

The LifeLine Course – August 2025

ATTENDANCE AT ALL SESSIONS IS MANDATORY

01 MODULE 1 – PERSONAL GROWTH

Course Prep: Week of 4 – 10 August 2025 TBC (Facilitators Only)

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	12 August 2025	09.00-12.30		18:00-21.30
2 & 3	Saturday	16 August 2025	09.00-16:00		
4	Tuesday	19 August 2025	09.00-12.30		18.00-21.30
5	Tuesday	26 August 2025	09.00-12.30		18.00-21.30
6	Tuesday	02 September 2025	09.00-12.30		18.00-21.30
7	Saturday	06 September 2025	09.00-12.30		
8	Tuesday	09 September 2025	09.00-12.30		18.00-21.30
9	Tuesday	16 September 2025	09.00-12.30		18.00-21.30
10 & 11	Saturday	20 September 2025	09.00-16.00		
12	Tuesday	30 September 2025	09.00-12.30		18.00-21.30

02 MODULE 2 - COUNSELLING SKILLS

Course Prep: Week of 6 – 12 October 2025 TBC (Facilitators Only)

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Thursday	16 October 2025	09.00-12.30		18:00-21.30
2	Tuesday	21 October 2025	09.00-12.30		18.00-21.30
3	Saturday	25 October 2025	09.00-12.30		
4	Tuesday	28 October 2025	09.00-12.30		18.00-21.30
5	Tuesday	04 November 2025	09.00-12.30		18.00-21.30
6	Tuesday	11 November 2025	09.00-12.30		18.00-21.30
7	Tuesday	18 November 2025	09.00-12.30		18.00-21.30
8	Tuesday	25 November 2025	09.00-12.30		18.00-21.30
9	Saturday	29 November 2025	09.00-12.30		
10	Tuesday	02 December 2025	09.00-12.30		18.00-21.30

SKILLS PRACTICE GROUPS (ONLINE FOR ALL GROUPS)

SKILLS PRACTICE SESSION NO	DAY	DATE	TIMES
1	TBC	Week of 26 October 2025 to 27 October 2025	TBC
2	TBC	Week of 05 November 2025 to 10 November 2025	TBC
3	TBC	Week of 19 November 2025 to 24 November 2025	TBC

PLEDGE: Saturday 6th December 2025 morning

Internship (Provisional Dates & Times)

03 MODULE 3 – ADVANCED COUNSELLING THEMES

Course Prep: 12 January 2026 TBC (Mentors Only)

	SESSION	DAY	DATE	TIMES	TOPIC
	Mentor Intro	Tuesday	13 January 2026	18.00-21.00	
1	Intern1	Saturday	17 January 2026	09.00-11.30	HIV & AIDS
1	Mentor1	Tuesday	20 January 2026	18.00-21.00	
2	Intern2	Saturday	31 January 2026	09.00-11.30	GBV/Rape
2	Mentor2	Tuesday	03 February 2026	18.00-21.00	
3	Intern3	Saturday	14 February 2026	09.00-11.30	Loss/Bereavement
3	Mentor3	Tuesday	17 February 2026	18.00-21.00	
4	Intern4	Saturday	28 February 2026	09.00-11.30	Addiction
4	Mentor4	Tuesday	03 March 2026	18.00-21.00	
5	Intern5	Saturday	14 March 2026	09.00-11.30	Trauma
5	Mentor5	Tuesday	17 March 2026	18.00-21.00	
	Mentor Catch-up	Tuesday	24 March 2026	18.00-20.30	

04 MODULE 4 – GUIDED CALLS to be scheduled as needed