



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

23 Jun 2026

DIVISION MEMORANDUM
SGOD-2026-128

Malungon 1 and 3 Psychosocial First Aid Training of Teachers

To: Public School District Supervisors
Public Elementary and Secondary School Heads
All others Concerned

1. In reference to Division Memorandum SGOD-2026-120, Psychosocial First Aid Training of Trainers, Malungon 1 and 3 will conduct the Psychological First Aid Training for all Guidance Advocates in all Elementary and Secondary Schools on June 23, 2026, through an online platform.
2. The training aims to equip participants with the necessary knowledge and skills to provide psychosocial support and promote the well-being of learners and personnel affected by emergencies and disasters.
3. Attached is the list of participants. The participants may access the link - <https://meet.google.com/hkr-mhcz-dkd>
4. For inquiries, contact Victor Rey Gella, Malungon 1 District Nurse, at 09923121998.
5. Immediate dissemination of and strict compliance with this Memorandum is directed

RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent

Encl.: As stated
Reference: As stated
To be indicated in the Perpetual Index
under the following subjects:

TRAINING PROGRAMS

Adriano A. Daligdig/SGOD/MLA – malungon 1 and 3 psychosocial first aid training of teachers
0432/June 23, 2026





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Activity Matrix

Time	Session / Topic	Objectives	Activity / Methodology	Person In-Charge	Expected Output
8:00 – 8:15 AM	Preliminaries	Open the training formally and orient participants on the flow of activities	Opening Prayer, National Anthem, Welcome Message		Participants oriented
8:15 – 8:30 AM	Attendance	Record participant attendance and confirm training participation	Registration / Sign-in		Attendance Sheet
8:30 – 8:45 AM	Statement of Purpose	Explain the objectives, rationale, and expected outcomes of the training	Presentation and discussion		Shared understanding of training goals
8:45 – 9:30 AM	Brief Overview of Psychological First Aid	Introduce the concept, principles, and importance of Psychological First Aid	Lecture-discussion with presentation		Increased awareness of PFA
9:30 – 10:15 AM	Things to Consider While Doing Psychological First Aid	Identify ethical considerations, communication techniques, and limitations in delivering PFA	Interactive discussion / situational examples		Participants understand proper PFA practices
10:15 – 10:30 AM	Health Break	Allow participants to rest and refresh	Break		Participants refreshed
10:30 – 11:30 AM	Kamustahan (Processing Activity)	Provide participants with an opportunity to reflect, express, and connect through guided sharing	Group sharing / guided processing		Participant reflections
11:30 – 12:00 NN	Planning	Develop action plans on applying Psychological First Aid in school/community settings	Workshop / Action Planning		Initial Action Plan
12:00 NN	Closing / Synthesis	Summarize key learnings and close the training	Closing Remarks		Training completed

