

St. John's Retreat Centre offers...  
a dynamic and inspiring

# Reflection Day for 6th Class Students



Our reflection day is a tailored programme for effective transition of young students into adolescence. Although this is an exciting time for many students, some can find it challenging and stressful.

**We invite students to take time away from the normal classroom setting to help them focus on key aspects of their lives and their place in the wider world.**

**We help them to express their hopes and fears, to pray in a creative way and to see God's presence in all that happens in their lives.**

Our programmes have a strong experiential and interactive approach and cover areas such as creative activities, games, meditation and small group work. Discussion and conversation on topics such as self esteem are also part of the programme. The day ends with some quiet reflection time and creative ritual in our Oratory.

Our programmes are based on Christian principles but are also suitable for a variety of faiths and none. Our retreat team have extensive experience working with young people and are Garda vetted in line with Child Protection Policies.

## **Enquiries and Bookings:**

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