



ABOUT SANARE YARDLEY

Sanare Yardley supports adults navigating intense emotions, relationship challenges, and patterns that can feel difficult to change. Grounded in Dialectical Behavior Therapy, this work is designed for adults balancing work and daily responsibilities who benefit from learning and practicing skills that support safer responses when emotions run high.

The work takes place in small, consistent groups where structure and authenticity live side by side. Skills are not just discussed. They are practiced in real time, reflected on, and strengthened through repetition. Each week builds on the last, helping new responses take root in everyday life.

Whether you're exploring support for yourself or helping someone take the next step, Sanare Yardley is a place where emotional strength is built through practice, consistency, and human connection.

385 OXFORD VALLEY RD
SUITE 412
YARDLEY, PA

PROGRAMS OFFERED HERE

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.

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

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & ONLINE PROGRAMS VARY BY LOCATION

- Doylestown
- North Wales
- Philadelphia
- King of Prussia
- Sanare Virtual

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