

# BASIC YOUTH & COMMUNITY COUNSELLING SKILLS

*Youthline*  
*Changing lives.*

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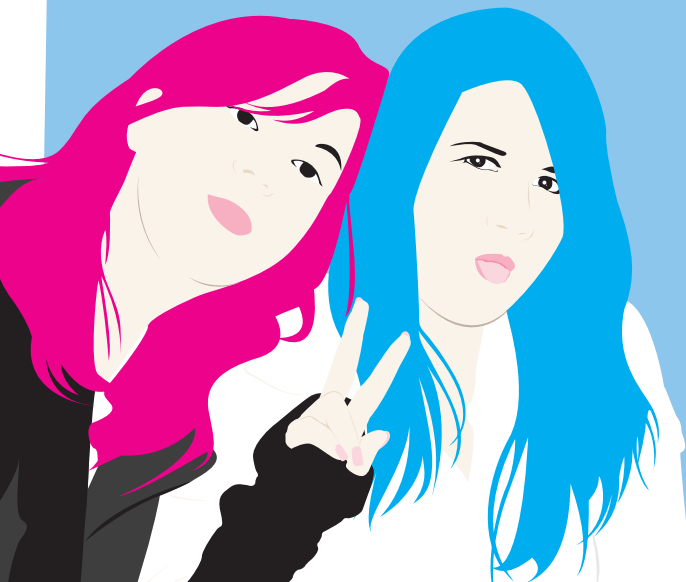
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Ok – so you're passionate about youth and think you've got what it takes to change lives?

This is where the skills-building really kicks in! We meet one evening a week for around three months. Through this course we introduce and practice a wide range of skills for counselling on phones, text messages and emails. We also start looking at some of the big issues that are out there, and start to get to grips with how to manage them so we are prepared for these issues emerging from young people we work with. These include grief, anger and aggression, depression and suicidality.

By the end of this course most people will have the basic skills under their belts and be ready to get started with us in the booths (the 'Hub') to respond to phone calls, text messages and emails, or with one of the other services we provide for young people and the community.

**When:** Programmes begin April and September each year with ten weekly evening sessions and two full Saturday's.

**Where:** Ponsonby, Manukau, Waitakere and North Shore

**Prerequisites:** Youthline's Personal Development Programme

**Cost:** \$65- 120 for the programme dependant on income.

Talk with us if this is a problem.

**Phone:** (09) 361 4170

**Email:** [volunteer@youthline.co.nz](mailto:volunteer@youthline.co.nz)

**Register Online:** [www.youthline.co.nz](http://www.youthline.co.nz)

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