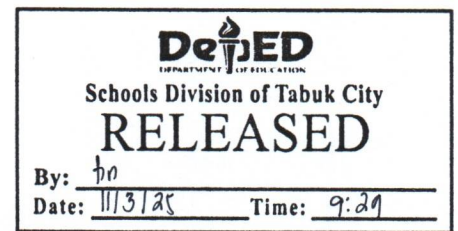




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

27 October 2025

Division Memorandum

No. 502 s. 2025

TO: Public Schools District Supervisors
Public Elementary and Secondary School Heads
All others concerned

**PARTICIPATION TO THE DISABILITY AWARENESS AND TRAINING
WORKSHOP**

1. The ADHD Society of the Philippines invite teachers from the SDO to participate in the upcoming **Disability Awareness and Training Workshop** this November 15, 2025 at Grand Zion Garden Resort Hotel, Bacras, Bulanao Norte, Tabuk City.
2. The aim of the activity is to raise awareness about different disabilities and provide practical strategies to help teachers and families support children with diverse learning and developmental needs.
3. Enclosed with this memorandum are Enclosures 1 and 2, or the distribution list of participants and Schedule of Activity, how to join and IEC.
4. Registration fees shall be charged to the SNED-PSF downloaded to schools while travelling and other expenses incurred shall be charged to School MOOE or Local Funds subject to the usual budgeting, accounting and auditing rules and regulations.
5. Participants shall be granted COCs/CTOs or Service Credits subject to existing DepEd and CSC rules and regulations.
6. Immediate and wide dissemination of this memorandum is desired.

BENEDICTA B. GAMATERO PhD, CESO V
Schools Division Superintendent



Address: Bulanao Central School Cmpd., Purok 2, Bulanao Norte, Tabuk City, Kalinga

Email: tabuk.city@deped.gov.ph

Website: <https://www.depedtabukcity.com>



DepEd Tayo Tabuk City

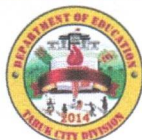


Republic of the Philippines
Department of Education
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Schools Division of Tabuk City

Office of the Schools Division Superintendent

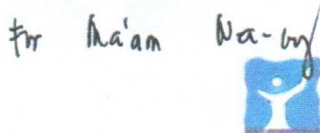
Enclosure 1: List of Schools (Name of participants is to be identified by the School Head)

#	School	No. of Participants	Name of School Head
1	Bulanao CS	4	Amado B. Danao
2	KSPED	3	
3	Bulo East CS	2	Maribel B. Gayodan
4	Agbannawag CS	3	Concepcion P. Olya-on
5	Casigayan CS	2	Severa P. Tugan
6	Tabuk City CS	3	Herminia F. Dapeg
7	Cudal CS	2	Yolanda W. Longan
8	Calanan ES	1	Judith Sagayo
9	Western Tabuk CS	1	Ruth M. Banao
10	Pa-o ES	1	Everlyn C. Gunaban
11	Southern Tabuk IS	1	Melchor B. Langbisan
12	Bulanao East ES	1	Eddie G. Rodriguez
13	Burobor ES	2	Crispina G. Baligod



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 DepEd Tayo Tabuk City



THE ADHD SOCIETY OF THE PHILIPPINES

VISION

We are the society advocating for persons with ADHD.

MISSION

To provide support for individuals with ADHD, through family empowerment and community building by promoting awareness and equipping them with the right skills through relevant learning opportunities and working with policy makers.

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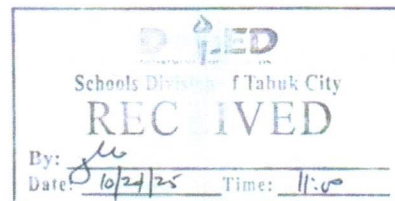
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October 24, 2025

BENEDICTA B. GAMATERO, PhD, CESO V

School Division Superintendent
Department of Education – Tabuk City
Bulanao, Tabuk City, Kalinga



Subject: *Invitation to the Disability Awareness and Training Workshop*

Dear Ma'am,

Warm greetings from the **ADHD Society of the Philippines!**

We are pleased to invite teachers from the DepEd Tabuk City schools to participate in the upcoming **Disability Awareness and Training Workshop** this **November 15, 2025** at the **Grand Zion Garden Resort Hotel, Bulanao, Tabuk City** organized by the ADHD Society of the Philippines in partnership with local advocates in Kalinga.

