

The LifeLine Course – February 2026 Course Schedule

NB: ATTENDANCE AT ALL SESSIONS IS MANDATORY

MODULE 1 – SELF GROWTH

Course Prep: Week of 09 – 13 February 2026 TBC (Facilitators Only)

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	11 February 2026	09.00-12.30		18.00-21.30
2 & 3	Saturday	14 February 2026	09.00-16:00		
4	Wednesday	18 February 2026	09.00-12.30		18.00-21.30
5	Wednesday	25 February 2026	09.00-12.30		18.00-21.30
6	Wednesday	04 March 2026	09.00-12.30		18.00-21.30
7	Saturday	07 March 2026	09.00-12.30		
8	Wednesday	11 March 2026	09.00-12.30		18.00-21.30
9	Wednesday	18 March 2026	09.00-12.30		18.00-21.30
10	Wednesday	25 March 2026	09.00-12.30		18.00-21.30
11	Saturday	28 March 2026	09.00-12.30		
12	Tuesday	31 March 2026	09.00-12.30		18.00-21.30

MODULE 2 – FOUNDATION IN COUNSELLING

Course Prep: Week of 13 – 17 April 2026 TBC (Facilitators Only)

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	22 April 2026	09.00-12.30		18.00-21.30
2	Wednesday	29 April 2026	09.00-12.30		18.00-21.30
3	Wednesday	06 May 2026	09.00-12.30		18.00-21.30
4	Wednesday	13 May 2026	09.00-12.30		18.00-21.30
5	Saturday	16 May 2026	09.00-12.30		
6	Wednesday	20 May 2026	09.00-12.30		18.00-21.30
7	Wednesday	27 May 2026	09.00-12.30		18.00-21.30
8	Wednesday	03 June 2026	09.00-12.30		18.00-21.30
9	Wednesday	10 June 2026	09.00-12.30		18.00-21.30
10	Wednesday	17 June 2026	09.00-12.30		18.00-21.30

SKILLS PRACTICE GROUPS (ONLINE FOR ALL GROUPS)

SKILLS PRACTICE SESSION NO	DAY	DATE	TIMES
1	TBC	TBC	TBC
2	TBC	TBC	TBC
3	TBC	TBC	TBC

PLEDGE: Saturday 27th June 2026 morning

INTERNSHIP PROGRAMME (Provisional Dates & Times)

MODULE 3 – ADVANCED COUNSELLING THEMES

Course Prep: Week of 22 – 26 June 2026 TBC (Mentors Only)

	SESSION	DAY	DATE	TIMES	TOPIC
	Mentor Intro	Wednesday	01 July 2026	18.00-21.00	
1	Intern1	Saturday	04 July 2026	09.00-11.30	HIV & AIDS
1	Mentor1	Wednesday	08 July 2026	18.00-21.00	
2	Intern2	Saturday	11 July 2026	09.00-11.30	GBV/Rape
2	Mentor2	Wednesday	15 July 2026	18.00-21.00	
3	Intern3	Saturday	25 July 2026	09.00-11.30	Loss/Bereavement
3	Mentor3	Wednesday	29 July 2026	18.00-21.00	
4	Intern4	Saturday	01 August 2026	09.00-11.30	Addiction
4	Mentor4	Wednesday	05 August 2026	18.00-21.00	
5	Intern5	Saturday	15 August 2026	09.00-11.30	Trauma
5	Mentor5	Wednesday	19 August 2026	18.00-21.00	
6	Mentor6	Wednesday	26 August 2026	18.00-20.30	
	Mentor Catch-up	Wednesday	02 September 2026	18.00-20.30	

MODULE 4 – GUIDED CALLS to be scheduled as needed