

Amica VCS Support sessions
June 26 – August 26
For Beter Mental Health for All Network Members only

Date/time	Title	Group	Clinician	Max No	Closing date to book session
02/06/26 11am -12.30pm	When the Work Stays With you: Understanding Vicarious Trauma	Staff	Roy	14	29/05/26
04/06/26 1pm-2.30pm	Emotional Resilience Training	Manager	Leona	14	02/06/26
07/07/26 11am -12.30pm	Managing Sleep - Reducing the Struggle at Night	Staff	Roy	14	03/07/26
15/07/26 1pm-2.30pm	How to have a mentally healthy conversation	Manager	Tracey	14	13/07/26
12/08/26 10am -11.30am	How to have a mentally healthy conversation	Manager	Tracey	14	10/08/26
19/08//26 2pm- 3.30pm	Anxiety Management	Staff	May	14	17/08/26

Session Overview

When the Work Stays With you: Understanding Vicarious Trauma this session helps staff make sense of vicarious trauma as a natural impact of caring work, not a personal failing. It offers space to reflect on its effects and explores small, realistic ways to stay in touch with it and respond differently in everyday moments.

Emotional Resilience training 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.

Managing sleep - Reducing the Struggle at Night This workshop addresses exhaustion as a systemic, overwhelming issue, not just sleep. It's about reducing the nightly struggle, not fixing sleep. We'll explore the '3am brain,' ways to step out of wakefulness, and practical tools for calming your mind and body.

How to have a mentally healthy conversation in this session we will look at the challenges managers can face (both real and imagined) around discussing staff mental health.

Anxiety Management 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.