Following the successful **ADHD National Conference 2025** in Manila, this provincial training aims to extend our advocacy by reaching more educators, parents, and church workers outside Metro Manila. ***The event will raise awareness about different disabilities and provide practical strategies to help teachers and families support children with diverse learning and developmental needs.***

Highlights

- *Disability Orientation*
- *Classroom Intervention*
- *Workshop: Parents' Session*
- *Workshop: Teachers' Session*

Why Join

- Deepen your understanding of children with ADHD and other disabilities
- Learn evidence-based classroom and home strategies
- Participate in interactive workshops for practical learning
- Connect with other educators, parents, and advocates

Resource Speakers:

- **Dr. Merlene Alon** – President, Alpha Angelicum Academy; Past President, Reading Association of the Philippines; Board of Adviser, ADHD Society of the Philippines
- **Mr. Fiel John Meria** – ICF Certified ADHD Life Coach; Past President, ADHD Society of the Philippines
- **Ms. Julianne Sara Nido-Meria, OTRP** – Licensed Occupational Therapist

Cubao Office: 3rd Floor UNIPLAN Bldg, 302 J.P. Rizal corner Diego Silang Sts., Project 4, Quezon City, Metro Manila, Phils. 1109
San Juan Office: Unit 607, Platinum 2000 Bldg, 7 Annapolis St., Greenhills, San Juan City, Metro Manila, Phils.

+63 905 390 6451

adhdsgociety@yahoo.com

www.adhdsociety.ph

facebook.com/ADHDSOPHILS



How to Join

1. Confirm participation by sending the **complete name and contact details of participants**
2. Pay the **Registration Fee of Php 1,000 per participant** thru the following modes of payment:

GCash - 09760054957 HA*H M* D.**

On-site - Grand Zion Garden Resort Hotel Reception

****Those who will register and pay the fee from Nov 3 - Nov 12, 2025 will receive a special learning resource material for ADHD***

3. Present your proof of payment during the event registration on Nov. 15, 2025. Please note that payments are non-refundable but transferable in case the original participant cannot attend.

For inquiries or confirmation of participation, please contact:

Hannah Mae Dong-as – Training Coordinator

 **09083279415**

 **adhdsofthephilippines@gmail.com**

We look forward to your teachers' participation in this meaningful learning event that strengthens inclusive education for all learners in Kalinga.

Warm regards,



Hannah Mae Dong-as
Corporate Secretary, ADHD SP



Danilo C. Javid
President, ADHD SP





THE ADHD SOCIETY OF THE PHILIPPINES

Project Name: Disability and Awareness Training and Workshop

Date: November 15, 2025

Time: 8:00 AM to 5:00PM

Venue: Grand Zion Garden Resort Hotel, Purok 7, Bulanao, Tabuk City, Kalinga

Target Participants: Parents and/or guardians with children/ ward with diagnosed or undiagnosed disabilities; public and private school teachers; health and social workers; church workers/ Sunday school teachers

Schedule of Activities:

Pre-registration: November 3 to 12, 2025

Program (On-the-Day): November 15, 2025

Time	Activity	Person in Charge
7:30AM to 8:00AM	Registration	Program Team
8:00AM to 8:30AM	Opening Program	Program Team
8:30AM to 10:00 AM	Lecture / Workshop 1	Dr. Merlene Alon
10:00 AM to 10:30AM	Breakout Session/ Snacks	
10:30 AM to 12:00 NN	Lecture/ Workshop 2	Mr. Fiel John Meria
12:00NN to 1:00PM	Lunch	
1:00PM to 3:00PM	Lecture/ Workshop 3	Ms. Julianne Sara Nido-Meria
3:00PM to 3:30PM	Snacks	
3:30PM to 4:30PM	Q&A	Program Team/ Speakers
4:30PM to 5:00PM	Wrap up/ Closing Program	Program Team

Post-Event Activities:

1. Social media posting on the Official Pages of ADHD Society of the Philippines
2. Preparation and sharing of materials to participants
3. Preparation and sharing of post-event report to sponsors

You may check our previous events at www.facebook.com/ADHDSOCPHILS





THE ADHD SOCIETY OF THE PHILIPPINES

UNIPLAN Building 3rd Floor 302 J.P. Rizal Corner
Diego Silang Sts., Project 4, Quezon City, Phils. 1109



METAMORPHOSIS

WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder is a brain-based condition that can affect children, adolescents, and adults. It is characterized by inappropriate levels of hyperactivity, impulsivity and inattention, and can affect a person's way of life, if left unmanaged.

ADHD predominantly inattentive presentation

- Fails to give close attention to details or makes careless mistakes
- Has difficulty sustaining attention
- Does not appear to listen
- Struggles to follow through with instructions
- Has difficulty with organization
- Avoids or dislikes tasks requiring sustained mental effort
- Loses things
- Is easily distracted
- Is forgetful in daily activities

ADHD predominantly hyperactive-impulsive presentation

- Fidgets with hands or feet or squirms in chair
- Has difficulty remaining seated
- Runs about or climbs excessively in children; extreme restlessness in adults
- Difficulty engaging in activities quietly
- Acts as if driven by a motor; adults will often feel inside as if they are driven by a motor
- Talks excessively
- Blurts out answers before questions have been completed
- Difficulty waiting or taking turns
- Interrupts or intrudes upon others

ADHD combined presentation

- The individual meets the criteria for both inattention and hyperactive-impulsive ADHD presentations.



