

The Living Room at ECU is here for you!

We are here to help and support all ECU students.

Our goal is to support you avoid becoming excessively stressed or overwhelmed, in any situation.

While we are a **mental health and wellbeing service**, you don't need to be facing mental health challenges or experiencing negative impacts on your wellbeing to reach out for support. **We have many resources, events and contacts.**

If you're ever unsure where to turn for help, assistance, or guidance, come to TLR.

If we can't help directly, we'll do our best to connect you with someone who can!

Why not pop in, meet the team, and see what events we have planned for 2026.



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Where to find us:

Joondalup: JO.6.201 (above Café Six)

City Campus: CC.1N.140

Open 9am – 4pm every day

The Living Room Joondalup

What's on!

Semester 1/2026



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, 3:30 – 4:30, in TLR, JO.06.201



The Living Room, Community Garden

In collaboration with Slice of Italy and Access & Inclusion, the ECU Community Garden is a space to get your hands dirty, meet new people, and grow more than just veggies. Share gardening tips, learn new skills, enjoy a laugh, and be part of a friendly community that grows together.

Every Thursday 3pm – 4pm, behind Slice of Italy (Building 7)



Pause. Breathe. Reset.

Take a few minutes just for you. These gentle meditation sessions (3–15 minutes) offer a calm space to breathe, ground yourself, and step away from the busyness of the day. Come as you are, no experience needed.

Just ask!

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



Word Wizard

Think you're a word wizard? Drop in to TLR JO and see how many words you can create from our weekly word challenge. It's a fun, low-pressure way to stretch your brain, get a little creative, and enjoy a quick break.

All day every day – during service hours

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All events run throughout semester, excluding mid semester break.

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



The Living Room Café

Wednesdays | 3:30 – 4:30pm | During Semester

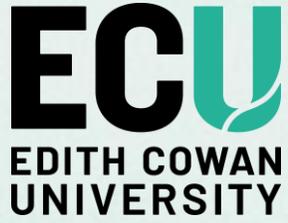
Connect • Create • Relax

Crafts, games, fresh baking, hot drinks, and welcoming vibes.

Location: JO.6.201 (upstairs from café 6)

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The Living Room JO Word Wizard Challenge!

One big word!

Endless possibilities!

How many smaller words can you find?

“Play is education.”

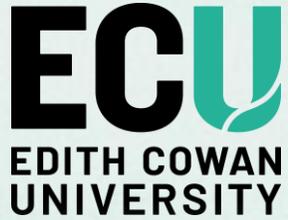
Scarfe, 1962.

Location: JO.6.201 (upstairs from café 6)



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Meditation & Mindfulness in The Living Room

SELF-CARE
MEANS
GIVING
YOURSELF
PERMISSION
TO PAUSE.

CECILIA TRAN



Mindfulness & Meditation Available by request | 3–15, minute sessions

We will always try our best to accommodate requests, however, this is subject to discretion of the staff & space availability.

Pause  Breath  Reset

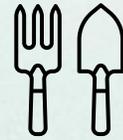
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Location: JO.6.201 (upstairs from café 6)



Did you know, ECU has a Community Garden Group?

Brought to life by The Living Room, Access & Inclusion, and Slice of Italy,
this garden grows connection, community and belonging at ECU.



Each week throughout semester, students come together to enjoy some refreshments, meet like minded students and tend the garden.

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Why not join in and see what you can grow!
Thursday afternoons from 3pm,
behind Building 7 (Slice of Italy), Joondalup Campus



STUDY BREATHE REPEAT

*With The Living Room, Joondalup
On Campus and Online*



A supportive 4-part workshop series aimed at supporting you manage semester pressures, plan, adapt along the way, maintain your wellbeing, and finish semester strong.

Workshop Dates:

Week 2 – Book now via QR code

Planning - Monday 23rd February (on campus) & Tuesday 24th February (online)

Understand semester pressures and expectations. Develop a realistic plan that fits your life.

Week 5

Strengthening - Monday 23rd March (on campus) & Tuesday 24th March (online)

Check in on what's working, reinforce strategies, and make any changes.

Week 9

Tackling - Monday 27th April (on campus) & Tuesday 28th April (online)

Address this semesters common challenges head-on with practical strategies and advice from a guest speaker.

Week 13

Final check - Monday 25th May (on campus) & Tuesday 26th May (online)

Prepare of the end of semester demands with focus on wellbeing and self care.

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**On campus booking
here:**



**Online booking
here:**

