



# ABOUT SANARE PHILADELPHIA

Sanare Philadelphia supports individuals navigating mental health challenges, trauma, and identity-related stressors, including those within the **LGBTQIA+ community**.

Care at our Center City office is designed to fit alongside school, work, and daily responsibilities, offering flexible pathways that allow support to evolve over time. Sessions take place through small-group therapy and individual work, shaped through honest dialogue, creativity, and human connection. Individual outpatient therapy is also available for those who benefit from one-on-one support.

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

## 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.

### 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.

### 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. Sessions are extended and paced with care, guided by EMDR and integrative approaches.

### RELATIONAL TRAUMA HEALING GROUP

Biweekly specialty outpatient group offering a supportive space to build personal security, deepen emotional understanding, strengthen mutual support, and reconnect with creativity and joy.

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



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

**CORE PHP  
FOR ADULTS**

MON TUE WED THU FRI  
9:00 am–3:00 pm

**CORE IOP  
FOR ADULTS**

MON TUE THU FRI  
10:00 am–12:15 pm

**DBT-FOCUSED IOP  
FOR ADULTS**

MON WED FRI 9:00–11:15 am  
Individual work on TUE/THU

**TRAUMA-FOCUSED IOP  
FOR ADULTS**

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

**TRAUMA-FOCUSED IOP  
FOR ADULTS**

MON WED FRI 1:00–3:15 pm  
Individual work on TUE/THU

**TRAUMA-FOCUSED IOP  
FOR LGBTQIA+ **

MON TUE THU 2:00–4:15 pm  
Individual work on WED/FRI

**INDIVIDUAL OUTPATIENT  
THERAPY FOR  
ADULTS & ADOLESCENTS**

Call for availability

**PERSONALIZED  
INTENSIVES FOR  
ADULTS & ADOLESCENTS**

Call for availability

**RELATIONAL TRAUMA  
HEALING OP GROUP**

Biweekly WED  
2:00–4:30 pm