

STUDENT HEALTH AND WELLBEING ACTIVITIES: SEMESTER 1, 2026

CITY

JOONDALUP

ONLINE

SOUTH-WEST

TLR = THE LIVING ROOM
SBR = STUDY-
BREATHE-REPEAT

WEEK 1	<u>AFTER DARK SAFETY TOUR 23RD FEB</u>	<u>SBR - PLANNING 23RD FEB</u>	<u>SBR - PLANNING 24TH FEB</u>	<u>MIDWEEK RESET 25TH FEB</u>	<u>TLR CAFE 25TH FEB</u>	<u>COMMUNITY GARDEN 26TH FEB</u>	<u>THRIVE THROUGH THESIS 26TH FEB</u>
WEEK 2	<u>EQUITY SUNRISE WALK SOCIAL 3RD MARCH</u>	<u>MIDWEEK RESET 4TH MARCH</u>	<u>TLR CAFE 4TH MARCH</u>	<u>RAINBOW SOCIAL 4TH MARCH</u>	<u>DISABILITY & NEURODIVERGENT SOCIAL 5TH MARCH</u>	<u>COMMUNITY GARDEN 5TH MARCH</u>	
WEEK 3	<u>AFTER DARK SAFETY TOUR 9TH MARCH</u>	<u>MIDWEEK RESET 11TH MARCH</u>	<u>TLR CAFE 11TH MARCH</u>	<u>PARENTS AND CARERS SOCIAL 11TH MARCH</u>	<u>COMMUNITY GARDEN 12TH MARCH</u>	<u>RESILIENCE & BELONGING 12TH MARCH</u>	
WEEK 4	<u>MIDWEEK RESET 18TH MARCH</u>	<u>TLR CAFE 18TH MARCH</u>	<u>TLR DISABILITY & NEURODIVERGENT SOCIAL 18TH MARCH</u>	<u>SELF CARE 18TH MARCH</u>	<u>RAINBOW SOCIAL 19TH MARCH</u>	<u>COMMUNITY GARDEN 19TH MARCH</u>	
WEEK 5	<u>SBR - STRENGTH 23RD MARCH</u>	<u>SBR - STRENGTH 24TH MARCH</u>	<u>MIDWEEK RESET 25TH MARCH</u>	<u>EQUITY SUNRISE WALK SOCIAL 24TH MARCH</u>	<u>TLR CAFE 25TH MARCH</u>	<u>TLR BREAKFAST 26TH MARCH</u>	<u>THRIVE THROUGH THESIS 26TH MARCH</u>
WEEK 6	<u>MIDWEEK RESET 1ST APRIL</u>	<u>TLR CAFE 1ST APRIL</u>	<u>RAINBOW SOCIAL 1ST APRIL</u>	<u>COMMUNITY GARDEN 2ND APRIL</u>	<u>TLR DISABILITY & NEURODIVERGENT SOCIAL 2ND APRIL</u>		
BREAK	<u>SELF CARE 8TH APRIL</u>						
WEEK 7	<u>PROCRASTINATING 14TH APRIL</u>	<u>MIDWEEK RESET 15TH APRIL</u>	<u>TLR CAFE 15TH APRIL</u>	<u>DISABILITY & NEURODIVERGENT SOCIAL 15TH APRIL</u>	<u>CONFIDENCE BETWEEN THE SHEETS 16TH APRIL</u>	<u>COMMUNITY GARDEN 16TH APRIL</u>	<u>RAINBOW SOCIAL 16TH APRIL</u>
WEEK 8	<u>MIDWEEK RESET 22ND APRIL</u>	<u>EQUITY SUNRISE WALK SOCIAL 21ST APRIL</u>	<u>TLR CAFE 22ND APRIL</u>	<u>COMMUNITY GARDEN 23RD APRIL</u>			

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WEEK 9	<u>SBR - TACKLING</u> <u>27TH APRIL</u>	<u>SBR - TACKLING</u> <u>28TH APRIL</u>	<u>TLR BREAKFAST</u> <u>28TH APRIL</u>	<u>MIDWEEK RESET</u> <u>29TH APRIL</u>	<u>TLR CAFE</u> <u>29TH APRIL</u>	<u>PARENTS AND CARERS</u> <u>SOCIAL</u> <u>29TH APRIL</u>	<u>THRIVE THROUGH</u> <u>THESIS 30TH APRIL</u>
WEEK 10	<u>MIDWEEK RESET</u> <u>6TH MAY</u>	<u>TLR CAFE</u> <u>6TH MAY</u>	<u>TLR RAINBOW SOCIAL</u> <u>6TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>7TH MAY</u>	<u>DISABILITY &</u> <u>NEURODIVERGENT</u> <u>SOCIAL 7TH MAY</u>		
WEEK 11	<u>MIDWEEK RESET</u> <u>13TH MAY</u>	<u>TLR CAFE</u> <u>13TH MAY</u>	<u>DISABILITY &</u> <u>NEURODIVERGENT</u> <u>SOCIAL 13TH MAY</u>	<u>TLR RAINBOW SOCIAL</u> <u>14TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>14TH MAY</u>		
WEEK 12	<u>EQUITY SUNRISE WALK</u> <u>SOCIAL 19TH MAY</u>	<u>MIDWEEK RESET</u> <u>20TH MAY</u>	<u>TLR CAFE</u> <u>20TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>21ST MAY</u>			
WEEK 13	<u>SBR - FINAL CHECK</u> <u>25TH MAY</u>	<u>SBR - FINAL CHECK</u> <u>26TH MAY</u>	<u>MIDWEEK RESET</u> <u>27TH MAY</u>	<u>TLR CAFE</u> <u>27TH MAY</u>	<u>TLR BREAKFAST</u> <u>27TH MAY</u>	<u>THRIVE THROUGH</u> <u>THESIS 28TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>28TH MAY</u>
EXAMS	SEATED MESSAGES DATE TBC	SEATED MESSAGES DATE TBC					
BREAK	<u>EMPATHY WITHOUT</u> <u>BURNOUT 22ND JUNE</u>	<u>THRIVE THROUGH THESIS</u> <u>25TH JUNE</u>					

For International Cafe dates and other events for International Students, click [here](#).