7.2 %

129 Million

estimated number of people with ADHD worldwide



80%

Adolescents

60% Adults

show ADHD symptoms



40-50%

of children with ADHD

have learning disabilities

30-50%

of children with ADHD

engage in disorderly conduct and exhibit signs of anti-social behavior



OTHER FACTS ABOUT ADHD

ADHD runs in families. It is inevitable that the number will continue to grow.
If unmanaged, ADHD makes those afflicted prone to:



Poor academic performance



Anxiety issues



Sexual promiscuity



Suicidal Tendencies



Poor relationships and broken marriages



Financial mismanagement



Inability to stay long in a job



Lack of direction in life



Risk-taking behavior

ADHD is neurological and lifelong. It is NOT an illness, thus, medication cannot "CURE" it.

Filipinos with ADHD are considered PWDs and are eligible for PWD benefits under Republic Acts 7277 and 10754.



<https://adhdsofphil.org>



/ADHDSOPHILS



THE ADHD SOCIETY OF THE PHILIPPINES

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Diego Silang Sts., Project 4, Quezon City, Phils. 1109



METAMORPHOSIS

ABOUT US

The ADHD Society of the Philippines (ADHDSP)

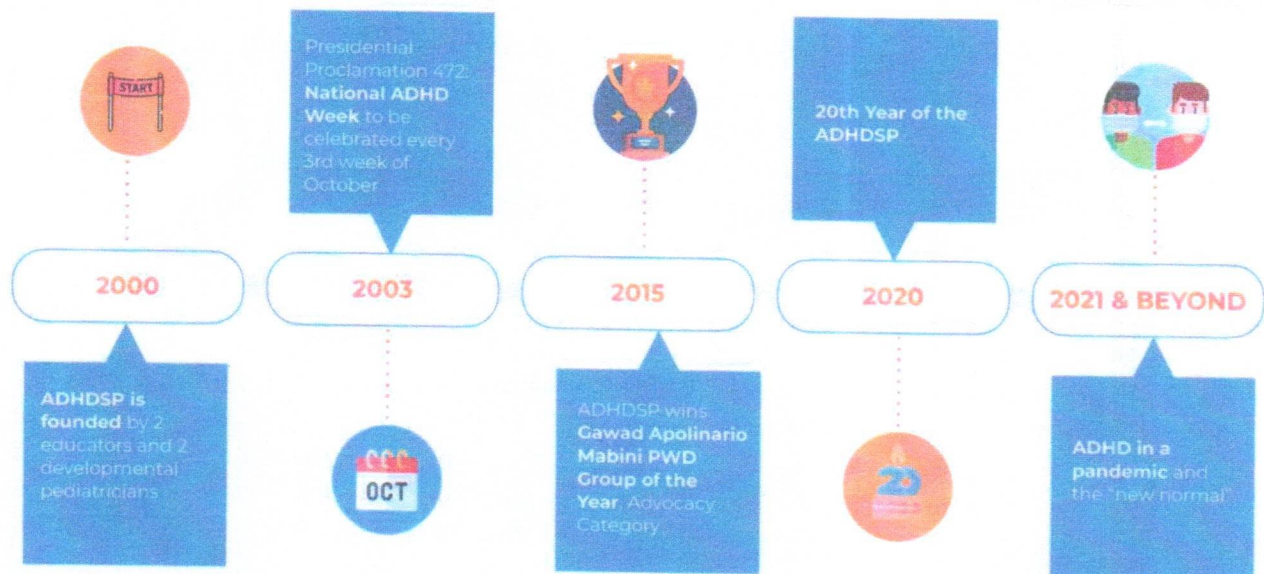
is a parent-based organization that provides different kinds of support to individuals with ADHD, their families, and professionals who work with them.

Among PWDs, there is a movement called *"Nothing about us without us."* This movement leads to the creation of programs that are truly for PWDs, created by PWDs.

In the ADHDSP, members of the Board are either parents of persons with ADHD or are persons with ADHD themselves.



OUR HISTORY



DURING THE COVID-19 PANDEMIC, the demand for treatment, intervention and training for ADHD has skyrocketed due to increase in the need for mental health and related services

THE ADHD SOCIETY OF THE PHILIPPINES is still the largest, longest running ADHD advocacy group in the country.



<https://adhdspcphils.org>



/ADHDSOCPHILS