Build Community
FD will strengthen young adult communities and nurture supportive peer relationships that provide ongoing healing.

Prescribe Adventure
FD will expand its network of healthcare professionals to reach more young adults earlier in the treatment process.

Expand Programs
FD will expand programs to improve survivorship and quality of life while exploring new programs for other affected populations.

FIRST DESCENTS
First Descents (FD) is the global leader in adventure-based healing. Through outdoor adventure, community building, and skills development, FD improves the health and quality of life for young adults impacted by cancer and other serious health conditions.

STRATEGIC PRIORITIES

OUR REACH
10,000+
PARTICIPANTS SERVED
500+
PARTICIPANTS ANNUALLY
40+
PROGRAMS ANNUALLY
500+
HOSPITAL PARTNERSHIPS

OUR IMPACT
100%
OF PARTICIPANTS REPORTED INCREASED ABILITY TO COPE WITH CANCER AND ITS EFFECTS
81%
REPORTED INCREASED SELF-EFFICACY
61%
REPORTED INCREASED SOCIAL SUPPORT
59%
DECREASE IN EPISODES OF DEPRESSION

CONTACT FIRST DESCENTS: INFO@FIRSTDESCENTS.ORG | 303.945.2490

MEDIA