

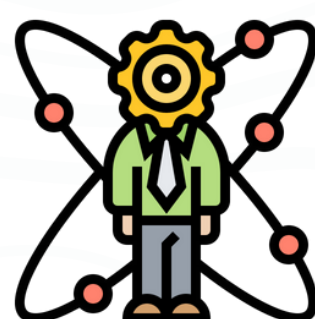


Since 1969
LifeLine Johannesburg
Serving the community



**Victim
Empowerment
Programs**

**Personal
Growth
Training**



**Mental Health
Counselling**



FREE Emotional Support Services

**Registered
Social Workers**



**Trained
Volunteers**



**LifeLine
Clinical Supervision**

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

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

600 | INTERNSHIP PROGRAMME

50hrs

Duration: 5 talks approx. 2.5h each, approx. 8 Mentor sessions 3h each, 5 guided calls with realtime Clients – NB: All subject to the number of Interns



42hrs

100 | SELF GROWTH

Explore the workings of your inner world

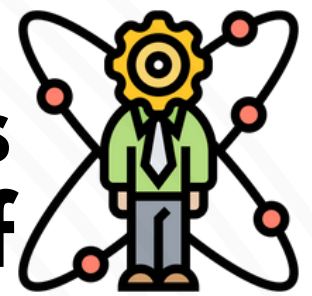
Duration: 12 sessions, 3.5/4h per session



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



**Emotional
Intelligence**



**Awareness
of the Self**

**Connect
deeply with
yourself**

Trust

**Discover
more of
who you
are**

Acceptance

**Work
towards
self-
acceptance**

Anger

SELF

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 || Self Growth Schedule || February 2026

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

CONTACT US:
 We welcome your enquiries and will try to assist you as far as we can.
 Email:
course@lifelinejhb.org.za

LifeLine Johannesburg
 2 The Avenue Corner
 Henrietta Road
 Norwood
 Johannesburg 2192
 011 728 1331

ELIGIBILITY
 Age: Min. 23yrs
 Education: Min. matric

FORMAT
 In-person or Fully online

COST
R6500
 plus R500 Registration

FEE WAIVER: When the full fee is settled on or before the 2nd of January 2026, Registration fee of R500 is waived**

Payment Plan Option:
 R6750 plus R500 Registration



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 may be issued as you have taken a place someone else could have filled.

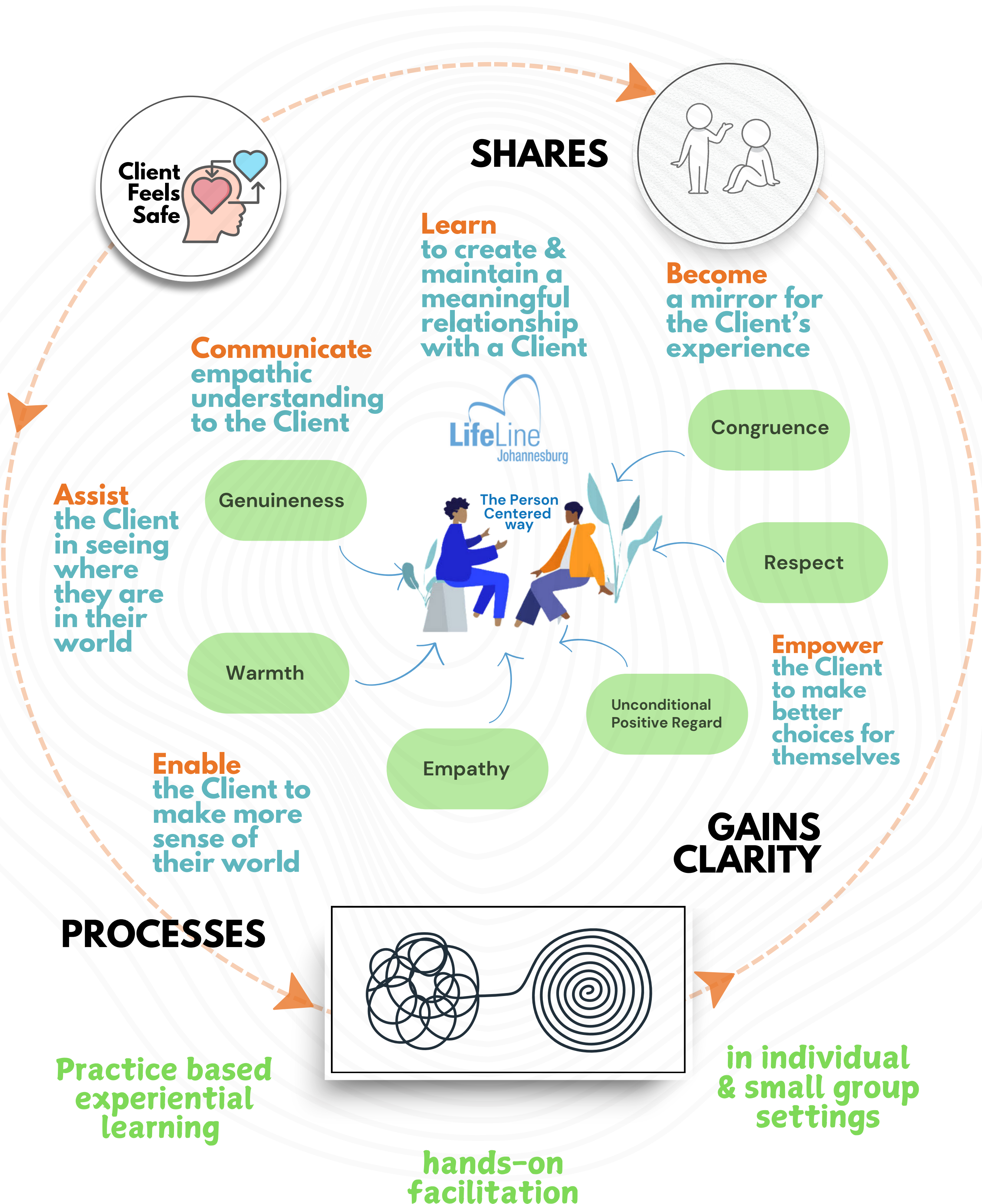
Before course starts, refund may be possible only if we are able to fill your place

