

## Amica VCS Support Sessions

Please note that places are available to book on a first come first served basis for voluntary sector partners working with the Better Mental Health for All Partnership Network. If you book and need to cancel your place, please let us know so that we can allocate the space to another organisation. You can contact us on [lpt.transformationteam@nhs.net](mailto:lpt.transformationteam@nhs.net).

To book, simply click on the link below. We will add booking links to each session approximately one month before it runs.

Date/time	Title	Group	Clinician	Max No
<b>11/03/26</b> <b>1pm -2.30pm</b>	<a href="#"><u>Connect Pause Learn (reflective practise)</u></a>	Manager	Tracey Houlton	8
<b>26/03/26</b> <b>1pm-2.30pm</b>	<a href="#"><u>Anxiety Management</u></a>	Staff	May Salloo	14
<b>08/04/26</b> <b>1pm-2.30pm</b>	Connect Pause Learn (reflective practise)	Staff	Tracey Houlton	8
<b>23/04/26</b> <b>1pm-2.30pm</b>	Anxiety Management	Manager	May Salloo	14
<b>06/05/26</b> <b>10am- 11.30am</b>	Emotional Resilience Training	Manager	Tracey Houlton	14
<b>21/05/26</b> <b>2pm-3.30pm</b>	Emotional Resilience Training	Staff	Leona Knott	14

**Connect Pause Learn (Reflective practise)** – in this facilitated safe space you will be invited to share experiences, explore the personal impact of your work, and learn from others who understand the pressures and rewards of your role. Strengthen psychological safety, build resilience, and create healthier ways of supporting self and or your team.

**Anxiety Management** – This workshop will help you identify your personal anxiety triggers, reframe unhelpful thinking patterns using CBT-informed techniques, practice simple mindfulness strategies, and use structured problem-solving to tackle the worries that fuel anxiety. This workshop empowers you with tangible skills you can use immediately, helping you feel more grounded, confident, and equipped to manage daily challenges.

**Emotional Resilience training** – This is designed to help you better understand stress and build practical tools for everyday resilience. Through simple, effective strategies and science-based insights, you will learn how to stay flexible, manage challenges with confidence, and strengthen your wellbeing. Feel more balanced, focused, and in control.