



REEL RECOVERY

Be Well! Fish On!



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"The Retreat was so much more than fishing; this was a life-changing experience."

RETREAT PARTICIPANT

OVERVIEW

Reel Recovery was founded in 2003 by a group of avid fly-fishers, inspired by their fishing buddy's ongoing battle with brain cancer. Witnessing first-hand the beneficial impact fly-fishing provided their friend, the group created Reel Recovery to provide the same opportunity for other men battling the disease.

"I discovered that while fly-fishing, I was in another place. In this place there was no cancer, no pain and no fear."

RETREAT PARTICIPANT

Reel Recovery is a national non-profit organization that conducts free fly-fishing retreats for men recovering from all forms of cancer. Combining expert fly-fishing instruction with directed "courageous conversations", the organization offers a unique experience for men with cancer: a time to share their stories, learn a new skill, form lasting friendships and gain renewed hope as they confront the challenges of their recovery.



Fly-Fishing Retreats

FOR MEN COPING WITH ALL FORMS OF CANCER

"This was the best time of my life! It's by far the best thing out there for men with cancer."

RETREAT PARTICIPANT

REELRECOVERY.ORG

MISSION

Our mission is to help men in the cancer recovery process by introducing them to the healing powers of the sport of fly-fishing, while providing a safe, supportive environment to explore their personal experiences with cancer, with others who share their stories.



www.reelrecovery.org





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"Thank you for including me in the Reel Recovery Retreat. It was one of the most rewarding and emotional experiences of my life."

RETREAT PARTICIPANT

PROGRAM

Though only a few days in duration, a Reel Recovery retreat can be a **life-changing event** for men coping with cancer. The program is designed to be both experiential and reflective, to develop group camaraderie as well as individual skills, and to build bonds of friendship that provide a reservoir of personal hope.

Retreats are conducted over a two-and-a-half day period at a fly-fishing facility/lodge with onsite or nearby fishing access. **All meals, lodging and fly-fishing equipment are provided.** Men from the local service area in treatment for or recovery from all forms of cancer are eligible to attend a retreat, and no previous fishing experience is necessary.

Retreats are offered at no cost to the participants and are led by professional facilitators and expert fly-fishing instructors. A maximum of 12-14 men are invited to participate, to ensure the quality of the instruction and to create a powerful small-group dynamic.



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GOALS

Each Reel Recovery retreat is designed to:

- ▶ **Provide a safe, reflective environment** for the participants to discuss their disease and recovery with other men with shared experiences, thereby providing support and information to help them in their recovery.
- ▶ **Provide expert fly-fishing instruction** that enables the participants to learn a new skill, form a healing connection with nature, and participate in a sport they can continue throughout their recovery and lifetime.
- ▶ **Provide participants information about cancer-related resources**, both in the local community and nationally, to facilitate networking and enhanced management of their recovery.

"Thank you for helping me see there's a light at the end of this tunnel. I will never forget these few days."

RETREAT PARTICIPANT

ACTIVITIES

With an emphasis on relaxed, open interactions, retreat activities include:

- ▶ **Fly-Fishing Basics**, covering equipment, knot-tying, entomology, fly selection, and casting and catching instruction.
- ▶ **"Courageous Conversations"**, facilitated by a counseling professional, to foster communication and sharing of life-stories.
- ▶ **Catch-and-Release Fly-Fishing**, assisted by expert guides, on a stream, river or pond.
- ▶ **Opening and Closing Ceremonies**, to promote camaraderie, communication and lasting friendships.
- ▶ **Post-Retreat Communication**, to facilitate continued conversations and networking opportunities, and encourage participation in additional support activities.



GETTING INVOLVED ▼

INFO@REELRECOVERY.ORG 800-699-4490

PARTICIPATE

Adult men who are in treatment for or recovery from all forms of cancer are eligible to attend a Reel Recovery retreat. Medical clearance from a physician is required. To determine the areas served by Reel Recovery, please contact us or refer to our online schedule at www.reelrecovery.org. For the latest updates, find us on Facebook or follow us on Twitter.

DONATE

Because we provide our retreats at no charge to the men who attend, Reel Recovery is wholly supported by donations from businesses, organizations, foundations and individuals. We are determined to keep our retreats free, so as to eliminate any financial barriers to participation, and to avoid adding burdens to men already dealing with numerous hardships. As Reel Recovery is a 501(c)(3) non-profit organization, donations are tax deductible to the full extent allowed by law.

VOLUNTEER

Reel Recovery relies on a dedicated and growing group of volunteers who assist in coordinating and staffing retreats at the local level. The experience can be powerful and enriching, as our volunteers can have an immediate positive impact on the lives of the men we serve. Contact us for more information about volunteer opportunities in your area.

"Reel Recovery is a gift. Being here has given me the strength and courage to move forward with my life."

RETREAT PARTICIPANT