



Republic of the Philippines
Department of Education
Region V
SCHOOLS DIVISION OF SORSOGON

September 15, 2025

DIVISION MEMORANDUM
No. 258, s. 2025

CONDUCT OF PSYCHOLOGICAL FIRST AID TRAINING OF TRAINERS

TO : Assistant Schools Division Superintendent
SGOD Chief
SGOD Personnel concerned
Division and District DRRM Coordinators and alternates
All others concerned

1. The Disaster Risk Reduction and Management Service (DRRMS) is initiating efforts in strengthening the resilience of the education sector that are necessary due to the increasing threats, various hazards and calamities to learners, personnel, and schools that leave psychological stresses both to learners and personnel.
2. In response to these growing threats to the Department, the DRRMS is implementing sustained training on Psychological First Aid (PFA) to personnel to equip them in responding to psychosocial needs of learners and fellow personnel during and after natural and human-induced hazards, calamities and disasters.
3. Sorsogon is identified as one of the provinces with existing presence, incidences or vulnerabilities to occurrences of natural and human-induced hazards, calamities and disasters. Thus, the need for PFA Trainers training is urgently needed.
3. The **Psychological First Aid (PFA) Training of Trainers (TOT)** will be held on **September 24 to 25, 2025 (Batch 1) and Sept. 30 to October 1 (Batch 2) at Tito Ambi Place, Barangay Tigbao, Casiguran, Sorsogon**. The Activity Matrix is attached as Enclosure 1.
4. The participants of the said activity are the new district and alternate DRRM coordinators and nurses, and selected school guidance counselors. The list of participants is attached as Enclosure 2.
5. The sessions involve physical and outdoor activities, thus, the participants are advised to wear appropriate comfortable clothing and footwear such as but not limited to rubber shoes, slippers, t-shirts, warming pants, shorts, leggings, etc.



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6. For details, please contact the Division DRRM Coordinator Joseph John J. Perez through his mobile numbers 0968-52-8888-6 or 0918-944-3656 and email address josephjohn.perez@deped.gov.ph. The facilitators/working committee are listed in Enclosure 3.

7. Travel and other incidental expenses relative to the conduct of this activity are chargeable against school/SDO MOOE/local funds subject to usual accounting and auditing rules and regulations.

8. Immediate dissemination of and compliance with this Memorandum are desired.


JOSE L. DONCILLO, CESO V
Schools Division Superintendent

sgod/socmobnet/jjp



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Enclosure 1: ACTIVITY MATRIX

TIME	DAY 1
8:00am – 8:30am	Arrival/Registration/Billeting
8:30 – 8:45am	Pre-test
8:45am-10:00am	Introduction to Psychological First Aid (PFA)
10:00am – 10:15am	Health Break/snacks
10:15am – 12:00pm	Lifeline
12:00 – 1:00 pm	Health Break/lunch
1:00pm – 2:00pm	Tableau
2:00pm – 3:30pm	T-shirt Art
3:30pm - 3:45pm	Health Break/snacks
3:45pm - 4:45pm	Guided Meditation
4:45pm – 5:00pm	Assignment (doll pageant preps)
5:00pm – 10:00pm	Rest/dinner/fellowship night
TIME	DAY 2
6:00am – 7:45am	Breakfast
7:45am - 8:15am	Management of Learning – Breathing Exercises
8:15am – 9:45am	Doll Pageant
9:45am – 10:00am	Health Break/snacks
10:00am – 12:00nn	Mirroring/Banner
12:00nn – 1:00pm	Lunch Break
1:00pm -2:30pm	Hurdle
2:30pm – 3:00pm	Post Test
3:00pm -3:15pm	Health Break/snacks
3:15pm – 3:30pm	Moving Forward/evaluation
3:30pm – 4:00pm	Awarding of Certificates/Homeward Bound

Enclosure 2: PARTICIPANTS

BATCH 1 – 46 Participants (September 24 to 25, 2025)

District	District DRRM Coordinator	Alternate Dist. DRRM Coord.
Barcelona	Jeffrey Floresca	
Bulan I	Rove Neil R. Gigantone	
Bulan II	Mark Bryan G. Bon	
Bulan III		Alvin Bajado
Bulan IV	Bernardo G. De Leon	Cyrus G. Calleja
Bulusan		Nestor P. Bailon



