

Group RSC

Reflective Supervision/Consultation (RSC) for Children and Family Services

www.alyssanajera.com/contracosta

**Sign-ups for Group RSC
close on Thursday,
February 5, 2026**

May close sooner if groups reach capacity.

Available to

Supervisors and Social Workers who have been employed at CFS for a minimum of one year.

About RSC

Reflective Supervision / Consultation (RSC) supports staff in high-stress, trauma-exposed roles who may be at risk of burnout, compassion fatigue, direct, or secondary traumatic stress. It provides a consistent, confidential space to reflect on work, connect with peers, and reflect on the emotional impact of their role.

About RSC Groups (virtual only)

- RSC groups are confidential and limited to 8 participants.
- Sessions are held remotely via Zoom, participants must join from a private space (closed office or conference room). Contact your supervisor or Mari Solis if you need help securing a private location.
- Consistency is essential for group rapport and safety. By signing up, you commit to attending regularly.
- RSC is protected time; please coordinate any coverage needs with your supervisor.

Questions?

Contact Mari Solis, RSC Liaison/CFS Staff Development at solisma@ehsd.cccounty.us

Supervisors

Group 1: Spring - Fall 2026

1st Tuesdays @ 9:00 - 11:00 AM

Occurs once monthly

Runs March - November (9 sessions)

Start date: **Tuesday, March 3, 2026**

Facilitator: Kalindi Malcom, LMFT

Social Workers

Select one.

Group 1: Spring-Summer 2026

1st and 3rd Tuesdays @ 1:00 - 2:30 PM

Occurs 2x monthly

Runs March - June (8 sessions)

Start date: **Tuesday, March 3, 2026**

Facilitator: Alyssa Najera, LCSW

OR

Group 2: Summer 2026

1st and 3rd Thursdays @ 9:00 - 10:30 AM

Occurs 2x monthly

Runs: May - August (8 sessions)

Start date: **Thursday, May 7, 2026**

Facilitator: Kalindi Malcom, LMFT

Sign up

one-time, individual
**On-Demand
RSC**

Beginning in 2026, all staff will have access to individual On-Demand RSC. If you are interested in requesting a **one-time on-demand RSC**, request an appointment at alyssanajera.com/ondemandrsc.

Please note that On-Demand RSC sessions are limited. As we introduce this new resource, we ask that employees who choose to use On-Demand RSC plan for a one-time session during 2025-2026 fiscal year. Thank you for understanding.



Alyssa Najera,
LCSW
RSC Facilitator



Kalindi Malcom,
LMFT
RSC Facilitator



Diana Valencia,
PsyD
RSC Facilitator