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 || February 2026

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

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

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2 The Avenue Corner
Henrietta Road
Norwood
Johannesburg 2192

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.

Roleplaying
Reflecting
Giving &
Receiving
Feedback

ELIGIBILITY
Completed
100 Self Growth
Course

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 may
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.
37hrs

600 | INTERNSHIP PROGRAMME Module 3 - Advanced Counselling Themes

What: Delve deeper into the process of counselling by gaining further knowledge in some of the themes that confront Counsellors, including but not limited to HIV & Aids, GBV/Rape, Loss/Bereavement, Addiction and Trauma etc. Understand the nuances of contexts that may not be encountered casually in day-to-day lives.

How: A series focused on a specific theme per week presented as a talk. This is followed in a few days by a session with a Mentor hosting a group discussion and focused roleplays to integrate the theme, which may also include listening to recordings of real-time, anonymous Client calls.

Duration: 5 talks, approx. 2.5h each +
approx. 8 Mentor sessions 3h each
NB: All subject to number of Interns

• 50 hours

Course Code 600

COUNSELLING SKILLS - INTERNSHIP PROGRAMME

• Hands - on



approx.
13hrs

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. The calls are also debriefed and reviewed in groups hosted by a Mentor to allow for effective learning. A formal introduction into the role of a Counsellor with LifeLine, protocols, ethics surrounding a counselling relationship etc. are also discussed.

