58 years

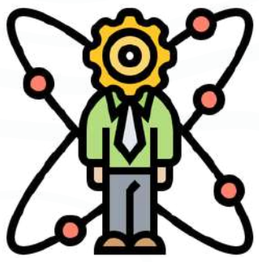
Since 1969
LifeLine Johannesburg
Serving the community

LifeLine Johannesburg



Personal Growth Training

Victim Empowerment Programs



Mental Health Counselling



FREE Emotional Support Services

Registered Social Workers



LifeLine

Clinical Supervision

Trained Volunteers





Interventions GBV



HIV Testing + Support

Social Enterprise



https://www.lifelinejhb.org.za

LifeLine Johannesburg is a community based, non-profit organization (NPO). Annually, we average over 30 000 contacts with Clients through our various projects and programmes.



42hrs

100 | SELF GROWTH

Explore the workings of your inner world

Duration: 12 sessions, 3.5/4h per session

LifeLine Johannesburg

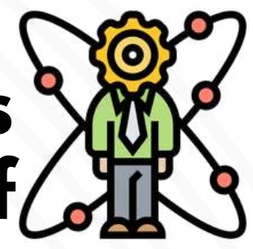
Fully hands-on, experiential learning in an intimate small group setting



Emotional Intelligence

Discover more of who you are

Awareness of the Self



Connect deeply with yourself

Work towards self-acceptance

Trust

Acceptance

SELF

Anger

Empathy

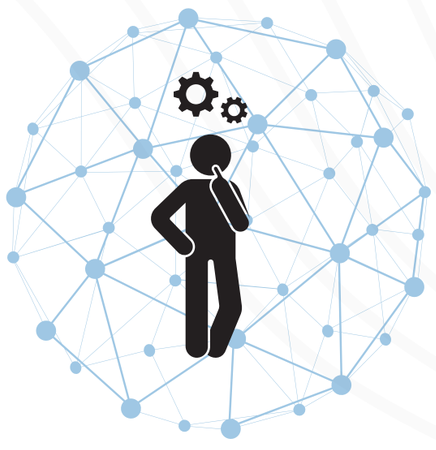
Learn to identify your feelings

Loss

Conflict

Make meaningful connections with others

Explore how you show up in the world around you



Interpersonal Communication



Listening & Responding

Content
Carefully curated based on decades of experience in counselling

Fully Live
All sessions facilitated by dedicated LifeLiners

Group Setting
Maximum of eight people per group, ideal for deep sharing

Experiential
Discover by
Listening
Talking
Drawing
Writing

100 II Self Growth Schedule II February 2027

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	10 February 2027	09.00-12.30		18:00-21.30
2 & 3	Saturday	13 February 2027	09.00-16:00		
4	Wednesday	17 February 2027	09.00-12.30		18.00-21.30
5	Wednesday	24 February 2027	09.00-12.30		18.00-21.30
6	Wednesday	03 March 2027	09.00-12.30		18.00-21.30
7	Saturday	06 March 2027	09.00-12.30		
8	Wednesday	10 March 2027	09.00-12.30		18.00-21.30
9	Wednesday	17 March 2027	09.00-12.30		18.00-21.30
10	Saturday	20 March 2027	09.00-12.30		
11	Wednesday	24 March 2027	09.00-12.30		18.00-21.30
12	Wednesday	31 March 2027	09.00-12.30		18.00-21.30

ELIGIBILITY
Age: Min. 23yrs
Education:
Min. Matric Certificate

FORMAT
In-person or
Fully online

COST
R6700
plus R500 non-refundable Registration Fee

Early Bird Option:
When the full fee is settled on or before the 4th of January 2027, the Registration Fee of R500 is waived

Payment Plan Option:
R6975
plus R500 non-refundable Registration Fee

LifeLine Johannesburg

CANCELLATION:
LifeLine Johannesburg reserves the right to cancel the course due to insufficient numbers up to 2 weeks before the start of the course.

REFUNDS:
If the course is cancelled by us, all monies paid by you towards the course will be fully refunded.

Once the course starts, NO refund will be issued as you have taken a place someone else could have filled.

Before course starts, refund may be possible only if we are able to fill your place

CONTACT US:
We welcome your enquiries and will try to assist you as far as we can.

Email:
course@lifelinejhb.org.za

LifeLine Johannesburg
51 Dalene Road
Bramley North
Johannesburg
2090

011 728 1331

FEBRUARY 2027 COURSES

COURSE PAYMENT

LifeLine Johannesburg

Why do I have to pay for a course when I want to volunteer?

