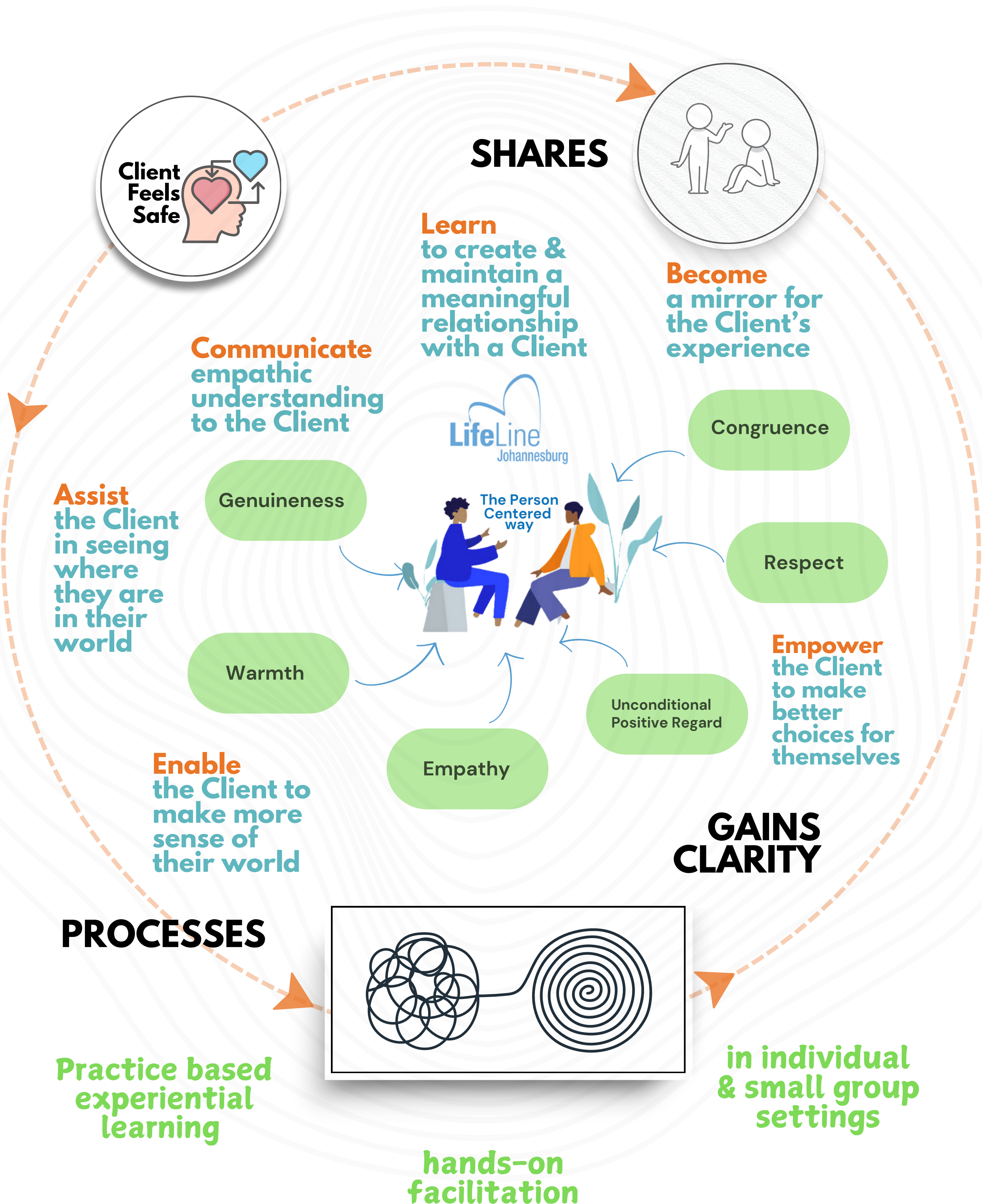


45hrs

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

Lifeline Johannesburg
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.