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

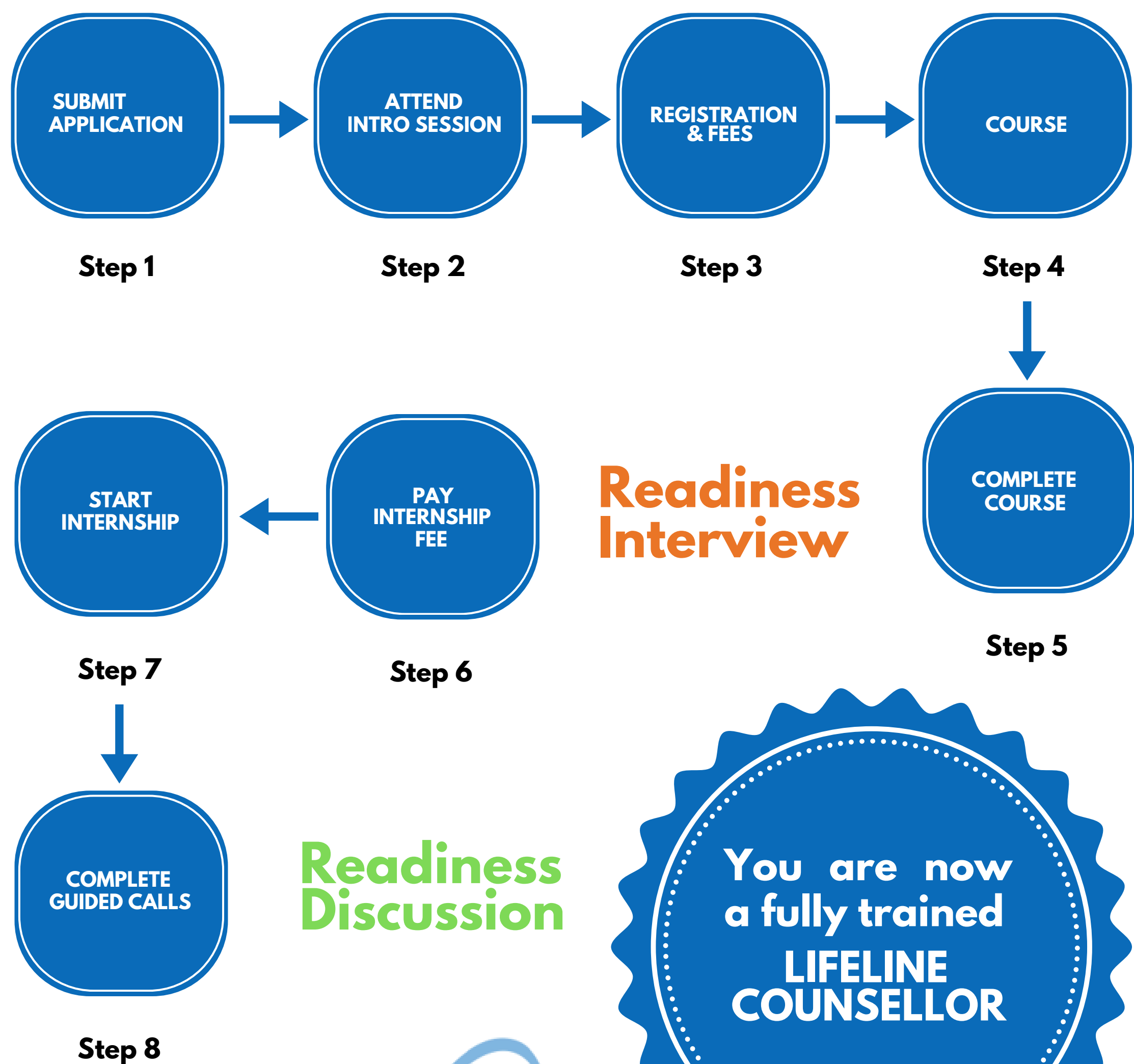
STEPS TO BECOME A LAY COUNSELLOR

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
2 The Avenue Cnr Henrietta Road
Norwood
Johannesburg 2192

011 728 1331
course@lifelinejhb.org.za

Course Fees

500 | THE LIFELINE COURSE
R9 000
plus R500 Registration

FEE WAIVER: When the full
fee is settled on or before
the 2nd of January 2026,
Registration fee of R500 is
waived**

Payment Plan Option:
R10 050
plus R500 Registration

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 1 session in each of 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 I Self Growth, 200 I Foundation in Counselling and 600 I 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 I Self Growth module in case you do not continue on to the 200 I 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, under current circumstances 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 I 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.

FEBRUARY 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	Wednesday	11 February 2026	09.00-12.30		18:00-21.30
2 & 3	Saturday	14 February 2026	09.00-16:00		
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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

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

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

PLEDGE : Saturday 27 June 2026

600 | INTERNSHIP PROGRAMME
(Provisional Dates)

Module 3 - Advanced Counselling Themes

Starts July 2026 & Ends September 2026 dates TBC
NB: All subject to the number of Interns

Module 4 - Guided Calls

GUIDED CALLS to be scheduled as required
September 2026 to December 2026

Intro Sessions
February 2026

NO	DATE	TIME
1	WILL BE SHARED IN DUE COURSE	TBC
2	WILL BE SHARED IN DUE COURSE	TBC
3	WILL BE SHARED IN DUE COURSE	TBC
4	WILL BE SHARED IN DUE COURSE	TBC

Kindly note that all Intro Sessions
happen online via Zoom

FEBRUARY 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.

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, you will be required to pay the registration fee followed by the course fee on the stipulated dates.

KINDLY NOTE THAT YOU MAY **NOT PAY FOR THE COURSE BEFORE ATTENDING AN INTRO SESSION**

**Intro
Sessions
February
2026**

NO	DATE	TIME
1	WILL BE SHARED IN DUE COURSE	TBC
2	WILL BE SHARED IN DUE COURSE	TBC
3	WILL BE SHARED IN DUE COURSE	TBC
4	WILL BE SHARED IN DUE COURSE	TBC

**Kindly note that all
Intro Sessions happen
online via Zoom**

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