

## Special Equestrians Therapeutic Riding Center



[specialequestrians.org](http://specialequestrians.org)

**Janice M. Witt, CTRI, MOT, OTR/L**  
Executive Director & PATH Intl. CTRI Instructor  
Registered & Licensed Occupational Therapist

We've partnered with Sync Recovery once a month for the last year, providing equine therapy-based group programs for those in their recovery journeys. This program offers a unique and powerful space for healing where participants can develop self-awareness, emotional regulation, and trust – all key components of long-term recovery. Horses have an incredible ability to reflect human emotions and respond with a nonjudgemental presence.

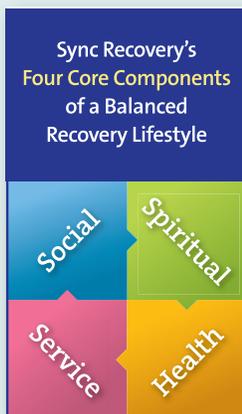
One of the most inspiring aspects of this work is witnessing the transformation that occurs – not just in how clients interact with the horses but in how they begin to see themselves. The partnership between Special Equestrians and Sync Recovery creates a safe, holistic space for those at any point in their recovery. I know I speak for all the staff at Special Equestrians when I say it's been an honor to be a part of this program.

### OUR MISSION

*To support long-term recovery from substance-use disorders through peer-led collaborative events that foster community, service, and personal growth.*

### OUR VISION

*A recovery journey filled with health, healing, purpose, and passion for life.*



### OUR PURPOSE

*Sync is a recovery community organization that employs four core components of a healthy recovery lifestyle (social + spiritual + service + health) in its programs to create opportunities for personal growth, self-discovery, and empowerment.*

*Taking part in activities with people we enjoy reduces isolation and the risk of recurrence. Sync offers connections as a source of support and healing.*

# Sync Volunteer Danielle Jerant



## Volunteer Opportunities

**SYNC RECOVERY COMMUNITY** Volunteer Opportunities

Sync Recovery cannot continue to grow and serve our community without your help

Our growth and success over the last few years has been outstanding! We have pulled together an incredible team of volunteers to achieve our goals. We have so many opportunities in the near future but need to ask for help so we can make these opportunities a reality.

One of the most important service positions is leading one of our committees or programs. You have shown continued interest in Sync Recovery and we would like you to consider chairing one of our important committees.

**Some of our Committees:**

- Sync Adventures
- Event Planning
- Fund Raising
- Volunteer Development
- Communications

### **How has Sync affected your recovery?**

Covid was a deeply unstable time for me—mentally, emotionally, spiritually, and physically—which made staying sober especially challenging. That’s when I discovered Sync (or maybe Sync found me!). Sync gave me exactly what I needed at the right time through new experiences, meaningful connections, and a truly supportive community. I genuinely believe that Sync—and a bit of synchronicity—helped save my sobriety and, in turn, my life.

### **Why do you think being a part of this community is essential?**

Being part of this community is essential for me because it offers connection, support, and growth in ways that are hard to find elsewhere. It’s helped me build meaningful relationships, step outside my comfort zone, and stay grounded in my recovery. The sense of belonging and encouragement I’ve found here has not only strengthened my sobriety but also improved my overall mental health. This community has become vital to my ongoing healing and personal growth.

### **What does Sync offer that is unique in the field of recovery?**

Sync offers a multifaceted, inclusive approach that brings people from all recovery paths together to improve their overall quality of life. Centered around four core pillars—social connection, spirituality, health and wellness, and service—Sync supports the whole person, not just their sobriety.

What truly sets it apart is the variety of experiences it offers. Whether it’s outdoor adventures, retreat weekends, creative projects, mindfulness activities, skill building, or volunteering, there’s something for everyone—making it easy to connect, grow, and thrive in meaningful ways.

### **What motivated you to get involved with Sync?**

The immediate sense of belonging I felt at my first event motivated me to get involved with Sync. Welcomed by light-hearted, supportive people, my nerves quickly turned into confidence - I knew I’d found my tribe. That natural high stuck with me, and I realized there’s no healthier “addiction” than connection. As someone who believes deeply in the power of service and tends to isolate, getting involved was a no-brainer. It keeps me grounded and connected, and “You gotta give it away to keep it!”

### **What aspects of Sync’s activities do you find most rewarding or enjoyable?**

I love Sync’s safe, supportive space—where I feel free to try new things, even if I’m not great at them. I get to connect with folks who get it—people in recovery or those who understand how real the struggle is and how important it is to stay on track. Even when I show up feeling socially anxious, I leave feeling proud—with a full heart and a big smile.

Somehow, being around this crew flips a switch in me—I show up introverted and leave a social butterfly. It’s like magic—the good kind.



# Low Impact Hikes with Brenda – a Sync Recovery Favorite!

## Here are some of the Low Impact Hikes Brenda has lead recently

- Bushkill Township Rail Trail
- Riverton Ball Field to Foul Rift
- Graver Arboretum
- Sobers Run at Jacobsburg State Park
- Slateford Farm
- D&L Rail Trail Jim Thorpe
- Kirkridge to Lunch Rocks
- Plainfield Twp Rail Trail
- Little Lehigh Parkway Path
- Twin Lakes from Camp Charles
- Hugh Moore Park
- Columcille
- D&L at Freemansburg Boat Ramp
- Full Moon Hike at Kirkridge
- Tott’s Gap to Mount Minsi
- Henry’s Woods at Jacobsburg State Park
- Rickett’s Glen
- Beltzville State Park
- Karl Stirner Arts Trail
- Palmer Bikeway Tatamy
- Delaware Canal Towpath Easton
- Bowman’s Wildflower Preserve, New Hope

If you’re the kind of hiker who loves to pause and peer into rotting logs, snap photos of spiders, or identify every wildflower along the trail — you’ve found your people! Sync Recovery Community’s Low Impact Hike with Brenda has quickly become a beloved monthly ritual for nature lovers and recovery warriors alike.

Designed for beginners, the curious-at-heart, or anyone looking to reconnect with the outdoors, these gentle hikes meander through scenic spots in Northampton and Lehigh counties. It’s not about speed — it’s about presence, connection, and wonder.

Whether you’re new to hiking or returning after time away, all walks of recovery are welcome. Just bring appropriate gear, some water and snacks, and your sense of adventure.

Remember: Leave No Trace, respect nature, and explore responsibly.

*We can’t wait to wander with you!*

## Upcoming Events

# McHales Supports Sync Recovery with \$1,000 Donation



Huge thanks to McHales Inc. for their generous donation and to everyone who voted for Sync Recovery Community in the *McHales Cares Campaign!* Your support helps us continue our mission of connection, hope, and healing. We truly appreciate you!