

Beachway Therapy Center Announces Five-Day Reset & Resilience Retreat

The Immersive Wellness and Personal Growth Experience Offers Guests a Chance to Pause, Reset and Reconnect

WEST PALM BEACH, FL, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- [Beachway Therapy Center](#) Announces Five-Day Reset & Resilience Retreat Immersive Wellness and Personal Growth Experience Offers Guests a Chance to Pause, Reset and Reconnect

WEST PALM BEACH, Fla. — August 31, 2026 — Beachway Therapy Center has announced its new Reset & Resilience Retreat, a five-day, four-night wellness and personal growth experience

designed for individuals who may not need traditional treatment but are feeling overwhelmed, burned out, stuck or simply in need of time to step away from the demands of everyday life and focus on their emotional well-being. The retreat will be held in a beautiful home in historic Northwood Village.

The retreat will take place September 16–20, 2026, offering a small, intimate setting where guests can pause, reset and reconnect — with themselves, with what matters most and with the relationships that shape their lives.

“You don't have to be falling apart to need a reset,” said Dina Sagarese-Coleman, Director of Family Services, Beachway Therapy Center. “Sometimes the most important thing we can do for ourselves is step away from the noise, create space to breathe and reconnect. This retreat is a fantastic opportunity to pause, reflect and return home feeling grounded, inspired and renewed.”

Designed as a holistic experience for mind, body and soul, the Reset & Resilience Retreat combines therapeutic programming with restorative wellness experiences. Guests will have the opportunity to participate in meditation and mindfulness, yoga and movement, massage



Beachway Therapy Center



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*Dina Sagarese-Coleman,
Director of Family Services,
Beachway Therapy Center*

therapy, chiropractic care, acupuncture, art therapy and reflective wellness work, along with therapist-led groups focused on inner child work, family dynamics and patterns, couples connection, communication and personal growth.

The retreat is intended to provide a meaningful opportunity for participants to disconnect from everyday stress and reconnect with themselves. Programming will focus on helping guests reduce stress and burnout, heal emotional wounds, gain a better understanding of family dynamics, strengthen communication, reconnect with themselves, gain clarity and direction, and prioritize their

overall well-being.

"This is an opportunity to step away from the constant demands of daily life and focus on yourself in a supportive, private environment," said Ms. Sagarese-Coleman. "Whether someone is navigating stress, relationship challenges or simply feels the need to recharge, Reset & Resilience offers the time and space to reflect, heal and grow."

The five-day experience includes private bedroom accommodations, daily wellness and personal growth programming, wellness treatments and activities, chef-prepared nutritious meals and time to relax and recharge at a beautiful private retreat property. The intentionally small group size will allow for a more personalized, high-touch experience and individual attention.

"You don't need to wait for a crisis to take care of your emotional wellness," said Ms. Sagarese-Coleman. "This retreat is about giving yourself permission to pause, invest in yourself and return to your life with renewed perspective, stronger connections and a greater sense of well-being."

To register or inquire about available discount codes, email john.r@beachway.com or call or text 561-400-5293. Space is intentionally limited to ensure an intimate and personalized experience.

About Beachway Therapy Center

With locations in West Palm Beach, Florida, and Princeton, New Jersey, Beachway Therapy Center is recognized nationally for its mental health and substance use treatment services. Through evidence-based treatment programs and innovative holistic practices, Beachway's master's-level clinicians help patients heal in a safe, private and nurturing environment. The center specializes in trauma, dual diagnosis, mental health treatment and long-term, on-site rehabilitation services.

To learn more about Beachway Therapy Center's facilities, staff and programming, visit Beachway Therapy Center.

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