- The LifeLine Course is a costly and resource intensive course to facilitate. We require the funds to run the course successfully. The Course is priced at a competitive rate compared to other personal growth and counselling skills courses.
- LifeLine is a Public Benefit Organisation, an NPO (Non-Profit Organisation) and a NGO (Non-Governmental Organisation). Since we do not get a subsidy from Government to provide our service to the public, we need to raise our own funds.
  One of the ways in which we do this, is by running this course.

I have changed my mind about doing the course. Can I get a refund?

- We do not refund any part of the course fee if you cancel whilst the course is running, because you have taken a place that someone else could have filled.
- If you cancel the course before it starts, we only refund your payment if we can fill your place with another person. The R500 Registration Fee, where applicable, is non-refundable.

When do I pay to secure my place?

- Once you have fully read, filled in and signed the application form, you will be invited to attend a group Intro Session, followed by a brief one-on-one session. After that, acceptance of your application will be confirmed and you will be required to pay the Registration Fee, where applicable, followed by the course fee on the stipulated dates.

KINDLY NOTE THAT YOU MAY NOT PAY FOR THE COURSE BEFORE ATTENDING AN INTRO SESSION AND RECEIVING FORMAL NOTIFICATION OF YOUR ACCEPTANCE FROM LIFELINE JOHANNESBURG

KINDLY CONTACT US FOR ANY FURTHER INFORMATION NEEDED: course@lifelinejhb.org.za 011 728 1331

FREQUENTLY ASKED QUESTIONS

LifeLine Johannesburg

Can I miss or swop sessions?

As we work experientially, it is impossible to replicate or catch up any missed sessions. The group works closely together and a group member's absence is a loss for the group.

If you miss more than 7 hours (2 sessions or parts thereof) in both Modules 1 & 2, you WILL NOT be eligible for selection for the Internship Programme.

You WILL NOT be eligible to do the course if you will miss any of Sessions 1, 2 and 3 of the Module 1 Self Growth part of the course.

If you choose the morning group and miss a session, you cannot make it up in the evening session. Also, once you choose in-person or online, you cannot change. You remain part of the small 6-8 person group for the entire duration of the course.

Will I be forced to share?

We take great care to create a safe and appropriate space and while the greatest growth comes from fully engaging in the group no one is ever forced to participate. Trainees are encouraged to experiment with their own reactions and responses to others, as well as to learn better and more effective ways of communicating.

I am seeing a psychiatrist/therapist, can I do the course?

YES. If you are currently in therapy or have recently completed psychotherapy or are receiving psychiatric treatment, please discuss your plans to do this course with your therapist/psychologist/psychiatrist.

*NB: When you apply, please enclose a letter of recommendation from them regarding your plans to participate.

I am a recovering addict, can I do the course?

YES. If you have been "clean" for at least 2 years. If it has not been 2 years yet, we request you to please postpone doing the course until later.

*NB: When you apply, please enclose a letter from your Sponsor supporting it.

FREQUENTLY ASKED QUESTIONS

LifeLine Johannesburg

What certification do I get for completing the course?

On successful completion of the 500 The LifeLine Course, you will receive a certificate of completion and on successful completion of the 600 Internship Programme, you will receive a certificate which indicates that you have been trained as a LIFELINE LAY COUNSELLOR.

You may also request a certificate after completing the 100 Self Growth module in case you do not continue on to the 200 Foundation in Counselling module.

Which professional body can I register with, after completing The LifeLine Course?

Please note that this is not a Professional Degree. Qualifying as a professional counsellor requires a University Degree. This means that registration with a professional body is not an option at the moment.

However, we are exploring possible registration with other wellness support organisations.

What SAQA level does the course carry?

The LifeLine course was initiated more than 50 years ago in order to train Lay Counsellors to be absorbed into the LifeLine Johannesburg Organisation. Over a period of time, as it gained a reputation for being life changing, the course has been opened up to whoever wants to acquire counselling skills and subsequently to those on a journey of personal growth.

Thus, historically accreditation was not sought - The LifeLine course does not carry SAQA or CPD/CPU points and is not accredited by SETA

However, we are looking to get the course accredited in the future.

Please note that we are only able to provide references for Honours and Masters Psychology applications once you have successfully completed our 600 Internship Programme and have been an active Counsellor at LifeLine Johannesburg for a minimum of one year. This means counselling for a minimum of 5 hours per month and attending a minimum of 8 Supervision Group sessions during the year.