

2016 Co-Reflection Calendar

The Nebraska Office of Consumer Affairs recommends that Certified Peer Support and Wellness Specialists maintain quarterly co-reflection (*formerly known as co-supervision*). Co-reflection is an opportunity to discuss what is working well within your role as a Peer Support Specialist and ways to continue developing as a professional. With co-reflection you are able to stay connected with others across the state, stay in touch with training facilitators, refresh training skills, and stay informed about all things peer support.

*All times are in CST

Quarter 1

Date	Time
January 4 (M)	10:00 am-11:00 am
January 12 (Tue)	10:00 am-11:00 am
January 22 (F)	2:00 pm-3:00 pm
February 1 (M)	10:00 am-11:00 am
February 9 (Tue)	10:00 am-11:00 am
February 17 (W)	1:00 pm -2:00 pm
March 7 (M)	10:00 am-11am
March 8 (Tue)	10:00 am-11:00 am
March 18 (F)	2:00 pm-3:00 pm

Quarter 2

Date	Time
April 4 (M)	10:00 am-11:00 am
April 12 (Tue)	10:00 am-11:00 am
April 13 (W)	1:00 pm-2:00 pm
May 2 (M)	10:00 am-11:00 am
May 10 (Tue)	10:00 am-11:00 am
May 13 (F)	2:00 pm-3:00 pm
June 6 (M)	10:00 am-11:00 am
June 14 (Tue)	10:00 am-11:00 am
June 8 (W)	1:00 pm-2:00 pm

Quarter 3

Date	Time
July 12 (Tue)	10:00 am-11:00 am
July 6 (W)	1:00 pm-2:00 pm
July 8 (F)	2:00 pm-3:00 pm
August 1 (M)	10:00 am-11:00 am
August 5 (F)	2:00 pm-3:00 pm
August 31 (W)	1:00 pm-2:00 pm
September 13 (Tue)	10:00 am-11:00 am
September 28 (W)	1:00 pm-2:00 pm
September 30 (F)	2:00 pm-3:00 pm

Quarter 4

Date	Time
October 3 (M)	10:00 am-11:00 am
October 11 (Tue)	10:00 am-11:00 am
October 28 (F)	2:00 pm-3:00 pm
November 7 (M)	10:00 am-11:00 am
November 23 (W)	1:00 pm-2:00 pm
December 5 (M)	10:00 am-11:00 am
December 13 (Tue)	10:00am-11:00am
December 21 (W)	1:00pm-2:00pm

To sign up please contact Lucy Flores at
 402-471-7644, or lucy.flores@nebraska.gov

