



The poster features a woman, Daisy Mae Ramirez-Bialba, Ph.D., RN., as the resource speaker. The background is a stylized head silhouette with various mental health terms like 'MENTAL ILLNESS', 'DEPRESSION', 'CONDITION', and 'MENTAL' overlaid. Logos for Mapúa University and the Center for Guidance and Counseling (CGC) are at the top. A calendar icon indicates the date is 14 Oct, 2022, and a clock icon indicates the time is 1:30 PM. A QR code and a 'JOIN NOW' button are on the right, with a passcode of 288345 below the QR code.

**RECALIBRATING SELF
IN THE NOW-NORMAL**
A Webinar on Mental Health Awareness

Daisy Mae Ramirez-Bialba, Ph.D., RN.
RESOURCE SPEAKER

DATE
14 Oct, 2022

TIME
1:30 PM

JOIN NOW

Passcode: 288345

OBJECTIVES

1. Accept the challenges brought by the Now-Normal.
2. Enhance abilities relevant for adapting to changes.
3. Apply life skills in managing the current situation.

MIND YOUR MIND

Mental Health Webinar

DAISY MAE R. BIALBA, PhD., RN

Mae dokie
dokie daisy

daisybialba

Jonathan Campo	CGC Jollibeth Sagucio	Arlene Macatuggal	Maria Mina Salamilao-Cango	Mary Jane Lagapa
daisybialba	Sharon Timbug	Aileen Broqueza	John Ray Acopio	CGC Carmelissa de Belen
RZL110/AM20 (NEVYuzon) - S...	GED103-AM28 (NEVYuzon) - ...	GED103/AM20 (NEVYuzon) - ...	mcbjason	Leanna Mae Cruz
RZL110/AM20 (NEVYuzon) - ...	GED103/AM28 (NEVYuzon) - ...	GED103/AM20 (NEVYuzon) - ...	RZL110/AM22 (NEVYuzon) - ...	Sage Vilaga
RZL110/CON10 (NEVYuzon) - ...	Andien Zapata	GED103/AM28 (NEVYuzon) - ...	RZL110/CON10 (NEVYuzon) - ...	Zhyryn Dislag