

ABOUT SANARE WILMINGTON

Sanare North Wilmington supports adults navigating mental health challenges, a history of substance use, or both while balancing work, relationships, and daily responsibilities. This location is designed for those exploring consistent, structured support across a range of needs.

The work here takes place in small groups and individual sessions led by therapists who bring skill, creativity, and their full human presence into the room.

Individual outpatient therapy is available separately for those who benefit from ongoing one-on-one support.

Whether you're choosing care for yourself or someone else, **Sanare Wilmington** offers a steady place to do meaningful work.

PROGRAMS OFFERED HERE

- Core IOP
- Dual IOP
- DBT-Focused IOP
- Trauma-Focused IOP
- Individual Therapy
- Personalized Intensives

Connect with us: (302) 999-9812
start@sanaretoday.com



sanaretoday.com

CORE IOP FOR ADULTS

Small-group therapy for adults who need steady, well-rounded support while staying engaged in their daily lives. Groups stay small, allowing the work to remain human, experiential, and grounded in real connection.

MON TUES THU FRI
9:00–11:15 am

–OR–

MON TUES THU FRI
10:00 am–12:15 pm

DUAL IOP FOR ADULTS

Integrated care for adults navigating mental health and substance use together. Treatment addresses the full picture, supporting lasting change rather than short-term fixes.

MON TUES THU FRI
9:00–11:15 am

–OR–

MON TUES WED THU
5:30–7:45 pm

DBT-FOCUSED IOP FOR ADULTS

Skills-based therapy that combines small-group work and individual sessions to help adults build steadier responses to intense emotions, stress, and relationship challenges.

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

TRAUMA-FOCUSED IOP FOR ADULTS

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.

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

–OR–

MON WED FRI 12:30–2:45 pm
Individual work on TUE/THU

INDIVIDUAL THERAPY FOR ADULTS

Short-term, focused therapy designed to help individuals regain footing and momentum during periods of acute stress or change.

Call for availability

PERSONALIZED INTENSIVES FOR ADULTS

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.

Call for availability