



THE
FLY
PROGRAM

MEN OF THE MONARO

ACTION FOCUSED,
ADVENTURE THERAPY,
IN THE NATURAL WORLD.



THE 'MEN OF THE MONARO PROGRAM' IS A SERIES OF SMALL PROGRAMS HOSTED OUT OF THE BEAUTIFUL LAKE CRACKENBACK RESORT & SPA, HOSTING 8-10 MEN AT A TIME WHO HAVE BEEN IMPACTED BY THE 2019/20 BUSHFIRES.

Participants will have the opportunity to enjoy mountain experiences, fly fishing, meet other men from the region who have also been impacted by the fires and to take some time to reset and recharge. The program is fully catered for by The Fly Program.

This includes all meals/refreshments, fly fishing tuition, equipment and maybe even a few trout.

FATHERS (FIGURES) AND SONS

In addition to the 'Men of the Monaro Program,' we will also host a one-off Father and Son program. This program will have a focus of supporting dads with their boys who have also been adversely impacted by the 2019/20 bushfires.

Families may have experienced prolonged separation over the Christmas period with dad on the front line fighting fires or fires impacting the family property, business or residences. This program is focused on providing dad (or a father figure) an opportunity to do something special with his boy, 15 years of age and older.

Based on the foundations of the Men of the Monaro program, this program will strengthen father/son relationships through fly fishing experiences, powerful social environmental settings and mental fitness sessions to develop stronger, more resilient and supportive relationships.



PROGRAM ITINERARY

9:00AM **MEET AT LAKE CRACKENBACK RESORT & SPA**
Introductions and overview of Program

9:30AM **INTRODUCTION TO FLY FISHING**

10:30AM **TROUT FISHING EXPERIENCE**
In stocked lake at Lake Crackenback Resort & Spa

12 NOON **LUNCH AND MENTAL FITNESS SESSION**

1:30PM **RIVER SESSION**
Fly Fishing Thredbo River (mental fitness sessions on river)

3:00PM **AFTERNOON TEA**

3:30PM **RIVER SESSION**
Fly Fishing Thredbo River Continued...

6:30PM **OUTDOOR BBQ**
Group Mental Fitness Session and explanation for the 7-Week mental fitness program to be completed from home.

DEPARTURE OR STAY OVERNIGHT



PROGRAM DATES

October 2020

Friday 23 October

Monday 26 October

(Father/Son Program)

November 2020

Friday 6 November

Friday 13 November

Sunday 15 November

Thursday 26 November

Sunday 29 November

PROGRAM SUITABILITY FOR PARTICIPANTS

The Men of the Monaro series of programs is not a counselling program designed to replace clinical mental health support.

Therefore, participants receiving mental health support via clinical avenues are not suitable for this program.

Our focus is on delivering a power-packed retreat that uses our beautiful mountains and fly fishing whilst embracing the comradery of our local community.

It is within this powerful and non-threatening environment that we will provide participants with mental fitness support and techniques for dealing with stress and anxiety caused by the 2019/20 fires.

PROGRAM FEES

All program fees are sponsored by The Fly Program through the support of Snowy Monaro Regional Council and the Daily Telegraph Foundation.

ACCOMMODATION

If participants require accommodation, we will be able to arrange for the night preceding and post program at an additional cost.

We do not want participants travelling long distances on our alpine roads at night.

CONTACT INFORMATION

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