

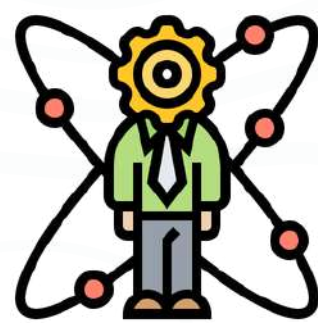


Since 1969  
**LifeLine Johannesburg**  
 Serving the community



**Victim Empowerment Programs**

**Personal Growth Training**



**Mental Health Counselling**



**FREE Emotional Support Services**

**Registered Social Workers**



**LifeLine**

**Clinical Supervision**

**Trained Volunteers**



**Interventions GBV**



**Social Enterprise**



**HIV Testing + Support**



<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.**



# COURSES OFFERED BY LIFELINE JOHANNESBURG

## 100 | SELF GROWTH

42hrs

Duration: 12 sessions, 3.5/4h per session

## 200 | FOUNDATION IN COUNSELLING

45hrs

Duration: 10 sessions, 3.5h per session + approx. 10h of Extra Activities

## 500 | THE LIFELINE COURSE

87hrs

\*includes 100 Self Growth and 200 Foundation in Counselling

Duration: 22 sessions, 3.5h per session + approx. 10h of Extra Activities

## 600 | INTERNSHIP PROGRAMME

75hrs

Duration: 5 talks approx. 3h each, approx. 8 Mentor sessions 3h each, 5 guided calls with real-time Clients – NB: All subject to the number of Interns



42hrs

# 100 | SELF GROWTH

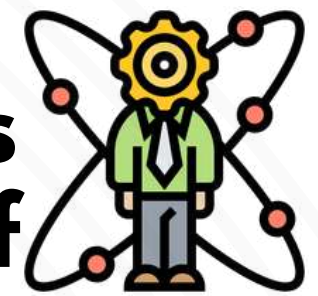
Explore the workings of your inner world

Duration: 12 sessions, 3.5/4h per session

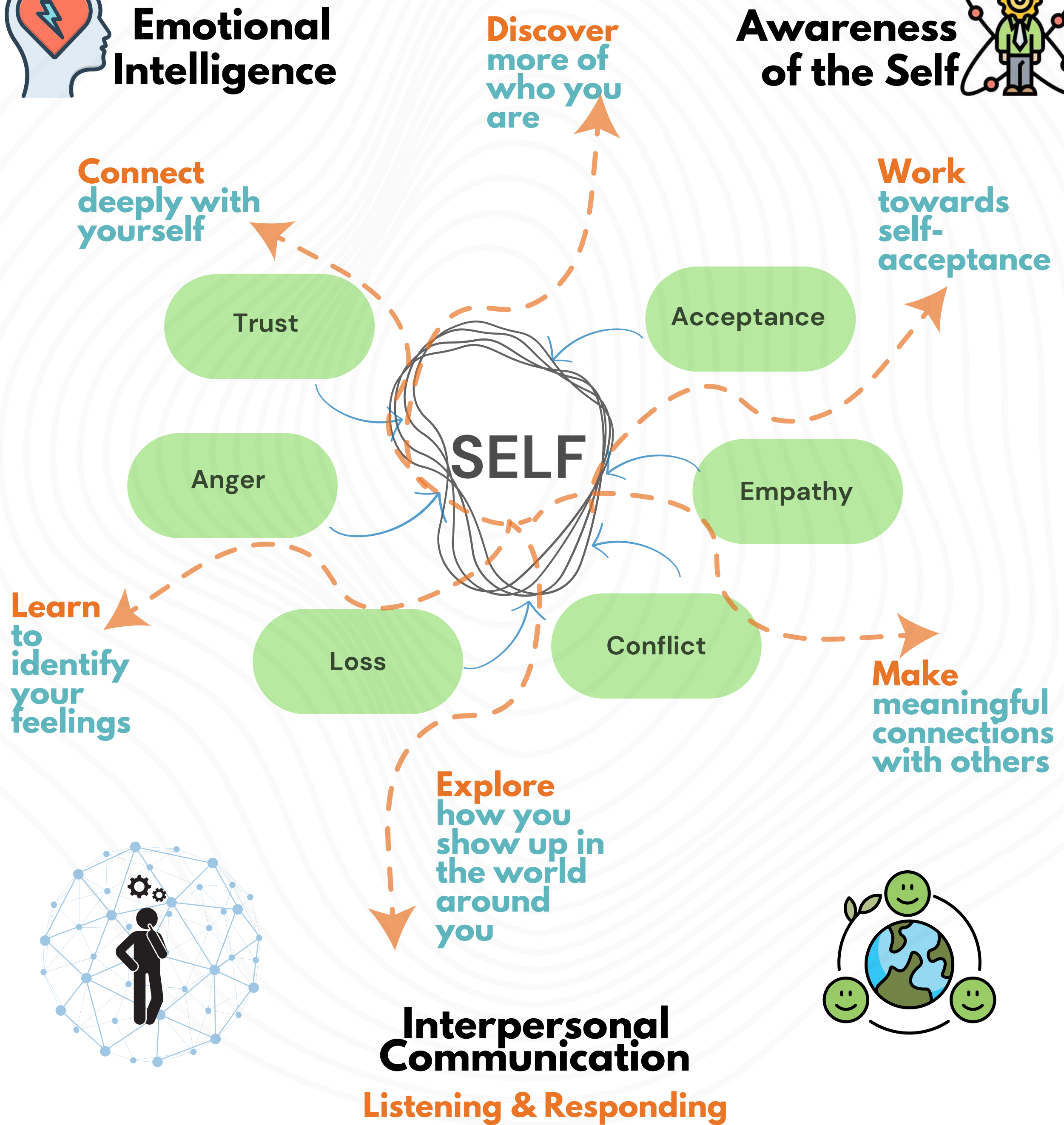
Fully hands-on, experiential learning  
in an intimate small group setting



