

Upcoming Events

The Living Room

Mount Lawley



Week 1

Welcome Back Afternoon Tea

Tuesday 29 July 2025, 1pm-3pm

Drop in anytime between 1pm and 3pm for free afternoon tea! Whether you're returning or just settling in, we'd love to see you there.

Future Focus: Make Your Own Vision Board

Thursday 14 August 2025, 2pm-3pm

Take some time to get inspired. Join us for a relaxed and creative session where you can design your own vision board. All materials provided.

Week 3

Week 4

TLR Breakfast

Wednesday 20 August 2025, 8:30am-10am

Drop in to The Living Room for a free breakfast and hot drink! Fruit, pastries, coffee, tea and hot chocolate available, with gluten and dairy free options too.

Stretch and Sip

Wednesday 27 August 2025, 3pm-4pm

Enjoy 30 minutes of gentle, chair-based yoga and Pilates, followed by a warm cup of hot chocolate. Stretch & Sip is the perfect cosy combo to move, relax, and treat yourself.

Week 5

The Living Room Mount Lawley
Building 12.124 (behind the
Student Lounge)

The Living Room is a peer-led, wellbeing service for ECU students. Peer Support Advisors are fellow students who understand the challenges of being at university. They're here to listen, guide, and help you find practical solutions. No appointment needed.