



# Volunteer & Internship Training January 2026 Schedule

Thank you for your interest in volunteering with Lines for Life! Our call center answered over 167,977 contacts in 2024, and we could not provide these services without the generous commitment from our volunteers and interns.

Crisis line training follows a hybrid format, with both virtual and in-office sessions. Training requires **30+ hours of independent learning online in addition to the scheduled classroom curriculum - so expect to have homework!**

**Trainees are required to attend all of the following sessions:**

- Friday, January 16<sup>th</sup> 12:30-5:30pm (Virtual)
- Saturday, January 17<sup>th</sup> 12:30-5:30pm (Virtual)
- Sunday, January 18<sup>th</sup> 12:30-5:30pm (Virtual)
- Friday, January 23<sup>rd</sup> 12:30-5:30pm (Virtual)
- Saturday, January 24<sup>th</sup> 9:00am-5:30pm (in-office)

**Trainees will also attend 6 hours of listening shifts (Virtual):**

- Option 1: (1) 6hr shift on Tuesday, January 27th 9am-3pm
- Option 2: (2) 3hr shifts, on Wednesday, January 28<sup>th</sup> 5pm-8pm & Thursday, January 29<sup>th</sup> 5pm-8pm

**Finally, trainees will select 2 role-play practice shifts to attend during the following date range (In-Office):**

- Choose from Tuesday through Saturday shifts
- Between February 2<sup>nd</sup> & February 28<sup>th</sup>
- Shifts run for 4 hours with various times offered

Please contact our Volunteer Coordination team with questions at [crisislinevolunteers@linesforlife.org](mailto:crisislinevolunteers@linesforlife.org)