**Emotional Intelligence**



**Awareness of the Self**



**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 || Self Growth Schedule || August 2026

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	11 August 2026	09.00-12.30		18:00-21.30
2 & 3	Saturday	15 August 2026	09.00-16:00		
4	Tuesday	18 August 2026	09.00-12.30		18.00-21.30
5	Tuesday	25 August 2026	09.00-12.30		18.00-21.30
6	Tuesday	01 September 2026	09.00-12.30		18.00-21.30
7	Saturday	05 September 2026	09.00-12.30		
8	Tuesday	08 September 2026	09.00-12.30		18.00-21.30
9	Tuesday	15 September 2026	09.00-12.30		18.00-21.30
10	Saturday	19 September 2026	09.00-12.30		
11	Tuesday	22 September 2026	09.00-12.30		18.00-21.30
12	Tuesday	29 September 2026	09.00-12.30		18.00-21.30

### ELIGIBILITY

Age: Min. 23yrs  
Education: Min. matric

### FORMAT

In-person or Fully online

### COST

**R6500**  
plus R500 non-refundable Registration Fee

**FEE WAIVER:** When the full fee is settled on or before the 1st of July 2026, the Registration Fee of R500 is waived

### Payment Plan Option:

**R6750**  
plus R500 non-refundable Registration Fee



### 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](mailto:course@lifelinejhb.org.za)

LifeLine Johannesburg  
51 Dalene Road  
Bramley North  
Johannesburg  
2090

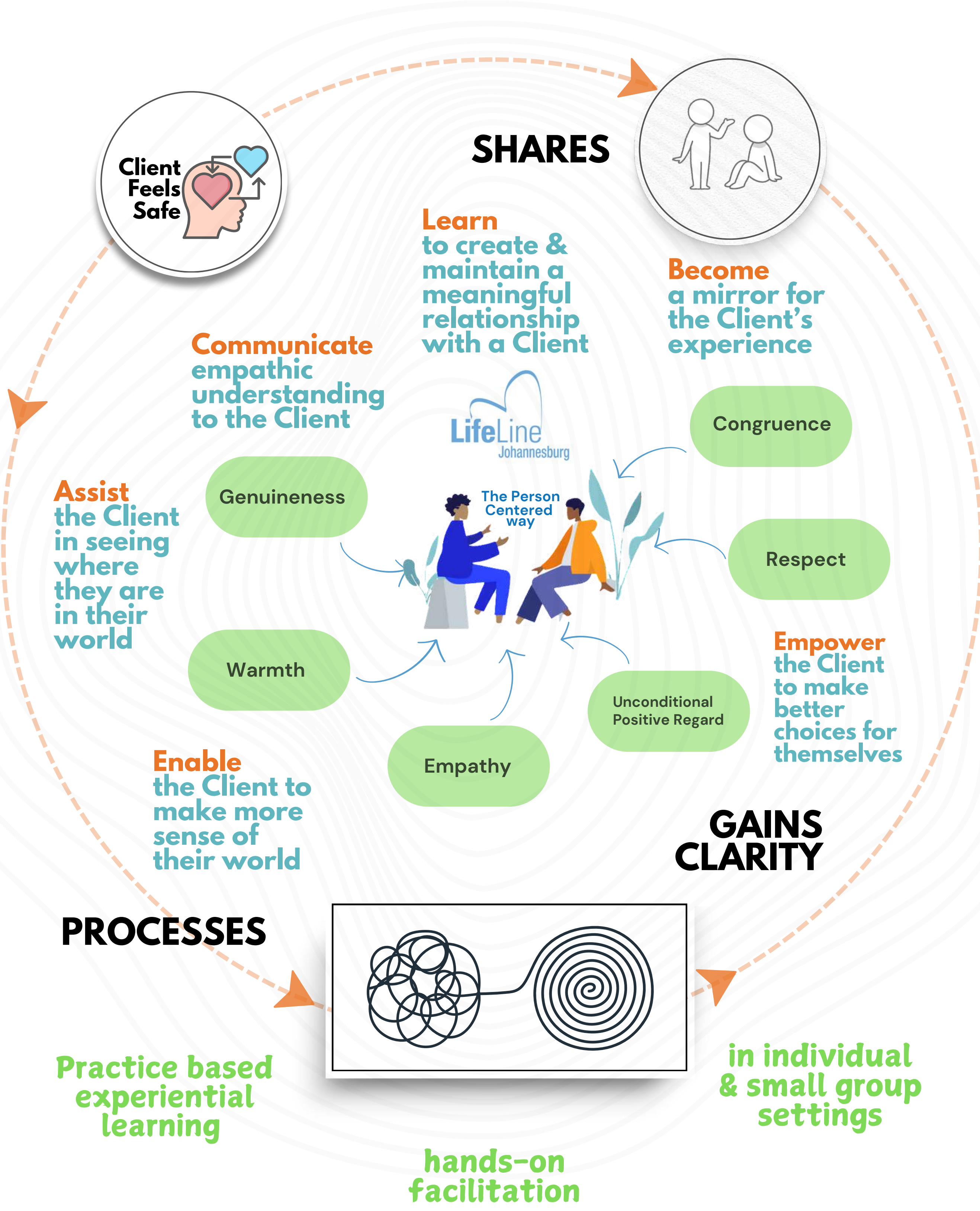
011 728 1331

45hrs

# 200 | FOUNDATION IN COUNSELLING

Learn the building blocks of the Person-Centred Approach

Duration: 10 sessions, 3.5h per session + approx. 10h of Extra Activities



**Build the basics**  
of a career in the  
helping profession

**Be of service to**  
our community  
that is in need

**Group Setting**  
Maximum of 8  
people per group

**Experiential**  
Learn to  
counsel by  
practising  
in different  
formats

## 200 || Foundation in Counselling || August 2026

Roleplaying  
Reflecting  
Giving &  
Receiving  
Feedback

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	13 October 2026	09.00-12.30		18:00-21.30
2	Tuesday	20 October 2026	09.00-12.30		18.00-21.30
