

## ABOUT SANARE VIRTUAL – DE

Sanare Virtual – Delaware supports adults navigating mental health challenges, a history of substance use, or both while balancing work, relationships, and daily responsibilities. This fully virtual option is designed for individuals seeking support through a remote setting, offering either steady engagement over time or a focused reset to regain footing.

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. Individual outpatient therapy is also available for those who benefit from one-on-one support alongside or outside of group care.

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

### PROGRAMS OFFERED HERE

- Core IOP
- Dual IOP
- Individual Therapy
- Personalized Intensives



sanaretoday.com

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

**CORE IOP  
FOR ADULTS**

**MON TUES THUR FRI**  
**10:00 am–12:15 pm**

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.

**DUAL IOP  
FOR ADULTS**

**MON TUES THUR FRI**  
**10:00 am–12:15 pm**

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

**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.

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