



2024/2025 RSC GROUP COHORTS

The next cohort of RSC groups for Tuolumne HSA are scheduled to begin in the fall. All groups occur once monthly and end in May 2025.

If you are interested in joining, please **sign up with Michelle Clark by Wednesday, September 18.** Max of 8 participants per group.



Directors

3rd Fridays @ 8:00 - 10:00
Start date: Friday, October 18, 2024
Facilitator: Alyssa Najera

Deputy Directors

1st Thursdays @ 10:00 – 12:00
Start date: Thursday, October 3, 2024
Facilitator: Kalindi Malcom

Agency Managers

3rd Tuesdays @ 10:00 – 12:00
Start date: Tuesday, September 17, 2024
Facilitator: Alyssa Najera

EMS/PH/BH Supervisors

3rd Thursdays @ 10:00 – 12:00 PM
Start date: Thursday, October 17, 2024
Facilitator: Alyssa Najera

Social Services Supervisors

3rd Fridays @ 10:00 – 12:00
Start date: Friday, September 20, 2024
Facilitator: Alyssa Najera

Reflective Supervision/Consultation (RSC)

RSC is an innovative professional development model designed to support employees in high-stress or trauma-exposed roles.

It offers a consistent, confidential space where employees can gain support in navigating common challenges in the helping profession, such as emotions resulting from your professional role or responsibilities, complex cases, workplace stress, secondary trauma, and burnout.

RSC is available to you through

- (1) small groups and
- (2) individual sessions, also known as On Demand RSC

*To schedule an individual/ On Demand RSC

- (1) email your facilitator or
- (2) visit alyssanajera.com/ondemandrsc and click on the link at the top of the page



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