3	Saturday	24 October 2026	09.00-12.30		
4	Tuesday	27 October 2026	09.00-12.30		18.00-21.30
5	Tuesday	03 November 2026	09.00-12.30		18.00-21.30
6	Tuesday	10 November 2026	09.00-12.30		18.00-21.30
7	Tuesday	17 November 2026	09.00-12.30		18.00-21.30
8	Tuesday	24 November 2026	09.00-12.30		18.00-21.30
9	Saturday	28 November 2026	09.00-12.30		
10	Tuesday	01 December 2026	09.00-12.30		18.00-21.30

PLUS approx. 10h of Extra Activities outside of session times

### CONTACT US:

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

[course@lifelinejhb.org.za](mailto:course@lifelinejhb.org.za)

LifeLine Johannesburg  
51 Dalene Road  
Bramley North  
Johannesburg  
2090

011 728 1331

### CANCELLATION:

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

### ELIGIBILITY

Completed  
100 Self Growth  
Course  
(max. 6 months prior)

**FORMAT**  
In-person or  
Fully online

**COST**  
**R6500**  
Payment Plan Option:  
R6750



### 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.

## 500 | THE LIFELINE COURSE

Start the journey to become a person-centered Lay Counsellor

Duration: 22 sessions, 3.5/4h per session  
+ approx. 10h of Extra Activities



42hrs

### Module 1 - Self Growth

**What:** Explore Self-concept and how the Self relates – as you are guided to go deeper and discover ways of navigating trust, acceptance, empathy, anger, loss and conflict that are woven into your everyday interactions with the world around.

**How:** Discover some pivotal ways of conceptualising the Self and embodying that learning within an experiential framework – Drawing, Writing, Walking, Talking and Listening. This process happens while being safely held within a group, as you also learn to hold space for the other.

**Duration: 12 Sessions, 3.5/4h per session**



• **84 hours**  
Course Code 500  
**THE LIFELINE COURSE**  
• **Experiential**

45hrs

