



# BEGIN YOUR PATH FORWARD IN NC

Whether you are choosing care for yourself or for someone else, choosing the right path forward matters.

At Sanare, we believe every person carries an inner fire that grows stronger through guidance, practice, and support. With small-group therapy done the Sanare way, that strength can rise, take shape, and become resilience.

Our way is grounded in **authenticity, creativity, and connection**. Therapists bring their full selves to the work, clients practice new skills in creative ways, and relationships become the foundation for meaningful change.

Across Raleigh, Wilmington, and the surrounding region, our programs are designed to offer the right level of support, in the right place, at the right time.

## NORTH CAROLINA OFFICE LOCATIONS

- Raleigh
- Wilmington
- Virtual – NC

**Connect with us: (984) 230-2323**  
**[start@sanaretoday.com](mailto:start@sanaretoday.com)**



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

	CORE IOP	DBT FOCUSED IOP	TRAUMA FOCUSED IOP	INDIVIDUAL THERAPY	PERSONALIZED INTENSIVES
<b>Sanare Raleigh</b> 1100 Navaho Drive, Suite 125, Raleigh	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ ADULTS
<b>Sanare Wilmington</b> 5 Silva Terra Drive, Unit 130, Wilmington		✓ ADULTS	✓ ADULTS	✓ ADULTS	
<b>Virtual – North Carolina</b>			✓ ADULTS	✓ ADULTS	✓ ADULTS

### Core IOP

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.

### DBT-Focused IOP

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

### 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 through extended, thoughtfully paced sessions, guided by EMDR and integrative approaches tailored to the individual.

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