



TEEN WELLBEING RETREATS

*Where teens unplug, reconnect, and
build lifelong wellness skills*



[JPHCommunity.org](https://www.JPHCommunity.org)



The JPH School Wellbeing Retreat

Join us for a day designed to support students' emotional wellbeing through connection, creativity, and nature based experiences. Hosted on our peaceful Ferry Hill property, the retreat offers students a chance to step away from daily pressures and engage in guided activities that build coping skills, self awareness, and healthy ways to manage stress.

Students participate in a balance of structured wellness programming and gentle outdoor time. Activities may include mindfulness practices, movement, therapeutic art, group discussion, and nature walks. All programming is age appropriate and led by trained mental health and wellness professionals who prioritize emotional safety, inclusion, and respect.

The retreat creates a supportive environment where students can slow down, connect with peers, and learn practical tools they can bring back to school and everyday life. Our goal is for each student to leave feeling grounded, supported, and more confident in their ability to care for their mental health.





Day at a Glance

Sample Half-Day Retreat Schedule

8:45–9:00 Welcome and Arrival

Students are welcomed to JPH and invited to settle into a calm, supportive environment.

9:00–9:50 Session One

Students participate in a facilitated wellness experience focused on self-expression, grounding, or connection.

9:50–10:20 Snack Break

A healthy snack is provided, with time to relax and enjoy the scenic outdoor grounds, weather permitting.

10:20–11:10 Session Two

Students engage in a second session that complements the morning's focus and builds emotional awareness or coping skills.

11:15–12:00 Closing Reflection and Sound Experience

The retreat concludes with a guided conversation, reflection, and calming sound experience to help students leave feeling grounded.

Holistic Session Options

Expressive Art with an Art Therapist

Creative art helps students express emotions, reduce stress, and build self-awareness in a supportive, nonjudgmental setting.

Grounding Program Students

learn practical grounding and mindfulness techniques to manage stress, anxiety, and emotional overwhelm.

Guided Journaling Workshop

Reflective journaling prompts support emotional literacy, self-reflection, and healthy coping around teen wellness topics.

Team-Building Activities

Interactive activities strengthen communication, trust, empathy, and a sense of belonging among peers.

Meditation and Breathwork

Simple breathing and meditation practices teach students tools they can use to calm their minds and regulate emotions.

Testimonials

Adjustment Counselor-Cohasset High School

Counselors and students from CHS spent a day at JPH Ferry Hill for a mental health and wellness retreat, and it was a great experience all around. The day included time outdoors, creative activities, and a sound bath that students especially loved and talked about long after. Many students shared that they returned feeling more relaxed and better prepared to handle stress, and appreciated having the chance to learn about their own coping strategies in a setting outside the classroom. JPH Ferry Hill is a welcoming and calming space, and our counselors look forward to bringing students back whenever we can!

Safe Harbor Coalition-Cohasset

The partnership between Safe Harbor and Cohasset High has allowed the opportunity to offer half-day retreats, 2-4 times a year to students for the past 2 years. Students learn coping skills they can apply to real-life situations and have provided feedback including how re-set they feel leaving a retreat. The ability to learn these new skills alongside their peers only further shows that they are not alone in this world where we see increased stress, anxiety, and underage substance use. These retreats are nothing short of beneficial and we look forward to continuing this partnership.



WHO WE ARE

The James P Harrington Organization (JPH) is a nurturing and inclusive community of wellness, healing, and transformation. We offer free and low-cost alternative holistic programs and resources to better community well-being.

Located on the pristine riverbank of the South River marsh, JPH's center at Ferry Hill is situated on 9.3 acres that includes a historic barn and an attached building with an adjacent cottage. This peaceful retreat property has been in service to the community for over 60 years with a history of providing support for families through wellness programming, robust youth-based summer programming, and as a respite location to connect with nature. The JPH Organization was formed to continue this critical work and is dedicated to improving the well-being of adults and children.

WHAT WE DO

Our free and low-cost community programming aims to provide equity and dignity for those who need mental health support. A supportive community can transform an individual's trajectory of healing and growth. Programs include:

- Mindfulness Programs
- Stress Reduction Programs
- Women's Wellness
- Child Wellness
- Men's Wellness
- Women's Workforce
- Trauma Programs
- Grief Programs
- Retreat Programs
- Community Gatherings

WHY WE ARE DIFFERENT

JPH has a non-clinical, holistic approach to community wellness with over 40 wellness and mental health professionals contributing to program design, content and delivery.

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Teen wellness is central to the work of the James P. Harrington Organization because supporting mental and emotional health early helps teens build strength that lasts a lifetime. At JPH, we offer safe and nature based experiences where teens can unplug, connect with peers, and learn tools for managing stress, emotions, and life’s challenges. Through mindfulness, movement, expressive arts, and guided group connection, teens develop resilience, confidence, and healthy coping skills that support their present wellbeing and future growth.

JPH at Ferry Hill

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