



Republic of the Philippines
Department of Education
SCHOOLS DIVISION OF MARINDUQUE

Office of the Schools Division Superintendent

MEMORANDUM
SGOD-2026-038

TO : Asst. Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
School Heads Concerned

FROM : **LYNN G. MENDOZA, EdD**
OIC, Schools Division Superintendent

SUBJECT : **SUPORTANG MATATAG PARA SA BATANG PANATAG:
A MENTAL HEALTH AWARENESS FOR PARENTS**

DATE : February 24, 2026

1. Pursuant to Republic Act No. 11036, or the Mental Health Act, the Department of Education (DepEd) shall pursue strategies that promote the realization of mental health and well-being in educational institutions.
2. Relative to this, the Schools Governance and Operations Division-School Health and Nutrition Section shall conduct Suportang Matatag, Batang Panatag: A Mental Health Awareness Literacy Seminar for Parents on the following dates and venues:

Date	Venues	Participants
March 5, 2026	Balanacan NHS	100 select parents of Grade 7-12 learners
March 10, 2026	Cawit National CHS	100 select parents of Grade 7-12 learners
March 11, 2026	Landy NHS	100 select parents of Grade 7-12 learners
March 12, 2026	Bognuyan NHS	100 select parents of Grade 7-12 learners
March 18, 2026	Buenavista NHS	100 select parents of Grade 7-12 learners



Address: T. Roque St., Malusak, Boac, Marinduque
Tel. No.: (042) 754-0247 • **Fax No.:** (042) 332-1611
Email: marinduque@deped.gov.ph
Website: <https://depedmarinduque.com>

March 20, 2026	Marinduque NHS	100 select parents of Grade 7-12 learners
March 24, 2026	Matuyatuya NHS	100 select parents of Grade 7-12 learners
March 25, 2026	Alobo NHS	100 select parents of Grade 7-12 learners
March 26, 2026	Matalaba NHS	100 select parents of Grade 7-12 learners

3. The objectives of the said activity are the following:
 - a. To discuss the role of parents in promoting mental health and well-being;
 - b. To educate parents on common mental health issues affecting children and adolescents;
 - c. To familiarize parents with available resources and services to activate mental health support; and
 - d. To discuss strategies for creating supportive and non-judgmental environment at home.
4. There will be provision of snacks for the participants.
5. Attached as Enclosure is the Activity Matrix.
6. Schools are reminded to adhere to non-disruption of classes policy as stipulated in DepEd Order No. 9, s. 2005 titled "Instituting Measures to Increase Time-on-Task and Ensuring Compliance Therewith".
7. Wide and immediate dissemination of the contents of this Memorandum is desired.

**SUPORTANG MATATAG PARA SA BATANG PANATAG:
A MENTAL HEALTH AWARENESS FOR PARENTS**

ACTIVITY MATRIX

TIME	ACTIVITY	PERSON RESPONSIBLE
7:30 A.M-8:00 A.M	Arrival and Registration of Participants	Perry N. Jardiniano Nurse II
8:01 A.M-8:30 A.M	Opening Program <ul style="list-style-type: none"> • Nationalistic Song • Prayer • DepEd Quality Policy Statement • Welcome Remarks • Introduction of Participants • Program Objectives 	AVP AVP AVP School Head School Nurse Ma. Concordia M. Ebor Nurse II
8:31 A.M- 9:30 A.M	“Kabataan, Paano Kita Maiintindihan?” : Understanding Adolescents and Your Child’s Mental Health	Dr. Rica Mai O. Larga Medical Officer III
9:36 A.M- 9:45:00 A.M	Health Break	
9:46 A.M- 10:30 A.M	“Anak, Kamusta Ka?” : Understanding Warning Signs of Mental Health Issues	Alma Teresa B. Del Mundo Guidance Counselor III
10:31 A.M- 11:30 A.M	“Nanay at Tatay, Usap Tayo” : Parenting and Mental Health	Melanie M. Mendoza, EdD SEPS-Social Mobilization and Networking/Mental Health Advocate
11:31 A.M- 12:00 NN	Closing Program <ul style="list-style-type: none"> • Awarding of Certificates • Impression from participants • Closing Remarks 	Maita M. Lazares Chief, SGOD

Master of Ceremony

Maria Kristine Nicola D. Iglesia
Nurse II



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