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LIFELINE SERVICES

LifeLine offers a confidential counselling service to all members of the community who are in need or in an emotional crisis. Trained lay counsellors who are skilled in the art of counselling provide this service. LifeLine provides telephone counselling, face-to-face counselling, rape counselling, trauma counselling and HIV and AIDS counselling. LifeLine also provides courses in personal growth and counselling skills.

IN-PERSON & ONLINE COURSE ANNOUNCEMENT 2026

LifeLine Pretoria will present the following courses at Loreto School in Queenswood and Online during the year 2026:

1. PERSONAL GROWTH COURSE (ONLINE & IN-PERSON)

This course is designed to enhance self-awareness and acceptance of self and others. It focuses on conflict styles, emotional baggage and provides an opportunity for setting personal goals. This is a time where you can become aware of your uniqueness, value and potential.

PERSONAL GROWTH COURSE DURATIONS

DURATION OF SATURDAY COURSE: Seven consecutive Saturdays (4-hour sessions).

DURATION OF WEEKDAY & EVENING: Nine, 4-hour sessions twice per week in the mornings or evenings. (See course dates on page 2 & 3).

Each session consists of theoretical input, experiential learning and small group interaction. Participants are expected to attend ALL sessions. Please note that if you miss a morning / evening session you cannot join a Saturday session and also you will not be allowed to continue with the course. The same applies if you miss a Saturday session.

Certificates

Certificates will be presented to participants who have successfully completed the course.

NB. *Once the course has commenced no refund of the course fees can be made on the Personal Growth Course*

IN-PERSON & ONLINE PERSONAL GROWTH COURSE INFORMATION

CRITERIA FOR ACCEPTANCE TO PERSONAL GROWTH COURSE

Persons who have experienced a recent life crisis (in the preceding 6 months) need time to work through it before attending the course and before they are ready to help others. The objective of this course is personal growth, not therapy.

- ➔ Minimum age: 20 years
- ➔ Minimum number of participants per course: 25
- ➔ An application form must be filled in to reserve a place on the course. (You are still required to pay a deposit and **register online** on the specified dates)

- You are not allowed to miss a session, and if it happens that you do miss a session, you will not be allowed to continue with the course and there is no refund, however you have the opportunity to join the next course.

FEES AND PAYMENT

- **R3400.00 per person for the Personal Growth Course.**

Acceptance of registration is subject to the payment of a deposit of **50%** of the course fee. The balance of the course fee must be paid before the course starts. Payment can be made by direct deposit, *via* electronic transfer into LifeLine Pretoria bank account or during registration through the card payment machine at the LifeLine Pretoria offices. Please note that we do not accept cash during the course registrations.

NB. 25% admin fees for cancellations of the course and no refunds once the course commences.

Bank details: First National Bank (FNB), Account number: 631 972 77 982, Account Holder: LifeLine Pretoria, Branch: Menlyn, Branch code: 250 655, Use as banking reference: PG and your surname.

In-Person & Online Personal Growth Course Dates 2026

FEBRUARY 2026 COURSES: Online only Registration will open on the 5 January 2026.

PERSONAL GROWTH COURSE

Saturdays: 6 Sessions (08:45-13:00)

Sat 28 February
 Sat 07 March
 Sat 14 March
 Sat 28 March
 Sat 11 April
 Sat 18 April
 Sat 25 April

Weekday Mornings: 9 Sessions (08:45-13:00)

Tue 24 February	Fri 13 March
Fri 27 February	Tue 17 March
Tue 03 March	Tue 20 March
Fri 06 March	Fri 24 March
Tue 10 March	

NB. Evening Online Personal Growth Course,

Weekday Evenings: 9 Sessions (17:30 - 20:30)

Mon 23 February	Thurs 12 March
Thurs 26 February	Mon 16 March
Mon 02 March	Thurs 19 March
Thurs 05 March	Mon 23 March
Mon 09 March	

JUNE 2026 COURSES: Online only Registration will take place from 1 June 2026.

PERSONAL GROWTH COURSE

Saturdays: 7 Sessions (08:45-13:00)

Sat 04 July	Sat 08 August
Sat 11 July	Sat 15 August
Sat 18 July	
Sat 25 July	
Sat 01 August	

Weekday Mornings: 9 Sessions (08:45-13:00)

Tue 07 July	Tue 21 July
Fri 10 July	Fri 24 July
Tue 14 July	Tue 28 July
Fri 17 July	Fri 31 July
	Tue 04 August

NB. Evening Online Personal Growth Course,

Weekday Evenings: 9 Sessions (17:30- 20:30)

Mon 06 July	Mon 20 July
Thurs 09 July	Thurs 23 July
Mon 13 July	Mon 27 July
Thurs 16 July	Thurs 30 July
	Mon 03 August

OCTOBER 2026 COURSES: Online only Registration will take place from 1 September 2026.

IN-PERSON & ONLINE PERSONAL GROWTH COURSE

Saturdays: 7 Sessions (08:45-13:00)

Sat 10 October
 Sat 17 October
 Sat 24 October
 Sat 31 October
 Sat 07 November
 Sat 14 November
 Sat 21 November

Weekday Mornings: 9 Sessions (08:45-13:00)

Tue 13 Oct	Fri 30 October
Fri 16 Oct	Tue 03 November
Tue 20 October	Fri 06 November
Fri 23 October	Tues 10 November
Tue 27 October	

NB. Evening Online Personal Growth Course,

Weekday Evenings: 9 Sessions (17:30 - 20:30)

Mon 12 October	Thurs 29 October
Thurs 15 October	Mon 02 November
Mon 19 October	Thurs 5 November
Thurs 22 October	Mon 09 November
Mon 26 October	

In-Person Counselling Skills Course Dates 2026

2. COUNSELLING SKILLS COURSE

The Counselling Skills Course focuses on acquiring theoretical knowledge and practical skills for effective counselling, e.g. listening and empathy. It is taught through experiential learning with lots of interactive involvement for the participants.