### Module 2 - Foundation in Counselling

**What:** Explore ways of building trust with the other, allowing a story to unfold, listening to understand and closing the engagement – built on a foundation of Rogerian values that underpin the Person-Centred Approach.

**How:** Learning to reflect, understand context and frames of reference along with the nuances of a counselling relationship by practising, practising and more practising in the form of sharing within a group and roleplays with others of varying degrees of familiarity.

**Duration: 10 Sessions, 3.5h per session + approx. 10h of Extra activities**

**What is most personal, is most universal – Carl Rogers**

## READINESS INTERVIEW

to continue the journey...



approx.  
39hrs

### 600 | INTERNSHIP PROGRAMME Module 3 - Advanced Counselling Themes

**What:** Delve deeper into the process of LifeLine person-centred counselling by gaining further knowledge in some of the themes that confront our Counsellors, including but not limited to Dreaded Diseases, GBV/Rape, Loss/Bereavement, Addiction and Trauma etc.

**How:** A programme focused on a specific theme per week presented as a talk by an expert/s in the field. This is followed in a few days by a session with Mentors hosting group discussions and focused roleplays to integrate the theme and entrenching the LifeLine person-centred counselling skills. Formal training regarding the role of a Counsellor with LifeLine, protocols, administration and ethics surrounding a counselling relationship is included.

**Duration:** 5 talks, approx. 3h each +  
approx. 8 Mentor sessions 3h each  
**NB:** All subject to number of Interns

## READINESS INTERVIEW

to continue the journey...



- **75 hours**

Course Code 600

### COUNSELLING SKILLS - INTERNSHIP PROGRAMME

- **Hands - on**

approx.  
36hrs

### Module 4 - Guided Live Calls

Interns are allocated real-time Clients, with a Guide present for the counselling session who then provides invaluable feedback to both the Intern and their Mentor.

**Duration:** 5 Clients with a combination of live one-on-one guidance & debriefing of recorded calls.  
**NB:** All subject to the number of Interns

## READINESS INTERVIEW

to become a LifeLine Counsellor...

