

**121<sup>st</sup>**   
PHILIPPINE  
CIVIL SERVICE ANNIVERSARY  
#ARAWNGAWAN!



**VIRTUAL**  
**STRESS MANAGEMENT**  
**TRAINING AND**  
**COUNSELLING**

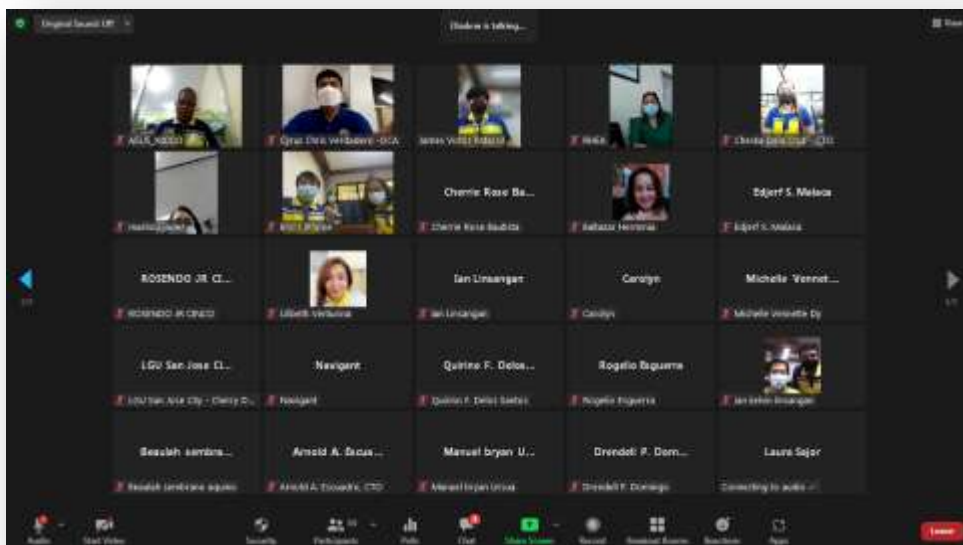
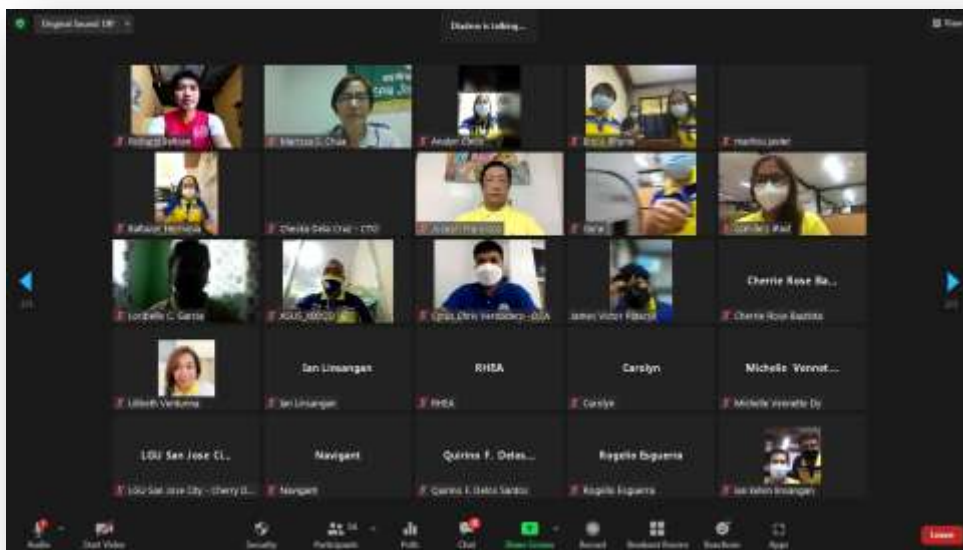
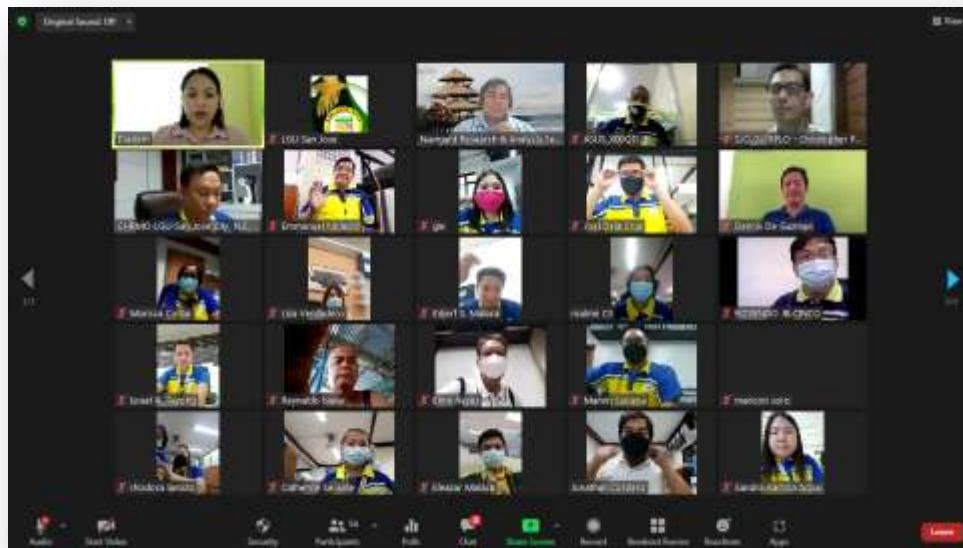
**SEPTEMBER 14-15, 2021**  
**@9:00AM-12:00PM**  
**2:00PM - 5:00PM**



**#BAGONGSANJOSE**



# Virtual stress Management Training And Counseling





Original Search Off

You are viewing **Reynaldo Navas's** screen

View Options

Part 2: UNHOOKING



Participants: 40

Chat

Share Screen

Record

React

Apps

Leave

Participants: Lou Saravia, Michelle Vermet..., Maria Sofia, Gustavo F. Lopez Sar..., Emmanuel Rojas, D-RINO-LGU San Jose, Jerald B. Tellez, Denis De Guzman, OVIDEY YAPF, Drendel P. Doming..., SUGOU BIRD - Chris..., Edjer S. Malva, reanne S, reanne S, Margy's Research &...


Zoom Meeting

You are viewing **Reynaldo Navas's** screen

Original Search Off

View Options

Jeremiah 29:11  
For I know the thoughts  
that I think toward you, says the Lord,  
thoughts of peace and not of evil,  
to give you a future and a hope.



Participants: 17

Chat

Share Screen

Record

React

Apps

Leave

Participants: Jan John Imangan, LOU SARAVIA, Edjer S. Malva, Jeanny Argel, Jeanny Argel, LOU SARAVIA, Margy's Research &, Teribay Garcia, Jerald B. Tellez, Drendel P. Doming..., Marjia Colos, SUGOU BIRD - Chris..., Reynaldo Tumina..., Eric's iPhone, Cherris Rose Ba..., Reynaldo Navas, Eric's iPhone, Cherris Rose Sarafola, Reynaldo Nava

Join PC users & unpaired mobile devices to chat

3:40 PM 8/13/2025