

# Sign up for Group RSC

Group Reflective Supervision/Consultation (RSC) is an agency resource available to CFS staff employed with CFS for a minimum of one year. It is a confidential group facilitated by external consultants of the Alyssa Najera Team.

All groups run fall 2026 - spring/summer 2027.

**Sign-ups  
close on Friday, July 10, 2026**

**May close sooner if groups reach  
capacity (max 8).**

Identify your classification and select one group to sign up for.



## Clerical

### Group 1

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays @ 10:30-12:00**

Occurs twice monthly | 12 sessions

Start date: **Thursday, Oct. 1, 2026**

## SCAs

### Group 1

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays @ 10:00 - 11:30**

Occurs twice monthly | 14 sessions

Start date: **Thursday, Oct. 22, 2026**

### Group 2

**1<sup>st</sup> and 3<sup>rd</sup> Wednesdays @ 1:00 - 2:30**

Occurs twice monthly | 14 sessions

Start date: **Wednesday, Oct. 7, 2026**

## Social Workers

### Group 1

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays @ 10:30 - 12:00**

Occurs twice monthly | 14 sessions

Start date: **Tuesday, Sept. 22, 2026**

### Group 2

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays @ 10:00 - 11:30**

Occurs twice monthly | 14 sessions

Start date: **Thursday, Oct. 22, 2026**

### Group 3

*\*Open to returning RSC Participants only*

**1<sup>st</sup> Thursdays @ 10:00 - 12:00**

Occurs once monthly | 8 sessions

Start date: **Thursday, Sep. 3, 2026**

## Supervisors

### Group 1

**1<sup>st</sup> Tuesdays @ 9:00 - 11:00 AM**

Occurs once monthly | 8 sessions

Start date: **Tuesday, Sep. 1, 2026**

### Group 2

**2<sup>nd</sup> Wednesdays @ 1:00 - 3:00**

Occurs once monthly | 8 sessions

Start date: **Wednesday, Sep. 9, 2026**



Individual On-Demand RSC is also available to all staff. If you are interested in requesting a **one-time on-demand RSC**, request an appointment at [alyssanajera.com/ondemandrsc](http://alyssanajera.com/ondemandrsc) or scan the QR code.

*Please note that On-Demand RSC sessions are limited. As we introduce this new resource, we ask that employees who choose to use the On-Demand RSC plan for a one-time session through the 2026-2027 fiscal year. Thank you for understanding.*

# About Group RSC

## Available to

Staff who have been **employed at CFS for a minimum of one year.**

## About RSC

Reflective Supervision / Consultation (RSC) supports staff of all levels who are in high-stress, trauma-exposed roles at risk of burnout, compassion fatigue, direct, or secondary traumatic stress. It provides a consistent, confidential space with external consultants to reflect on their work, connect with peers, and navigate 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 Microsoft Teams
- 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](mailto:solisma@ehsd.cccounty.us)

## Reminders for Participants

- **First Session:** Attendance at the first session is required to remain in the group. If you aren't able to attend, email the facilitator, and hes/she/they will reach out to you individually to follow up.
- **Protected Time:** RSC is protected time. Although participation does *not* require supervisor approval, please consult your supervisor to arrange any coverage.
- **Participatory Experience:** RSC Group is an organic conversation focused on navigating the experiences and emotions resulting from your work.
- **Be Present:** Be present for yourself and your peers. Multitasking is discouraged.
- **Cameras On:** This is a participatory experience rooted in organic, guided conversations. Cameras must be on throughout the group.
- **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 a minimum 70%* of the cohort sessions.
- **Working in Office:** Identify a private space you can join from. *If you need help securing a private space, please reach out to your supervisor or Mari Solis at [solisma@ehsd.cccounty.us](mailto:solisma@ehsd.cccounty.us)*
- **Working Remotely:** If you are joining remotely from another location, 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.