



Pop in and ask us about
guided meditation/mindfulness
in TLR



The Living Room Joondalup

The Living Room at ECU, is a warm and welcoming space where students can find free, peer support, and mental health/wellbeing resources, an inviting place to seek guidance, and feel supported when it's needed.

**The Living Room is a space for wellbeing and support, not for studying or heating up lunch.*



Joondalup:

- Wellbeing Precinct, Building 6 (upstairs from café 6).
- 10:00 am – 3:00 pm, Monday to Friday (excluding public holidays)
- We have a Living Room in Mount Lawley, feel free to ask us more 😊

Creative
thinkers
made here.

*TLR Café, every
Wednesday during
term time & The
Brew Crew, first
Tuesday of every
month 3:30 – 4:30.
Breakfast Club,
last Wednesday of
every month, 08:00
– 09:00.
(JO.06.201)*

The Living Room Joondalup

What on in Semester two!



The Living Room Café

Connect, create, and unwind. A cozy space to meet new people, share stories, and take a breather from study life, with crafts, tea & scones, chats, and good vibes.

Every Wednesday during term time, 3:30 – 4:30, in TLR, JO.06.201
Starts – 30th July 2025



The Brew Crew (*new this semester*)

Wellbeing, unfiltered. Real talk, fresh ideas, and zero judgment, just students sharing wellbeing ideas on campus (*plus the occasional scone*).

First Tuesday of every month, 3:30 – 4:30, in TLR, JO.06.201
Starts – 5th August 2025.



Breakfast Club @ The Living Room Joondalup (*new this semester*)

Start your day the right way—free fruit, toast, tea, coffee, and good company. Drop-in, fuel up, and connect. No pressure, just good vibes and better mornings.

Last Wednesday of every month, 08:00 – 09:00, in TLR, JO.06.201
Starts - 30th July 2025.



Meditation, Mindfulness & Five Minutes of Fun

Breathe in, bliss out. Whether it's a 1-minute reset or 15 minutes of calm, we've got chill vibes, mindful moments, and a dash of fun to lift your study day!

Just ask!

We run these sessions when we can, depending on whether the quiet room is available.

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The Living Room collaborates with other ECU services throughout the semester, why not pop in and check out TLR semester timetable or ask our PSAs for more information!

New to The Living Room JO, Semester 2/25

Start your day with connection, comfort, and a nourishing bite.

Join us on the last Wednesday morning of each month, in *The Living Room (JO.06.201)*. Whether you're easing into the day or looking to connect with others, the Breakfast Club is here to support your wellbeing and routine.

Why stop by?

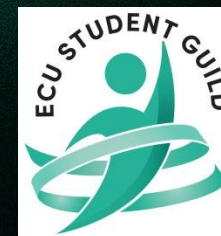
-  Fuel up with simple, breakfast options.
-  Meet new people in a low-pressure, inclusive environment.
-  Support your food security, no cost, no catch.
-  Enjoy casual chats across disciplines.
-  Build a positive morning routine.

Everyone's welcome
Come as you are!

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**With support and in collaboration with
ECU Student Guild*





New to
TLR, JO
for
Semester
2/25

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Pull up a chair in The Living Room Joondalup at ECU
Free coffee, tea, and the kind of conversation that
actually matters.

Brew Crew, *Wellbeing, Unfiltered* is your monthly
chance to speak up, listen in, and help shape a
healthier, happier campus.

No scripts. No lectures. Just real talk, student ideas,
and the occasional scone.

What's going well? What's missing? What could we
do better? Come spill the tea, literally and
figuratively.



First Tuesday of every
month
3:30pm – 4:30pm
The Living Room
Joondalup, JO.6.201