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E-mail: training@lifelinepta.org.za

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 2027

LifeLine Pretoria will present the following courses at Loreto School in Queenswood and Online during the year 2027:

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**)

➔ 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 2027

FEBRUARY 2027 COURSES: Online only Registration will open on the 4 January 2027.

PERSONAL GROWTH COURSE

Weekday Mornings: 8 Sessions (08:45-13:00)

Tue	23 February	Fri	12 March
Fri	26 February	Tue	16 March
Tue	02 March	Fri	19 March
Fri	05 March		
Tue	09 March		

NB. Evening Online Personal Growth Course.

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

Mon	22 February	Thurs	11 March
Thurs	25 February	Mon	15 March
Mon	01 March	Thurs	18 March
Thurs	04 March		
Mon	8 March		

JUNE 2027 COURSES: Online only Registration will take place from 1 May 2027.

PERSONAL GROWTH COURSE

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

Sat	05 June	Sat	10 July
Sat	12 June	Sat	17 July
Sat	17 June		
Sat	26 June		
Sat	03 July		

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

Tue	08 June	Fri	25 June
Fri	11 June	Tue	29 June
Fri	18 June	Fri	02 July
Tue	22 June	Tue	06 July
		Fri	09 July

NB. Evening Online Personal Growth Course,

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

Mon	07 June	Thurs	24 June
Thurs	10 July	Mon	28 June
Thurs	17 June	Thurs	01 July
Mon	21 June	Mon	05 July
		Thurs	08 July

OCTOBER 2027 COURSES: Online only Registration will take place from 1 August 2027.

IN–PERSON & ONLINE PERSONAL GROWTH COURSE

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

Sat	09 October
Sat	16 October
Sat	23 October
Sat	30 October
Sat	06 November
Sat	13 November
Sat	20 November

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

Tue	12 Oct	Fri	29 October
Fri	15 Oct	Tue	02 November
Tue	19 October	Fri	05 November
Fri	22 October	Tues	09 November
Tue	26 October		

NB. Evening Online Personal Growth Course,

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

Mon	11 October	Thurs	28 October
Thurs	14 October	Mon	01 November
Mon	18 October	Thurs	04 November
Thurs	21 October	Mon	08 November
Mon	25 October		

In-Person Counselling Skills Course Dates 2027

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 2027

IN-PERSON & ONLINE COUNSELLING SKILLS COURSE 2026

(Prerequisite: July 2026 or October 2026 LifeLine Pretoria Personal Growth Course)

NB. Online Morning Counselling Skills Course,

Weekday Morning: 9 Sessions (09:00-12:30)

Tue	12 January	Tue	2 February
Fri	15 January	Fri	5 February
Tue	19 January	Tue	9 February
Fri	22 January		
Tue	26 January		
Fri	29 January		

NB. Online Evening Counselling Skills Course,

Weekday Evening: 9 Sessions (17:30 - 20:00)

Mon	11 January	Thurs	28 January
Thurs	14 January	Mon	1 February
Mon	18 January	Thurs	4 February
Thurs	21 January	Mon	8 February
Mon	25 January		

NB: Please note that Counselling Skills Course in January 2027, is presented in Weekday Evenings and Mornings only.

IN - PERSON & ONLINE COUNSELLING SKILLS COURSE

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

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

Tue	06 April	Fri	23 April
Fri	09 April	Fri	30 April
Tue	13 April	Tue	04 May
Fri	16 April	Fri	07 May
Tue	20 April		

NB. Online Evening Counselling Skills Course,

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

Mon	05 April	Thurs	22 April
Thurs	08 April	Thurs	29 April
Mon	12 April	Mon	03 May
Thurs	15 April	Thurs	06 May
Mon	19 April		

IN-PERSON & ONLINE COUNSELLING SKILLS COURSE

(Prerequisite February 2027 or June 2027 LifeLine Pretoria Personal Growth course)

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

Sat	07 August
Sat	14 August
Sat	21 August
Sat	28 August
Sat	02 September
Sat	11 September

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

Tue	02 August
Fri	06 August
Fri	13 August
Tue	17 August
Fri	20 August
Tue	24 August
Fri	27 August
Tue	31 August
Fri	03 September

NB. Online Evening Counselling Skills Course,

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

Mon	02 August
Thurs	05 August
Thurs	12 August
Mon	16 August
Thurs	19 August
Mon	23 August
Thurs	27 August
Mon	30 August
Fri	02 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 2027:

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 2027:

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

APPLICATION FORM 2027

Procedure

1. Send your application form to LifeLine Pretoria.
2. A course registration form link will be forwarded to you on the specified registration dates.
3. Pay the deposit or full course fee to LifeLine Pretoria on or before the registration date.
4. Pay the balance of the course fee, if any, before the course starts.
5. Email your proof of payment to LifeLine. E-mail: ***training@lifelinepta.org.za***
6. The application form reserves a place on the course. You must still register online**. (IF YOU DO NOT REGISTER YOUR APPLICATION WILL BE CANCELLED)**

Particulars

SURNAME: Mr/Mrs/Ms _____

FULL NAMES: _____

NAME YOU WANT TO BE CALLED BY/ FIRST NAME _____

GENDER: Male ☐ Female ☐

AGE: _____

TELEPHONE: Home: _____ Cell: _____

Work: _____

WHATSAPP: _____

E-MAIL: _____

FAMILY OR FRIEND: _____

I wish to apply for the following courses in the series starting February / June / October 2027:

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

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

Deposit / Full amount of R_____ attached / paid into LifeLine account (see attached).

Bank details: Bank details: First National Bank (FNB), Account number: 631 972 77 982, Account Holder: LifeLine Pretoria, Branch: Menlyn, Branch code: 250 655, either PG or CS or PG/CS (for both courses paid together at once) and your surname.

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

Signature of applicant: _____ Date: _____