

REFLECTIVE SUPERVISION/CONSULTATION (RSC)

2024-2025 GROUP SCHEDULE

RSC group cohorts will run monthly from September 2024 to May 2025. Consistent attendance is expected; participants must attend at least 6 of 9 sessions.



RSC GROUP SCHEDULE

APS and CPS Supervisors (required)

1st Tuesdays @ 1:00 - 3:00
Start date: Tuesday, 09/03

Probationary CPS Social Workers (required)

2nd Mondays @ 9:00 - 11:00
Start date: Monday, 09/09

Seasoned CPS Social Workers (voluntary) Sign up with Mikey by 8/16

2nd Tuesdays @ 9:00 - 11:00
Start date: Tuesday, 09/10

Adult Services, APS and IHSS Social Workers (voluntary, sign up with Mikey or Carol by 8/16. *required for new hires in first year)

1st Thursdays @ 1:00 - 2:30 PM
Start date: Thursday, 09/05

*Please prepare by scheduling your group's start date in your calendar. Your RSC facilitator will send you calendar invites with the meeting link by the end of August.

Reflective Consultation

is a professional development approach designed to help reduce the risks of burnout and Secondary Traumatic Stress (STS), strengthen reflective capacity, and build professional skills.

It creates space to slow down and navigate the thoughts, emotional responses, and interactions experienced within your professional role.

Individual RSC (On Demand RSC)

In addition to small group settings, individual RSC is also available to you as needed through On Demand RSC.

Request an appointment at alyssanajera.com/ondemandrsc or email Kalindi at Kalindim@alyssanajera.com

*Individual RSC is required for new CPS Social Workers during onboarding

Month 1: weekly RSC
Month 2: 2x monthly RSC
Month 3: once Monthly RSC



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