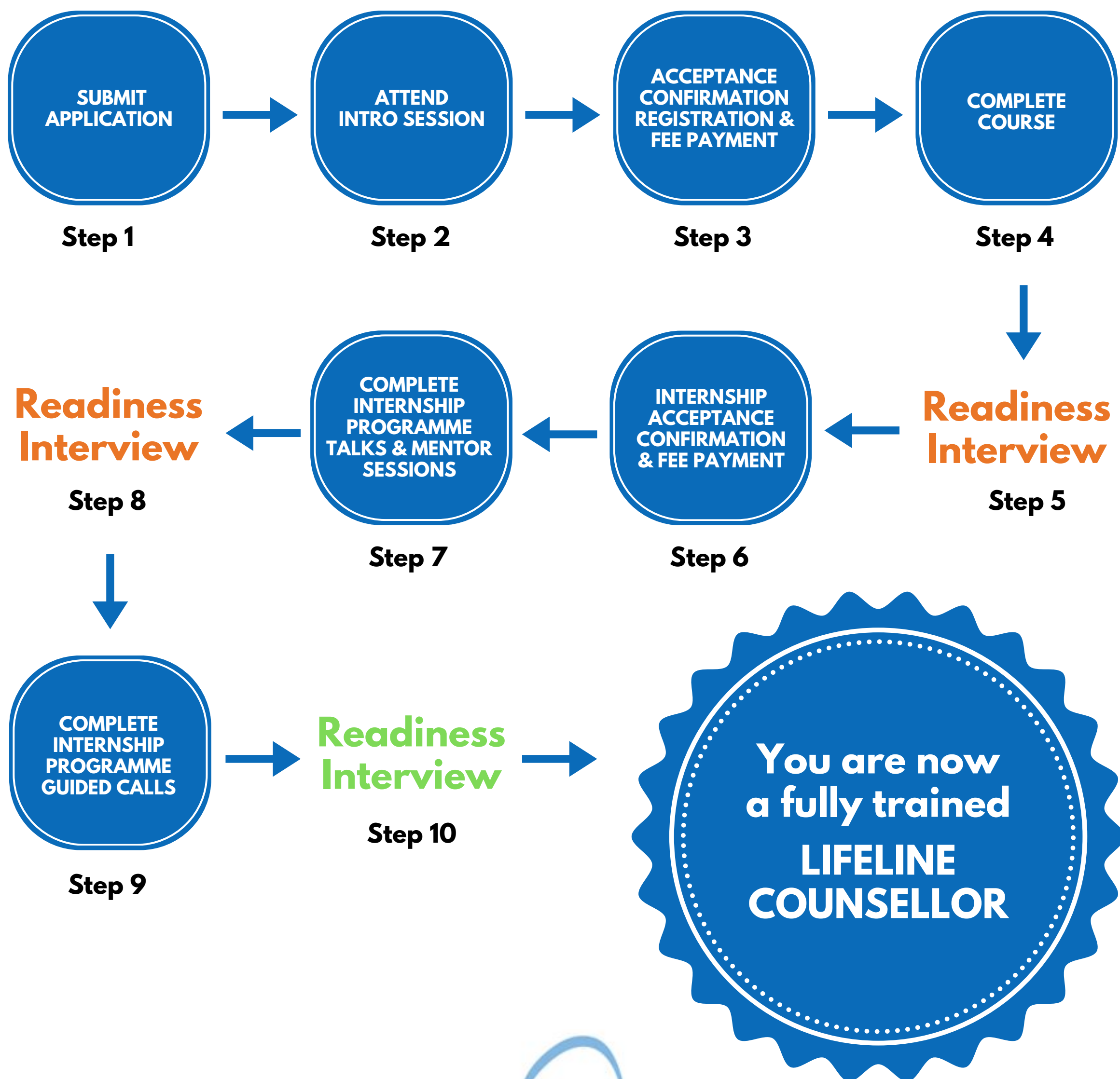
# STEPS TO BECOME A LAY COUNSELLOR

with LifeLine Johannesburg



**At LifeLine Johannesburg, we take Mental Health Counselling very seriously**

**REQUIREMENT: ALL PERSONS ARE REQUIRED TO SIGN AN ALLEGIANCE AND UNDERTAKING OF STRICT CONFIDENTIALITY**



# FURTHER COURSE INFO



## > Facilitators

Trained in-house  
Experienced LifeLine  
Counsellors  
Clinically supervised weekly

