



# WHAT IS REEL RECOVERY?

Reel Recovery is a national nonprofit organization that was founded in 2003 by a group of avid fly-fishers, inspired by their fishing buddy's ongoing struggles with brain cancer. Witnessing first-hand the beneficial impact fly-fishing provided their friend, the group created Reel Recovery to offer the same opportunity to other men coping with 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

Whether you're in remission or currently living with any form of cancer, Reel Recovery Retreats can provide you the opportunity to learn a new skill, share your story with other men living with the same disease, and gain a renewed sense of hope as you confront your own challenges.



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

**Apply to join a Retreat**  
[www.reelrecovery.org/application](http://www.reelrecovery.org/application)

**Donate now to help men coping with cancer have the much-needed break of a Retreat**  
[www.reelrecovery.org/donate](http://www.reelrecovery.org/donate)

Reel Recovery is a 501(c)(3) nonprofit organization and donations are tax deductible to the full extent allowed by law.

**Email: [info@reelrecovery.org](mailto:info@reelrecovery.org)**  
**Phone: 800-699-4490**  
**Web: [www.reelrecovery.org](http://www.reelrecovery.org)**



**REEL RECOVERY**  
*Be Well! Fish On!*



# FREE FLY-FISHING RETREATS

**FOR MEN LIVING WITH ALL FORMS OF CANCER**

[www.reelrecovery.org](http://www.reelrecovery.org)

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

RETREAT PARTICIPANT



# HOW DO THE RETREATS WORK?

**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 lasting friendships that provide a reservoir of personal hope.

- Retreats are held 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 at no cost to the participants.
- **There is no requirement for participants to have fly-fishing experience. Every Retreat is led by professional facilitators and expert fly-fishing instructors.**
- A maximum of 12 to 14 men are invited to participate to ensure the quality of the instruction and to create a powerful small-group dynamic.

# WHAT DOES A RETREAT OFFER PARTICIPANTS?

**Each Reel Recovery Retreat is designed to provide:**

- A safe, reflective environment for the participants to discuss their cancer experience with other men who have gone through it too, as a source of support and information to help them in their recovery.
- Introductory 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.
- 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

# WHAT CAN PARTICIPANTS EXPECT ON A RETREAT?

**With an emphasis on relaxed, open interactions, Retreat activities include:**

- Fly-fishing Basics, covering equipment, knot-tying, fly selection, and casting and catching instruction.
- “Courageous Conversations,” facilitated by a counselling 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 that can encourage participation in additional support activities.

**“Thank you for including me in the retreat—one of the most rewarding and emotional experiences of my life.”**

— RETREAT PARTICIPANT



## PARTICIPATE

Men (21+) at any stage of treatment, recovery, or in full remission from any type of cancer are eligible to attend one Retreat, and no previous fishing experience is necessary. If you or someone you know is interested in joining a Retreat, please visit [www.reelrecovery.org/retreats](http://www.reelrecovery.org/retreats) to see our Retreat schedule and online application.

## VOLUNTEER

Reel Recovery relies on a dedicated team of volunteers who assist in coordinating and staffing Retreats at the local level. The experience can be powerful and enriching, as your efforts can have an immediate positive impact on the lives of the men we serve. Please visit [www.reelrecovery.org/volunteer](http://www.reelrecovery.org/volunteer) to find out more about volunteering opportunities.

## DONATE

Supporters like you help keep our Retreats free, so men who are already dealing with the hardships of cancer don't have to face financial barriers too. Our work to give these men the break they need only happens through the generosity of individuals, businesses, organizations, and foundations. Please donate at [www.reelrecovery.org/donate](http://www.reelrecovery.org/donate)