SANARE
AWAKEN WHAT'S WITHIN

ABOUT SANARE NORTH WILMINGTON

PROGRAMS OFFERED HERE

- Core IOP
- Dual IOP

Sanare North Wilmington supports adults navigating mental health challenges, a history of substance use, or both while balancing work, relationships, and daily responsibilities. This location is designed for individuals who need consistent, structured support to address more complex and overlapping patterns.

The work here takes place in small groups where therapists bring their full, authentic selves into the room, creating an environment that is steady and grounded from one session to the next. Skills are practiced in real time, then revisited and strengthened over time.

Whether you're choosing care for yourself or someone else, **Sanare North Wilmington** is a place where real progress is built through consistency, connection, and practice.

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

sanaretoday.com

SANARE
AWAKEN WHAT'S WITHIN

1401 SILVERSIDE ROAD, SUITE 3A
NORTH WILMINGTON, DE

CORE IOP FOR ADULTS

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.

MON TUES WED THU
12:00–2:15 pm
–OR–
MON TUES WED THU
5:30–7:45 pm

DUAL IOP FOR ADULTS

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

MON WED THUR FRI
9:00–11:15 am

ADDITIONAL PROGRAMS OFFERED VIRTUALLY IN DE:

INDIVIDUAL THERAPY FOR ADULTS

Short-term, focused therapy designed to help individuals regain footing and momentum during periods of acute stress or change.

Call for availability

PERSONALIZED INTENSIVES FOR ADULTS

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.

Call for availability

Choosing the right level of support is a collaborative process.
A consultation with our team helps clarify the best next step.