Counselling Skills Course Duration

Duration of Saturday Course: Seven consecutive Saturdays (4-hour sessions).
 Duration of WEEKDAY Course: Nine 3-hour sessions twice per week in the mornings.
 (See course dates on page 4).

Certificates

Certificates will be presented to participants who have successfully completed the course.

NB. Once the course has commenced no refund of the course fees can be made on the Counselling Skills Course

- ➔ You are not allowed to miss a session, and if it happens that you do miss a session, you will not be allowed to continue with the course; however you have the opportunity to join the next course at a cost.

ONLINE COUNSELLING SKILLS COURSE INFORMATION

CRITERIA FOR ACCEPTANCE TO COUNSELLING SKILLS COURSE

- ➔ The Personal Growth Course is a PREREQUISITE for the Counselling Skills Course.
- ➔ You can only participate in one of the next two consecutive Counselling Skills Courses, WITHIN 1 YEAR. If you do not participate in either of the two specified courses, you will be required redo the personal growth course again.

The focus during this course is on acquiring theoretical knowledge and practical skills, e.g. listening and empathy.

FEES AND PAYMENT

- **R3200.00 per person for the Counselling Skills Course.**

The cost of the manual is included in the fee.

Acceptance of registration is subject to the payment of a deposit of **50%** of the course fee. The balance of the course fee must be paid before the course starts. Payment can be made by direct deposit, *via* electronic transfer into LifeLine Pretoria's bank account or during registration through the card payment machine at the LifeLine Pretoria offices. Please note that we do not accept cash during the course registrations.

NB. 25% admin fees for cancellations of the course and no refunds once the course commences.

Bank details: First National Bank (FNB), Account number: 631 972 77 982, Account Holder: LifeLine Pretoria, Branch: Menlyn, Branch code: 250 655, Use as banking reference: PG and your surname.

In-Person & Online Counselling Skills Course Dates 2026

IN-PERSON & ONLINE COUNSELLING SKILLS COURSE 2026

(Prerequisite: July 2025 or October 2025 LifeLine Pretoria Personal Growth Course)

Saturdays: 6 Sessions (08:45-13:00)

Sat 10 January
 Sat 17 January
 Sat 24 January
 Sat 31 January
 Sat 07 February
 Sat 14 February

IN - PERSON & ONLINE COUNSELLING SKILLS COURSE

(Prerequisite October 2025 or February 2026 LifeLine Pretoria Personal Growth Course)

Saturdays: 6 Sessions (08:45-13:00)

Sat 09 May
 Sat 16 May
 Sat 23 May
 Sat 30 May
 Sat 06 June
 Sat 13 June

Weekday mornings: 9 Sessions (08:45-13:00)

Tue 05 May	Fri 22 May
Fri 08 May	Tue 26 May
Tue 12 May	Fri 29 May
Fri 15 May	Tue 2 June
Tue 19 May	

NB. Online Evening Counselling Skills Course,

Weekday Evenings: 9 Sessions (17:30 - 20:30)

Mon 04 May	Thurs 21 May
Thurs 07 May	Mon 25 May
Mon 11 May	Thurs 28 May
Thurs 14 May	Mon 01 June
Mon 18 May	

IN-PERSON & ONLINE COUNSELLING SKILLS COURSE

(Prerequisite February 2026 or July 2026 LifeLine Pretoria Personal Growth course)

Saturdays: 6 Sessions (08:45-13:00)

Sat 29 August
 Sat 05 September
 Sat 12 September
 Sat 19 September
 Sat 26 September
 Sat 03 October

Weekday mornings: 9 Sessions (08:45-13:00)

Tue 25 August	Tue 14 September
Fri 28 August	Fri 18 September
Tue 01 September	Tue 22 September
Fri 04 September	
Tue 08 September	
Fri 11 September	

NB. Online Evening Counselling Skills Course,

Weekday Evenings: 9 Sessions (17:30 - 20:30)

Mon 24 August	Thurs 10 September
Thurs 27 August	Mon 14 September
Mon 31 August	Thurs 17 September
Thurs 03 September	Mon 21 September
Mon 07 September	

Becoming a LifeLine Counsellor

The Process

In order to provide an effective crisis counselling service to the community, LifeLine needs to recruit and train volunteer lay counsellors. After completing both the courses a selection process follows for participants who wish to become LifeLine volunteers. The successful applicants are required to undergo a further probationary training programme of approximately six months aimed at honing their counselling skills. However, there is no obligation to become a LifeLine volunteer. Participants may do the Personal Growth and Counselling Skills courses purely for their own benefit.

Being a LifeLine Counsellor

The team of volunteer LifeLine counsellors covers all the services rendered by LifeLine Pretoria. You will start off with telephone and face-to-face counselling and also receive training in Trauma, HIV/AIDS Rape counselling, Bereavement counselling, etc.

I wish to apply for the following courses in the series starting February / June / October 2026:

IN- PERSON COURSES:

Personal Growth (Saturday course) _____ Personal Growth (Weekday morning course) _____

Counselling Skills (Saturday course) _____ Counselling Skills (Weekday morning course) _____

I wish to apply for the following courses in the series starting February / June / October 2026:

ONLINE COURSES:

Personal Growth (Saturday course) _____ Personal Growth (Weekday morning course) _____

Personal Growth (Evening course) _____

Counselling Skills (Saturday course) _____ Counselling Skills (Weekday morning course) _____

Counselling Skills (Evening course) _____

Application Form on next page

