

The LifeLine Course – August 2026 Course Schedule

NB: ATTENDANCE AT ALL SESSIONS IS MANDATORY

MODULE 1 – SELF GROWTH

Course Prep: Week of 03 – 07 August 2026 TBC (Facilitators Only)

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

MODULE 2 – FOUNDATION IN COUNSELLING

Course Prep: Week of 05 – 09 October 2026 TBC (Facilitators Only)

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

SKILLS PRACTICE GROUPS (ONLINE FOR ALL GROUPS) * GROUP PRACTICE WITH ALTERNATIVE FACILITATOR

SKILLS PRACTICE SESSION NO	DAY	DATE	TIMES
1	Day TBC	21 st October to 26 th October 2026 (between Sessions 2 & 4)	1.5 hours - time TBC
2	Day TBC	28 th October to 2 nd November 2026 (between Sessions 4 & 5)	1.5 hours - time TBC
3	Day TBC	4 th November to 9 th November 2026 (between Sessions 5 & 6)	1.5 hours - time TBC

INTRA-GROUP CALLS * GROUP MEMBERS CALL EACH OTHER & ACT AS CLIENT OR COUNSELLOR (min. 2 calls)

INTRA-GROUP CALLS	DAY	DATE	TIMES
Minimum 2 calls	Day TBC	21 st October to 23 rd November 2026 (between Sessions 2 & 8)	Approx. 20mins each - time TBC

FACILITATOR & EXTERNAL MOCK CALLS

**FACILITATOR MOCK CALL: Facilitator phones each participant in turn to practice*

**EXTERNAL MOCK CALL: Call with an alternative Facilitator/Counsellor which is recorded & reviewed*

MOCK CALLS	DAY	DATE	TIMES
FACILITATOR MOCK CALL	Day TBC	11 th November to 16 th November 2026 (between Sessions 6 & 7)	Approx. 15mins each - time TBC
EXTERNAL MOCK CALL	Day TBC	18 th November to 23 rd November 2026 (between Sessions 7 & 8)	Approx. 15mins each - time TBC

PLEDGE CEREMONY:

Saturday 5th December 2026 morning

INTERNSHIP PROGRAMME (Provisional Dates & Times)

NB: ATTENDANCE AT ALL SESSIONS IS MANDATORY

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.

MODULE 3 – ADVANCED COUNSELLING THEMES

Course Prep: Week of 11 – 15 January 2027 TBC (Mentors Only)

	SESSION	DAY	DATE	TIMES	TOPIC
	Mentor Intro	Wednesday	20 January 2027	18.00-21.00	
1	Intern1	Saturday	23 January 2027	09.00-11.30	HIV & AIDS
1	Mentor1	Wednesday	27 January 2027	18.00-21.00	
2	Intern2	Saturday	30 January 2027	09.00-11.30	GBV/Rape
2	Mentor2	Wednesday	03 February 2027	18.00-21.00	
3	Intern3	Saturday	06 February 2027	09.00-11.30	Loss/Bereavement
3	Mentor3	Wednesday	10 February 2027	18.00-21.00	
4	Mentor4	Wednesday	17 February 2027	18.00-21.00	
4	Intern4	Saturday	20 February 2027	09.00-11.30	Addiction
5	Mentor5	Wednesday	24 February 2027	18.00-21.00	
5	Intern5	Saturday	27 February 2027	09.00-11.30	Trauma
6	Mentor6	Wednesday	03 March 2027	18.00-21.00	
7	Mentor7	Wednesday	10 March 2027	18.00-20.30	

A Readiness Interview will be conducted prior to the guided calls process to determine the Trainee's readiness for the Guided Call process.

MODULE 4 – GUIDED CALLS

To be scheduled from March 2027 to June 2027. Interns will do guided calls with up to 5 real-time Clients (including follow up calls), which will be debriefed and assessed. A Readiness Interview will be conducted post guided calls completion for integration into the LifeLine Johannesburg counselling body.