



# SELF CARE WEEK

*You Matter*

**OCT 04-09**



**GOD CARES**  
COMES AND RESTORES OUR EXHAUSTED SPIRIT  
OCT. 4-8, 2021

Devotion to the Word  
2:30 PM REGISTER @ [HTTPS://BIT.LY/3LKJKOG](https://bit.ly/3LKJKOG)

Public Bible Reading  
6:00 PM REGISTER @ [HTTPS://BIT.LY/3TFM4PM](https://bit.ly/3TFM4PM)

Praying the Lasallian Rosary  
6:00 PM REGISTER @ [HTTPS://BIT.LY/3ABOZU3](https://bit.ly/3ABOZU3)

@DlsudCampusMinistry

**SELF-CARE WEEK**  
OCTOBER 4-9, 2021

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**Opening Mass**

12NN - 04 OCTOBER 2021

LIVE @DlsudCampusMinistry



*You Matter!*

**OCTOBER MENTAL HEALTH MONTH**

"MENTAL HEALTH CARE FOR ALL; LET'S MAKE IT A REALITY"

**HOSPITAL PLAYLIST**

WHEN  
October 8-10, 2021

In Partnership with:

In Collaboration With:

DE LA SALLE UNIVERSITY - DASMARINAS  
Center for Applied Psychology (D-CAP)  
In cooperation with  
Human Resource Management Office (HRMO)

Faculty and Admin Wellness Webinar

**EMPOWERING THE ORGANIZATION'S MIND IN CHALLENGING TIMES**

OCTOBER 06, 2021 09:00 a.m. - 12:00 p.m.

**Dr. Rhodius T. Noguera, RPsy**  
Faculty, Psychology Department, CLAC  
Consultant, DLSU-D Center for Applied Psychology  
RESOURCE SPEAKER

PERFORMING ARTS GROUP PRESENTS



**PAG SELF CARE**

AN ONLINE PERFORMANCE

OCTOBER 8, 2021 • 6PM  
via **LIVE**