

Casting for Recovery

Mission

The mission of Casting for Recovery (CfR) is to enhance the quality of life of women with breast cancer through a unique retreat program that combines breast cancer education and peer support with the therapeutic sport of fly fishing. The program offers opportunities for women to find inspiration, discover renewed energy for life and experience healing connections with other women and nature. Casting for Recovery serves breast cancer survivors of all ages, in all stages of treatment and recovery, at no cost to participants.

Why fly fishing and breast cancer?

The concept is unique. On a physical level, the gentle, rhythmic motion of fly casting can be good therapy for the upper body as a way to encourage increased mobility for women who have had surgery or radiation as part of their breast cancer treatment. On an emotional level, women are given the opportunity to experience a new activity in a safe environment amongst a supportive group of peers. The retreats provide resources to help address quality of life issues after a breast cancer diagnosis, and a new outlet – fly fishing – as a reprieve from the everyday stresses and challenges of cancer.



Fast Facts

- National sponsors include Cabela's Outdoor Fund, Sisters on the Fly, Orvis, Ashford Hospitality Trust, Stevinson Automotive and Simms. CfR relies on donations from individuals, foundations, corporations, and other nonprofits.
- More than 1,600 volunteers are involved nationwide including medical and psychosocial professionals, fly-fishing instructors, and alumnae.
- 70% of the women who attend CfR retreats have never been to a support group.
- Extending beyond the retreat, annual alumnae events are organized, and many alumnae return as volunteers with Casting for Recovery.



History

Casting for Recovery (CfR) was founded in 1996 in Manchester, Vermont, by a breast cancer reconstructive surgeon and a professional fly fisher. Casting for Recovery's innovative program focuses on breast cancer survivorship and improving quality of life, and has garnered endorsements from medical and psychosocial experts.

- Awarded 501(c)(3) non-profit status in 1998, CfR has inspired international efforts in Canada, UK/Ireland, Australia, Italy and New Zealand.
- To date, CfR has conducted more than 600 retreats, serving more than 8,000 women nationwide.
- In 2016, we held 44 retreats covering 38 states, serving 600 women.

Results

CfR provides an opportunity for women whose lives have been profoundly affected by breast cancer to gather in a natural setting and address quality of life and survivorship issues with other women in similar circumstances.

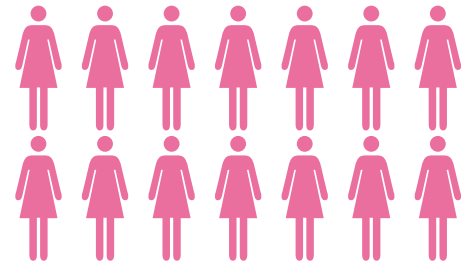
→ Post-retreat evaluations show that after attending a retreat:

- 100% would recommend the program to others
- 99% felt connected with other participants
- 94% gained a new support base with new friends
- 93% felt better able to cope with their situation
- 94% felt more aware and accepting of themselves
- 94% learned something new about living with breast cancer



Program Highlights

- The two-and-a-half day retreat is offered at no cost to the participants.
- The retreat incorporates both fly fishing instruction and social support, ending with a half day of guided catch-and-release fishing.
- 14 participants are randomly selected to attend each retreat, based on service area of the program. We are committed to ethnic, socioeconomic and cultural diversity.
- At least one medical professional, one psychosocial counselor, and four fly fishing instructors staff each retreat.
- Participants range in age from 20 to 90+ and are from all socioeconomic and cultural backgrounds.
- The program is appropriate for women in all stages of treatment and recovery from breast cancer.



14 women

Commitment

CfR is dedicated to innovating in order to better serve the diverse community of women with breast cancer. CfR is currently exploring a bilingual retreat for Spanish speakers, a retreat specifically tailored for young women, and a retreat for women in the LGBTQ community. In addition to our traditional retreats, we are offering the following specialty programs in 2017:

- Metastatic Breast Cancer: Three retreats exclusively for women with Stage IV disease in CO, TX and GA, with plans to expand to additional states/regions.
- Disabled Female Military: A pilot retreat tailored for women who have received a breast cancer diagnosis and are also disabled veterans or active military. Open to women nationwide.
- Native American Women: A retreat to exclusively serve Native American women in Oklahoma, with plans to expand to tribal groups in other states.
- Diversity: Two retreats catered toward women of color in the South, with plans to expand to other underserved populations.



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Visit www.castingforrecovery.org to learn more,
apply for a retreat, make a secure online donation, or volunteer.



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