

ABOUT SANARE VIRTUAL – NC

Sanare Virtual – North Carolina supports adults navigating mental health challenges while balancing work, relationships, and daily responsibilities. This virtual option is designed for those exploring consistent, structured support through a remote setting.

The work here happens in small groups and individual sessions led by Sanare therapists who bring the same steadiness, authenticity, and human presence into the virtual room.

Skills are practiced in real time, revisited and built upon, with thoughtful pacing that allows change to take hold without rushing.

Whether you're choosing care for yourself or someone else, **Sanare Virtual – North Carolina** offers a way to engage in real, steady work with the same intention and care as Sanare's Raleigh and Wilmington locations.

PROGRAMS OFFERED HERE

- Trauma-Focused IOP
- Individual Therapy
- Personalized Intensives



sanaretoday.com

Connect with us: (984) 230-2323
start@sanaretoday.com

**TRAUMA-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am-12:15 pm
Individual work on TUE/THU

Small-group therapy paired with individual work for adults processing trauma. Grounded in safety, trust, and thoughtful pacing, allowing strength to rebuild without being rushed.

**INDIVIDUAL THERAPY
FOR ADULTS**

Call for availability

Flexible one-on-one therapy for those seeking ongoing support and personal growth.

**PERSONALIZED INTENSIVES
FOR ADULTS**

Call for availability

Focused, short-term one-on-one therapy designed for deeper exploration through extended, thoughtfully paced sessions, guided by EMDR and integrative approaches tailored to the individual.

Choosing the right level of support is a collaborative process.
A consultation with our team helps clarify the best next step.



Connect with us: (984) 230-2323
start@sanaretoday.com

sanaretoday.com