



## ABOUT SANARE EXTON

Sanare Exton supports adolescents and adults navigating mental health challenges and trauma-related experiences while balancing school, work, and daily responsibilities. This location offers flexible pathways ranging from full-day support to step-down options that allow care to evolve.

Sessions take place in small groups where Sanare therapists shape the experience through real dialogue, creative engagement, and shared experience. Skills are practiced in real time, revisited, and built upon within a steady rhythm that allows insight and change to develop together.

Whether you're choosing care for yourself or someone else, Sanare Exton offers a place where meaningful work can begin and evolve as needs change.

**Connect with us: (610) 344-9600**  
[start@sanaretoday.com](mailto:start@sanaretoday.com)

## PROGRAMS OFFERED HERE

### CORE PHP

Immersive small-group therapy designed to strengthen foundational skills and rebuild momentum toward a steadier way of living. This daytime program provides structured, full-day support so work can unfold without rushing and real progress can take hold.

### TRAUMA-FOCUSED PHP

Immersive small-group therapy designed for adults impacted by trauma who need a safe space to slow down, be present, and begin deeper work. This full-day program helps individuals find stability in the present without becoming overwhelmed by the past.

### CORE IOP

Small-group therapy for individuals who need steady, well-rounded support while staying engaged in their daily lives. Group sizes are kept small, keeping the work deeply human, experiential, and grounded in real connection.

### TRAUMA-FOCUSED IOP

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

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

### PERSONALIZED INTENSIVES

Focused, short-term one-on-one therapy designed for deeper exploration. Sessions are extended and paced with care, guided by EMDR and integrative approaches.



[sanaretoday.com](http://sanaretoday.com)

**CORE PHP  
FOR ADULTS**

MON TUE WED THU FRI  
9:00 am–3:00 pm

**CORE PHP  
FOR ADOLESCENTS**

MON TUE WED THU FRI  
9:00 am–3:00 pm

**TRAUMA-FOCUSED PHP  
FOR ADULTS**

**COMING SOON**

**CORE IOP  
FOR ADULTS**

MON TUE THU FRI  
8:15–10:30 am

**CORE IOP  
FOR YOUNG ADULTS**

MON TUE THU FRI  
10:00 am–12:15 pm

**CORE IOP  
FOR ADOLESCENTS**

MON TUE WED THU  
3:30–5:45 pm

**TRAUMA-FOCUSED IOP  
FOR ADULTS**

MON WED FRI 10:30am–12:45 pm  
Individual work on TUE/THU

**INDIVIDUAL THERAPY  
FOR ADULTS**

Call for availability

**INDIVIDUAL THERAPY  
FOR ADOLESCENTS**

Call for availability

**PERSONALIZED  
INTENSIVES  
FOR ADULTS**

Call for availability

**PERSONALIZED  
INTENSIVES  
FOR ADOLESCENTS**

Call for availability