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Casiguran		Raffy C. Habitan
Castilla East	Roland J. Dayanghirang	Rosselle P. Laroga
Castilla West	Ronald M. Medes	Joey L. Garcia
Castilla South		Adrian S. Lopez
Donsol East I	Rodel S. Palles	Jimmy G. Recodig, Jr.
Donsol East II	Ariel L. Aquino	Eric M. Lita
Donsol West I	Jay-Ar A. Serrano	Richard C. Arevalo
Donsol West II	Omar Ocmer	Mae Shiela A. Realuyo
Gubat North	Raul Maraño	Cyrill Esquierra
Gubat South	Adonis G. Nuñez	Jonathan L. Barruga
Irosin I	Clarisel L. Balisoro	Joseph S. Bataller
Irosin II	Jojie G. Gile	
Magallanes North	Benhur P. Camacho, Jr.	Claire B. Deona
Magallanes South	Rayno H. Lucenario	Rey B. Baraquiuel
Matnog I	Jennylyn A. Amado	Josephus G. Gacis
Matnog II		Lelet G. Llaneta
Pilar I	Arlie Caballa	Gilbert A. Grifal
Pilar II	Lydia J. Socito	Raffy N. Mabini
Pilar III	Daryll V. Llona	Manuel Mariño
Sta. Magdalena	Robert C. Gamit	
Total	21	21

BATCH 2 – 48 Participants (September 30 to October 1, 2025)

District	School	Guidance Counselor (42)
Barcelona	Barcelona NCHS	Rosario P. Bagares
Barcelona	Celso F. Falcotelo NHS	Angela Azore
Barcelona	San Antonio NHS	Dave Ysrael L. Deyto
Bulan I	San Francisco NHS	Mary Jane G. Funa
Bulan I	J.P. Laurel HS	Sarah Jane G. Jimenez
Bulan II	Bulan NHS	Jhonlery D. Recome
Bulan III	San Juan Bag-o HS	Joseph O. Gelio
Bulan IV	San Isidro NHS	Valerie B. Golpeo
Bulusan	Bulusan NHS	Arlene F. Gabionza
Bulusan	Jaime G. Espeña HS (Buhang)	Cyren Alvin T. Evasco
Casiguran	Casiguran Tech. Voc. School	Mary Rose B. Fabrigar
Casiguran	San Juan NHS	Harvey B. Fernandez
Castilla East	Castilla NHS	Maribel L. Rodriguez
Castilla East	San Rafael NHS	Rona B. Molina
Castilla West	Cumadcad NHS	Elvira Berba-Lachica
Castilla South	Dinapa NHS	Jairus Jersey
Donsol East	Donsol NCHS	Catherine L. Ativo
Donsol East	Banuag Gurang NHS	Ma. Corazon M. Tolosa



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Donsol West	Donsol VHS – Gimagaan Annex	Nicson D. Soreda
Donsol West	Cabugao NHS	Ma. Sandy E. Encinares
Gubat North	Gubat NHS	Angelo M. Bongon
Gubat South	Rizal NHS	John Robert D. Banat
Irosin	Gallanosa NHS	Ma. Theresa G. Pancho
Irosin	Gallanosa NHS	Agnes L. Dominguiano
Irosin	Patag IS	Eljoymae B. Crebillo
Irosin	Gabao NHS	Dante C. Binamira
Juban	Guruyan NHS	Karen H. Nañoz
Juban	Juban NHS	Aldrin G. Deri
Magallanes North	Magallanes NVHS	Tyne H. Balona
Magallanes North	Magallanes NHS	Marie Cris D. Desalisa
Magallanes South	Siuton NHS	Jayson H. Garcia
Matnog I	Sua NHS	Cristina N. Antuerpa
Matnog II	Matnog NHS	Eleanor M. Gratil
Pilar I	Pilar NCHS	Rowell M. Sarcia
Pilar II	Abucay NHS	Leny V. Mirabueno
Pilar II	Bayasong NHS	Irish M. Barasi
Pilar III	Salvacion NHS	Childa V. Fajardo
Pilar III	Palanas NHS	Jake Ronald M. Marbida
Prieto Diaz	Manlabong NHS	Judielyn J. Bolaños
Prieto Diaz	Prieto Diaz NHS	Anthony E. Perol
Sta. Magdalena	Talaonga NHS	Ceres F. Furio
Sta Magdalena	Sta. Magdalena NHS	Joey A. Gularez

SDO	Personnel (12)	
	Batch 1 (Sept. 24-25, 2025)	Batch 2 (Sept. 30 - Oct. 1, 2025)
SGOD Proper	Rhodora R. Hermosa	Francis Roy A. Cadag
School Health and Nutrition	Saskia Lumasac	Gerard Rodel Cadag
	Rhea Baula	Vanessa Escobedo
	Marie Karla Añonuevo	Cherry Gestida
	Eleanor Latosa	Evelyn Ermino
	Glenn Ravanilla	Aristotle Abbie Escandor

Enclosure 3: FACILITATORS/WORKING COMMITTEE

Joseph John J. Perez	Shiela Maria G. Morada	Pauline Angelie Y. Cahilig
Jose C. Indiongco, Jr.	Monica N. Zacarias	Girlie J. Salvatierra



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