## > Course Content

Crafted by experts in the field  
Constant input from a team of  
Facilitators  
Fine-tuned by decades of  
implementation

## > Course Format

Small groups of 6 to 8 persons  
Choice of Morning or  
Evening sessions  
In-person OR  
Online via Zoom weekly

## > Eligibility

Must be 23 years or older  
Must have at least Matric  
Must attend ALL sessions

## Contact us

We welcome your enquiries  
and will try and assist you as far as we can.

LifeLine Johannesburg  
51 Dalene Road  
Bramley North  
Johannesburg 2090

011 728 1331  
course@lifelinejhb.org.za

## Course Fees

**500 | THE LIFELINE COURSE**  
**R9 000**  
plus R500 non-refundable  
Registration Fee

**FEE WAIVER:** When the full  
fee is settled on or before  
the 1st of July 2026, the  
Registration Fee of R500 is  
waived

**Payment Plan Option:**  
**R10 050**  
plus R500 non-refundable  
Registration Fee

**600 | INTERNSHIP PROGRAMME**  
**R4 500**  
**Payment Plan Option:**  
**R4 650**

# FREQUENTLY ASKED QUESTIONS



## > 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



## ➤ What certification do I get for completing the course?

On successful completion of the 100 Self Growth, 200 Foundation in Counselling and 600 Internship Programme phases of The LifeLine Course, 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 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.

## AUGUST 2026 THE LIFELINE COURSE

# COURSE SCHEDULE



## 500 | THE LIFELINE COURSE

**ATTENDANCE AT ALL SESSIONS IS MANDATORY**

### Module 1 - Self Growth

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	11 August 2026	09.00-12.30		18:00-21.30
2 & 3	Saturday	15 August 2026	09.00-16:00		
4	Tuesday	18 August 2026	09.00-12.30		18.00-21.30
5	Tuesday	25 August 2026	09.00-12.30		18.00-21.30
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9	Tuesday	15 September 2026	09.00-12.30		18.00-21.30
10	Saturday	19 September 2026	09.00-12.30		
11	Tuesday	22 September 2026	09.00-12.30		18.00-21.30
12	Tuesday	29 September 2026	09.00-12.30		18.00-21.30

### Module 2 - Foundation in Counselling

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	13 October 2026	09.00-12.30		18:00-21.30
2	Tuesday	20 October 2026	09.00-12.30		18.00-21.30
3	Saturday	24 October 2026	09.00-12.30		
4	Tuesday	27 October 2026	09.00-12.30		18.00-21.30
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7	Tuesday	17 November 2026	09.00-12.30		18.00-21.30
8	Tuesday	24 November 2026	09.00-12.30		18.00-21.30
9	Saturday	28 November 2026	09.00-12.30		
10	Tuesday	01 December 2026	09.00-12.30		18.00-21.30

PLUS approx. 10h of Extra Activities outside of session times

**PLEDGE : Saturday 05 December 2026**

## 600 | INTERNSHIP PROGRAMME

(Provisional Dates)

### Module 3 - Advanced Counselling Themes

Starts January 2027 & Ends March 2027 dates TBC  
NB: All subject to the number of Interns

### Module 4 - Guided Calls

GUIDED CALLS to be scheduled as required  
March 2027 to June 2027

## AUGUST 2026 THE LIFELINE COURSE

# COURSE PAYMENT



## 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 an 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**

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**KINDLY CONTACT US FOR ANY FURTHER INFORMATION NEEDED: [course@lifelinejhb.org.za](mailto:course@lifelinejhb.org.za) 011 728 1331**