



**GENERAL PARENTS-TEACHERS ASSOCIATION (GPTA)
SY 2025-2026**

**NARRATIVE REPORT ON THE PARENTING SEMINAR ENTITLED “PARENTING IN
BALANCE: WHY MENTAL HEALTH WELLNESS MATTERS”**

On December 13, 2025, the General Parent-Teacher Association (GPTA) of Epiphany Christian Academy of La Trinidad, Inc. successfully conducted a seminar entitled “Parenting in Balance: Why Mental Health Wellness Matters” at the Genesis Hall of the school. The activity was organized to promote awareness of mental health and wellness among parents and school personnel highlighting the important role of balanced parenting in fostering the holistic development of children.

The seminar featured insightful discussions from the invited speaker, Ma’am Rose Noemi Tabao-ican Co, who shared valuable knowledge and practical strategies on maintaining mental wellness, building healthy family relationships, and supporting the emotional and psychological well-being of children. She encouraged participants to recognize the significance of mental health in both the home and school environments.

The seminar was attended by 51 parents, along with faculty and staff members. The active participation and engagement of the attendees contributed to the success of the activity and demonstrated their shared commitment to promoting a supportive and nurturing environment for learners.

As a gesture of gratitude and appreciation for her time, expertise, and valuable contributions, a token of appreciation was presented to Ma’am Rose Noemi Tabao-ican Co by the GPTA officers following the seminar.

The successful conduct of this seminar strengthened the partnership between parents and the school in promoting mental health awareness and highlighted the importance of collaborative efforts in supporting the overall well-being of learners. Through initiatives such as this, the GPTA continues to contribute meaningfully to the development of a caring, supportive, and mentally healthy school community.

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Parents attentively listen and engage in discussions during the seminar “Parenting in Balance: Why Mental Health Wellness Matters” held at the Genesis Hall of ECALTI.



GPTA officers presented a token of appreciation to Ma'am Rose Noemi Tabao-ican Co in recognition of her time, expertise, and valuable contributions during the seminar. The occasion was followed by a photo opportunity to commemorate the meaningful event.