



ABOUT SANARE COLLEGEVILLE

Sanare Collegeville supports adults navigating intense emotions, relationship challenges, and trauma-related experiences while balancing work, family, and daily responsibilities. This location is also home to Sanare's dedicated trauma-focused program for women, with women-only groups designed for lived experiences that carry unique layers.

All work takes place in small groups where structure and authenticity live side by side. Therapists bring steadiness, creativity, and full human presence into the room. Skills are practiced in real time, reflected on, and strengthened through repetition.

Whether you're choosing care for yourself or someone else, Sanare Collegeville offers a place where emotional strength is built through practice, consistency, and human connection.

545 W Main St, Trappe
PA 19426

PROGRAMS OFFERED HERE

DBT-FOCUSED IOP FOR ADULTS

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

TRAUMA-FOCUSED IOP FOR WOMEN

Small-group therapy paired with individual work for women navigating trauma. Built within a women-only setting grounded in safety, trust, and thoughtful pacing.

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

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & ONLINE PROGRAMS VARY BY LOCATION

- Exton
- King of Prussia
- Lansdale



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