

Solano Child Welfare 2025-2026 RSC Group Cohorts

The next cohort of RSC groups for Solano is scheduled to begin in September 2025 and will run through April 2026. To sign up, contact Nicole Saltzman.

*RSC is confidential with a max of 8 participants per group.
www.alyssanajera.com/solano

Supervisors

1st Wednesday @ 1:00 – 3:00 PM
Occurs once monthly
Start date: Wednesday, September 3, 2025
Facilitator: Kalindi Malcom, LMFT

Support Staff

1st and 3rd Thursdays @ 10:00 – 11:30 AM
Occurs 2x monthly
Start date: Thursday, September 18, 2025
Facilitator: Alyssa Najera, LCSW

Social Workers

Group 1 for New RSC Participants

Open to social workers who are (1) fully onboarded, including completion of CLC and (2) new to RSC group. This would also be an appropriate group if you participated in RSC group in the past, but were unable to complete the cohort with a 70% or more attendance.

1st and 3rd Wednesdays @ 10:00 – 11:30 AM
Occurs 2x monthly
Start date: Wednesday, September 17, 2025
Facilitator: Kalindi Malcom, LMFT

Group 2: Returning RSC Participants (2x monthly)

Open to social workers who have completed at least one full cohort in the past, with an attendance of 70% or more.

1st and 3rd Thursdays @ 8:30 – 10:00
Start date: Thursday, September 18, 2025
Occurs 2x monthly
Facilitator: Alyssa Najera, LCSW

Group 3: Returning RSC Participants (once monthly)

Open to social workers who have completed at least one full cohort in the past, with an attendance of 70% or more.

Occurs 2nd Tuesday @ 9:00 – 11:00 AM
Start date: Tuesday, September 9, 2025
Occurs once monthly
Facilitator: Kalindi Malcom, LMFT

*Participants will receive a calendar invitation with the Zoom link from their assigned facilitator in August 2025. Proceed to the next Page to review *Reminders for Participants*.



Alyssa Najera Team
www.alyssanajera.com

Alyssa Najera, LCSW
RSC Facilitator



Kalindi Malcom, LMFT
RSC Facilitator

RSC Group Cohorts

Reflective Supervision and Consultation (RSC) is designed to support employees working in high-stress, trauma-exposed, or emotionally demanding roles who are at high risk of burnout or secondary traumatic stress.

It offers a **consistent and confidential space** where staff can reflect on their work, process experiences, and explore the emotional impact of their professional responsibilities with their peers.

Reminders for Participants

- **Protected Time:** RSC is protected time.
- **Participatory Experience:** RSC Group is an organic conversation focused on navigating the experiences and emotions resulting from your work. Please be prepared to be present for yourself and your peers, multitasking is discouraged. If joining remotely, cameras must be on.
- **Confidentiality:** Groups are confidential. Exceptions to confidentiality will be discussed at the first session.
- **Consistent Attendance:** Consistency is an essential part of the group process and safety. Signing up is a commitment to *attend at minimum 70%* of the cohort sessions. Inconsistent attendance may result in being asked to leave the group.
- **First Session:** Attendance to the first session is required to remain in the group. If for some reason you are unable to attend, please let the facilitator know and she will reach out to you individually to follow up.
- **Working in Office:** If you are in the office, please join your peers in one of the open conference rooms. The facilitator will be present via video; however, this allows participants to meet together in person. At least one participant will need to bring a laptop. Additional details regarding conference room reservations to follow.
- **Working Remotely:** If you are joining remotely, please ensure you are in a private and confidential space. Avoid joining from a public space such as a cubicle, coffee shop, or open breakroom. Not only will this protect the confidentiality of the space, but it will also create a protected environment for you to openly engage and participate in the conversation.



Alyssa Najera, LCSW
RSC Facilitator

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Kalindi Malcom, LMFT
RSC Facilitator