Counselors, Katatagan Plus Facilitators, and District Nurses. Kindly refer to the attached annex for the list of participants.
2. This two-day retreat aims to provide a rejuvenating, evidence-based space for participants to reconnect with their personal well-being, learn practical psychological self-care strategies, and strengthen supportive connections within their community. The program integrates key principles from positive psychology, cognitive-behavioral therapy, mindfulness, and trauma-informed care.
3. The identified participants are expected to arrive at the venue on **June 4, 2025 at 2:00PM** for check-in. The first meal to be served will be afternoon snacks of the same day.
4. Transportation, per diem, and incidental expenses of the participants for the duration of the activity shall be charged to the respective school's or division's MOOE, subject to existing accounting and auditing rules and regulations.
5. For information, guidance and compliance.



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Annex:

**List of Participants**

<b>Registered Guidance Counselors &amp; Senior Guidance Counselors</b>	
Roscoe N. Gacusana	SEPS – SMAN/Division RGC Designate
Imelda Vilar	GC – Uddiawan NHS
Janet Calata	RGC Bambang NHS
Jessie Balut	GC – Bintawan NHS
Rita Francisco	RGC – Diadi NHS
Arwin Peralta	RGC – NVGCHS
Ria Obispo	RGC – NVGCHS
Jocelyn Calixto	GC – Nansiakan NHS
Carla Callores	GC – Sta Fe NHS
Norla Tiongson	GC – Lamo NHS
<b>Katatagan Plus Facilitators</b>	
Julius Michael Panganiban	Nurse II/Katatagan Facilitator
Marilou Roderos	Nurse II/Katatagan Facilitator
Pia Panganiban	Nurse II/Katatagan Facilitator
Karen Ann C. Gregorio	Nurse II/Katatagan Facilitator
Shairuz Caesar B. Dugay	Nurse II/Katatagan Facilitator
Ben Clarion Llantada	Nurse II/Katatagan Facilitator
Dr. Ryan Christopher A. Buccat	Medical Officer III/Katatagan Trainer
<b>District Nurses</b>	
Hazel Arreo	District Nurse
Icarus Canam	District Nurse
Wilson Hindac	District Nurse
Rudy Agustin	District Nurse
Tricia Maria Pascua	District Nurse
Shiela Zapata	District Nurse
Jennifer Sano	District Nurse





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Lovelyn Cambaliza	District Nurse
Aleli Sigrid M. Taipan	District Nurse
<b>SDO Personnel</b>	
Chester Cortez	Librarian II
Angel Alayu	Admin Officer II
Rommel S. De Gracia	SEPS – PAR
Mark Henrick Nicanor/ Christian Lloyd Vicente	YFP Coordinator/s
Melany Asuncion	EPS - SGOD

**Program Management Team**

Orlando E. Manuel PhD, CESO V	SDS
Adonis C. Ceperez EdD, CESE	ASDS
Romulo S. Ancheta PhD	Chief – SGOD
Maricel S. Franco PhD	Chief – CID
Nolimar M. Navarro EdD	SEPS – SMME/ M and E Focal
Maria Theresa B. Iglesia	PDO 2 – Proponent
Ben Clarion Llantada	Nurse II – Division Mental Health Focal Person
Dr. Ryan Christopher Buccat	Medical Officer III – Proponent
Jojet Lamberto Mondares Rpm, RPsy	Lead Facilitator